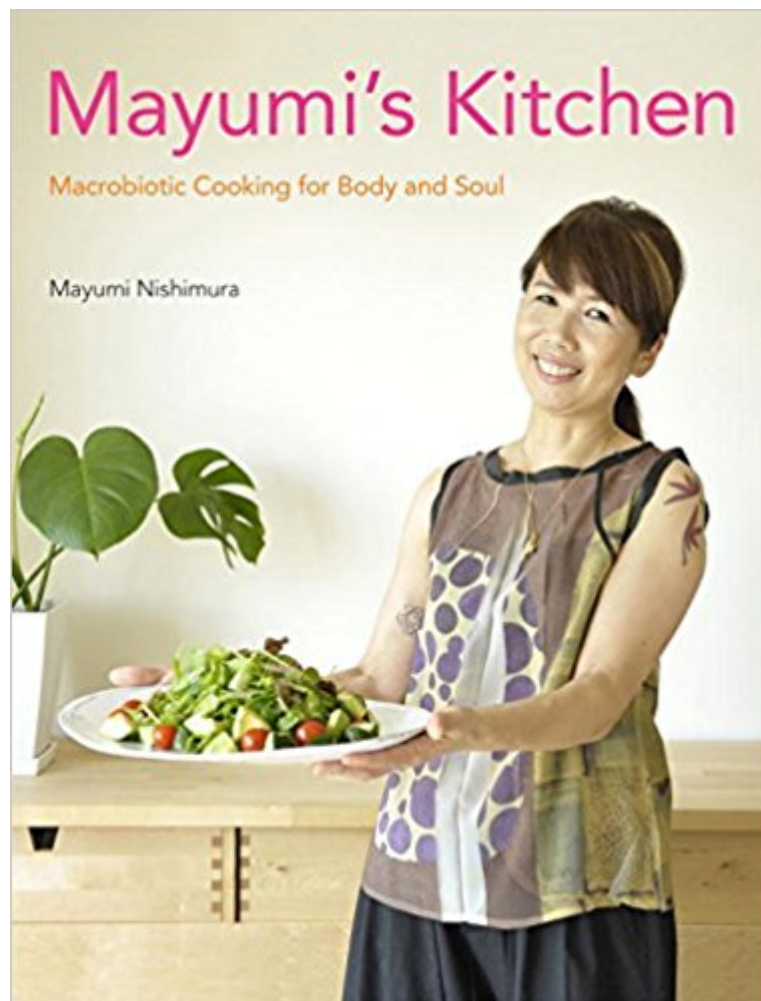




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Mayumi's Kitchen: Macrobiotic Cooking For Body And Soul



Synopsis

In *Mayumi's Kitchen*, Mayumi Nishimura, a leading figure in the macrobiotics world and Madonna's private macrobiotic chef, shares her recipes for delicious food that nourishes the body and the soul. Macrobiotics is a healthy, nature-friendly way of life based on a diet of whole grains, vegetables, and beans. People all over the world, including many Hollywood stars, have embraced a macrobiotic diet because of its health benefits including higher energy, beautiful skin, a tranquil mind, and a greater sense of connection with the universe. Mayumi's unique style of cooking is healthful, intuitive, and easy to stick with. She draws her inspiration not only from Japanese food, which she grew up eating, but also from Chinese, French, Italian, and other cuisines, as well as from macrobiotic traditions. Above all, though, she believes that enjoyment is the key to sustaining healthy eating habits, and she offers more than 130 recipes for a wide variety of dishes including soups, pastas, brown rice, grain, and bean dishes, even party foods and desserts. The centerpiece of *Mayumi's Kitchen* is her ten-day detox diet, followed by meal-planning tips and the recipes, all lavishly illustrated with color photos. Mayumi also explains unfamiliar techniques with step-by-step pictures and discusses nutritional value and energy quality. A perfect introduction for beginners, *Mayumi's Kitchen* will be welcomed by lifelong macrobiotic practitioners as well.

