What I love most about French Meadows cooking is cauldrons of food cooking for many long hours. I remember cooking with Cornelia Aihara. On Tuesday we would be prepping pinto beans to eat on Thursday. Soaking and long cooking would make the beans absolutely melt in your mouth. It is so satisfying to eat foods cooked a long time. Campers would ask the cook staff, “What’s in the pinto beans? How come my beans don’t taste like that?” What’s in there is no secret! It’s long cooking. We are totally rejuvenated after eating camp food that is cooked long and lovingly prepared. Slow-cooked food outdoes fast-cooked food every time. Here is a selection of congee recipes from my, Overnight Congee Cooklet. It’s long-cooked food to sustain us between French Meadows camping experiences.

INTRODUCTION

Do you know why this cookbook is different from most others? You COOK HEALTHY while you SLEEP. It is geared to your intuition, what you have a taste for, and what is in your refrigerator.

BARBARA JURECKI-HUMPHREY

Time is such a precious commodity. When you get home hungry at 5:30, is not the time to start planning dinner. This cooklet saves time, because you cook while you sleep, using a crock pot, oven, or stovetop with a heat diffuser.

A staple grain cooks for the coming day’s breakfast, lunch, and dinner. When you get home from work, the planning (the hard part) is done and so is the main part of the meal. You can cook three meals in one pot at night to enjoy the next day.

Most of all, you’re eating FRESH foods every day. Within 24 hours, you’ve consumed what’s in the crock pot, and you start a fresh crock pot after the supper dishes are done. There’s no leftovers to store that grow “whiskers” in the fridge.

Every evening, you are choosing a different grain, legume and “food medicine” to cure what ails you. You are the doctor and food is your medicine. You have a variety of fresh, revitalizing, health promoting food that cooks WHILE YOU SLEEP. You will notice big returns as your health and energy improves every day. The 5 minutes you invest in filling your crock pot every evening will compensate you beyond your wildest dreams.

One final suggestion: ‘RE-THINK BREAKFAST.’ Let your old concept of breakfast go. A congee breakfast will have no resemblance to the Standard American Diet (also appropriately called SAD). You can get accustomed to a diet low in meat, eggs, milk, and sugar. Congee is high in grains, legumes, vegetables, and fruit. I call congee “Longevity Soup.”
What is Congee?
Congee, or Jook in Cantonese, is water nee.

History of Congee
Chinese Medicinal Breakfast Porr-ridges have been used as medicine for thousands of years. There is also a long unrecorded history of the use of breakfast porridges as medicine. In the Journal of the American Col-lege of Traditional Chinese Medi-cine, "... many noted contemporary Chinese doctors always make a point of using medicinal porridge for the prevention and treatment of disease.”

"Because Congee is cooked with so much water, Congee helps moisten the fluids of the stomach and intestines which tend to become depleted in old age due to chronic disease.” Rice Congee, especially is good for babies, infants, anyone ill, anyone recuperating from prolonged or serious disease, the weak and the elderly,” reports Bob Flaws in The Book of Jook.

My Trip to China
My congee quest continued in Beijing and Shanghai. All of the hotels had congee cauldrons on the breakfast buffet, called “steamed porridge.” One pot had white rice congee and 100 year black duck eggs. The other pot contained white rice congee. Spicy assorted condi-ments and SCALLIONS were available. But after 10 days, I started to crave the variety of my congee, using different grains, spices, and miso. Hence comes the birth of this cooklet. It contains original recipes using different grains, legumes, and special herbs and spices.

Conclusion
The Buddha is recorded as say-ing, “This praiseworthy medicine (Congee) confers life and beauty, ease and strength; it dispels hunger, thirst, and wind; it cleanses the bladder; it digests food.” Let’s cook!

Barb’s Favorite-Over-night Job’s Tears (Hato Mugi-Grass Bar-ley)
In the evening combine in slow cooker:

½ cup Job’s Tears (Hato Mugi)
8 cups water
¼ cup navy beans
1 to 2 inch piece kombu
1 pinch sea salt
¼ to ½ tsp cardamom (calms digestion)

Set crock pot on medium for overnight cooking. Serves 3 meals for 1 person.

Breakfast
To crock pot add:
1 Tbsp barley miso/shoyu or 1 Tbsp maple syrup, honey, rice syrup, or barley malt
Very finely chopped scallions, kale, or other leafy greens

Turn off crock pot.

Lunch
Fill wide mouth thermos with congee broth. Pack a side dish salad.

Dinner
Reheat congee. Add sliced mush-rooms, onions, squash, and seitan (wheat meat) to pot. Add ginger juice, soy sauce, and basil. Cook until veggies are soft. This makes a tasty stew with a side salad.
OVERNIGHT WILD RICE

In the evening combine in slow cooker:

- ½ cup hand harvested wild rice
- 9 cups water
- ¼ cup black turtle beans
- 1/8 cups arame
- 1 pinch sea salt
- ¼ tsp turmeric (supports all conditions, aids protein digestion)

Set crock pot on medium for overnight cooking. Serves 3 meals for 1 person.

Breakfast

To crock pot add:

- 1 Tbsp barley miso/shoyu or 1 Tbsp maple syrup, honey, rice syrup, barley malt.
- Very finely chopped scallions, kale or other leafy greens

Turn off crock pot.

Lunch

Fill wide mouth thermos with hot congee broth. Pack a side dish salad.

Dinner

Reheat congee. In a skillet, matchstick cut carrot and 1 piece burdock root. Heat a small amount of water or oil, shoyu, and pinch sea salt about 20 minutes, until soft. Transfer veggies to crock pot. Garnish with parsley.

Get amazing hand harvested wild rice from the Ojibwa Indians. (218.246.2746)

Remember that the medicine is in the long cooking broth. If your broth cooks away, add more water at the start of cooking or use a lower crock pot setting. Temperatures of crock pots vary so experiment with yours!

QUICK BREAKFAST DULSE

Dulse is a superior source of iron and iodine. It also contains phosphorous, potassium, magnesium, protein, and vitamin A. Dulse is a good source of vitamins E, C, and B complex, including B12 and numerous trace elements. I prepared this dish at French Meadows camp for the kids' cooking class. I had never used Mendocino Dulse before. You can imagine my surprise when it hit the coconut oil, it immediately turned bright green! The kids and I both squealed in amazement and delight. You can get Mendocino dulse at www.seaweed.net.

Unrefined Coconut oil is lower in calories than most fats and oils. It is over 50 percent medium chain fatty acids, the kind that are not stored as fat. Rather the body metabolizes medium chain fatty acids into energy. Moreover, coconut oil’s most remarkable property is that it’s one of the few significant sources of lauric acid found in mother’s milk! It enhances brain function and the immune system. Go to www.tropicaltraditions.com for premium coconut oil! Thanks to Rebecca Wood, author of The Splendid Grain and New Whole Foods Encyclopedia, for the information on dulse and coconut oil.

2 Tbsp coconut oil
½ cup dulse

Heat coconut oil in skillet. While heating, tear up dulse into small chunks. Drop one chunk into oil. If it turns green, the oil is hot enough. Drop all dulse chips into skillet. They should quickly turn green and crispy. Remove from skillet, drain on paper and enjoy!
**Camp Breakfast Teff Recipe**

This recipe is the most often requested by French Meadows campers!

Cook overnight:

- ½ cup hand-harvested wild rice
- ¼ cup teff
- ¼ cup black turtle beans
- 1 bay leaf
- ¼ tsp fennel
- 1 chunky onion
- 1 chunky carrot
- 1 little dried fish
- 2 Tbsp dried mulberries

In the morning add chopped scallions, kale, or other leafy greens. Season with miso, shoyu, maple syrup, or honey.

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Here are Barb’s most popular cooking class recipes from this year’s French Meadows Camp.

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**Tempeh Mochi Reuben Sandwich**

1 block tempeh
olive oil to sauté
½ block plain mochi cut crosswise like French fries
½ cup nutritional yeast
1 to 2 cloves garlic
½ cup sauerkraut
6 slices rye bread
soy sauce
mustard, lettuce, pickle

Sauté tempeh in garlic and olive oil. Mix ⅓ to ½ cup soy sauce in 1 cup water and add to skillet. Lay strips of mochi across top of tempeh. Sprinkle nutritional yeast flakes. Cover and simmer until mochi is melted. Add sauerkraut. Cut into slabs and place on rye bread. Add mustard and dill pickle. Serve open face or as a sandwich.

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**Mochi Melt Stir Fry**

1 tsp dark sesame oil
1 leek thin slices
1 cup thin sliced shiitake mushrooms
1 carrot thin matchsticks
½ cup thin sliced green cabbage
soy sauce
1 cup broccoli florets
½ block thin mochi strips cut crosswise
½ cup spring water

Heat oil in large skillet. Add veggies in order listed in recipe and stir fry until tender, but not quite cooked through. Sauté each veggie separately and remove. Don’t sauté broccoli. Season lightly with soy sauce as you cook each veggie. Put all veggies back in skillet, add raw broccoli. Place strips of mochi on top of all. Gently pour water down the side of skillet. Cover and cook over medium heat until mochi melts. Serve!

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Barb Jurecki-Humphrey resides in Telluride, Colorado. She offers on-site and floor plan Feng-Shui consultations for home/office. She invites guests to her log home for Mountain Wellness Weekends in the majestic San Juan Mountains. E-mail bjurecki@yahoo.com.

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