"Not only are you the best chef in the world...your amazing food helped me to be a happier, healthier person, balanced in body and mind." — • Madonna (from the Preface)

"Mayumi makes beautiful, energizing food, which I have been lucky enough to enjoy many times over the years. I am thrilled that now everyone can have a chance to experience the effects of her meals, which are as healing and healthy as one can get!" — • Gwyneth Paltrow

"When people think of macrobiotics, they think of healing and recovery, but they rarely think of gorgeous, yummy food. *Mayumi's Kitchen* changes all that." — • Christina Pirello, Emmy Award-winning host of *Christina Cooks* on national public television and best-selling cookbook author

"Mayumi has long been one of my favorite chefs in the world-her cooking is infused with love, joy, and the spirit of a true artist. So it's no surprise to me that this wonderful book is as inviting as her food-gorgeous, friendly, and welcoming." — • Jessica Porter, author, *The Hip Chick's Guide to Macrobiotics*

"In this book and its recipes, Mayumi captures the beauty and spirit of macrobiotics and natural foods cuisine. She has inspired many toward a healthful lifestyle, and will continue to do so with this wonderful book." — • Dr. Lawrence Haruo Kushi, nutritional epidemiologist

"With years of innovative experience, Mayumi Nishimura brings food to life with a balanced sense of taste, color, and good nutrition. The recipes and artistic photography in *Mayumi's Kitchen* are sure to make your mouth water and your lips quiver! This is whole food kitchen inspiration at its best." — • Verne

Varona, author, *Macrobiotics for Dummies*

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Customer Reviews

Product Description Macrobiotics--the healthy, nature-friendly way of life based on a diet of whole grains, vegetables, and beans--is now a global phenomenon. In recent years a number of Hollywood stars have taken up the macrobiotic diet because of its many benefits, which include higher energy levels, beautiful skin, a tranquil mind, and a greater sense of connection with the universe. In *Mayumi's Kitchen*, the woman who worked for seven years as Madonna's private macrobiotic chef shares with the world her dazzling recipes. Mayumi Nishimura's unique style of cooking is healthful, intuitive, and easy to stick with. She draws her inspiration not only from Japanese food, which she grew up eating, but also from Chinese, French, Italian, and any number of other world cuisines, as well as from macrobiotic traditions. She believes that enjoyment, above all, is the key to sustainable healthy eating, and that means adapting her cooking to cosmopolitan tastes. The reader will thus discover in her book a number of familiar-looking dishes prepared with macrobiotic as well as more conventional ingredients, in both Western and non-Western styles. The centerpiece of *Mayumi's Kitchen* is her ten-day detox diet. Here readers can enjoy a macrobiotic menu that will transform them from the inside out. Following this are meal-planning tips and recipes for more than fifty dishes, including such favorites as Salmon Soup, Avocado Rolls, Vegetable Lasagna, and Seitan Pot Stickers. There is even a party-food section with recipes for spring rolls, tempura, pizza, and more. In all, Mayumi introduces more than 130 mouthwatering recipes, all lavishly illustrated with color photographs. Many are explained in terms of their nutritional

value or energy quality, and unfamiliar techniques are made clear with step-by-step pictures. For beginners and lifelong macrobiotic practitioners alike, these dishes will wow and delight. From Mayumi's Kitchen: Brownies These brownies proved incredibly popular with Madonna's back-up dancers, whom I sometimes made snacks for while on tour. Brownies have since become a favorite birthday treat. Makes one 8 " 8-inch (20 " 20-cm) pan. Dry Ingredients 1 cup (110 g) unbleached white flour or barley flour 1/2 tsp baking powder 1/2 cup (80 g) maple sugar 1/4 cup (20 g) cocoa powder 1/2 cup (90 g) sugarless chocolate chips Wet Ingredients 2 Tbsp unsweetened soymilk 1/2 cup (120 ml) rapeseed oil or other vegetable oil 1/2 cup (120 ml) maple syrup 1 tsp vanilla Sea salt, to taste Directions 1. Preheat oven to 350° F (180° C). 2. Oil a Pyrex or other square ovenproof pan. Or, for easier cleanup, line the pan with baking paper. 3. Place all DRY INGREDIENTS in one bowl and all WET INGREDIENTS in another. Mix well separately, then add the WET INGREDIENTS to the DRY INGREDIENTS and mix just enough to blend, using a spatula to prevent lumps. 4. Transfer to the pan, place on the middle rack of the oven, and bake for 20 minutes (time may vary depending on the oven; test for doneness with a toothpick). When a toothpick or cake tester comes out clean, remove from oven. 5. Allow to cool before cutting into squares and removing from the pan. From Mayumi's Kitchen: Strawberry Tempeh Smoothie I invented this recipe for a Japanese TV show. They wanted me to demonstrate how to use tempeh in several different ways. It tastes wonderful and feels healthier than store-bought protein drinks. For a sweeter flavor, add 1 tablespoon of maple syrup or any natural sweetener of your choice. Serves 2. Ingredients 1 oz (30 g) tempeh, steamed 8 to 10 strawberries 2 cups (480 ml) rice milk 1/4 tsp vanilla 1/8 tsp maca powder (optional) 1/8 tsp sea salt Directions 1. Steam the tempeh for 15 minutes. 2. Puree all ingredients in a blender until smooth. --This text refers to an out of print or unavailable edition of this title.

The concept of following a macrobiotic diet might sound daunting, but Nishimura—who worked as Madonna's private chef for seven years (and had her former boss write a foreword for this book)—breaks it down into simple, can-do steps and recipes. She suggests kicking things off with a 10-day detox diet, which includes such macrobiotic staples as soft-cooked brown rice, miso soup with shiitake mushrooms and herbs, and udon salad. She demystifies exotic ingredients like mochi and hijiki, and saves work for followers of the detox plan by precisely explaining how to use leftovers. After the detox diet, there are straightforward meal-planning tips and dozens more recipes, including wild arugula and artichoke heart salad; creamy potato and leek

soup; sea bass with green lentils; pan-fried fish cakes with tofu tartar sauce; and almond jewel cookies. And Nishimura's menus for specific goals—beautiful skin, weight loss, and muscle building—guide readers to the foods that work best for their needs. (June) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

I love Mayumi! Her book is well written, the recipes are easy to follow and the pictures in the book are amazing!! I purchased this book for the 10 day detox. I was looking for something different in my life and macrobiotics was the solution. I am a mom of an 18 month old and lost weight though weight watchers. It took me about 8 months to loose the weight from my pregnancy but I was still not at my "goal weight". Weight watchers was great for me and the initial weight loss; however, I feel like I ate more sugar free foods and highly processed foods. I was so tired of the way I was feeling and wanted a more healthy approach to life. Food was the BEST way to achieve this goal of mine. I had no idea how many bad habits I had and how bad animal products made me feel. The 10 day detox was ultimately brilliant and challenging leaving me feeling balanced. I was never hungry and never full, just satisfied. I have adopted the macrobiotic diet in my life indefinitely. I have so much energy, I actually enjoy cooking, I feel good and spring out of bed in the morning, I sleep better, the whites of my eyes are glowing and my skin is clear and vibrant. I have had a life changing experience with Macrobiotics. Mayumi's book is a great introduction to macrobiotics! There are challenges to finding certain foods and making the time to prepare your own food, but the benefit is worth it!

I found myself wanting to change over to a macrobiotic diet but felt intimidated by most macrobiotic cookbooks. A friend who is a macrobiotic chef recommended this book so I bought it. I fell in love with it immediately! The pictures are beautiful and the recipes are so well written. All the food, and I mean ALL the food, has been delicious. The 10-day detox is so great b/c I don't have to think about what to make next - it is laid out perfectly. What I love is that no matter what I make it comes out exactly as it looks in the book, which is very encouraging. Mayumi's seasonings and sauces are right on target. Her tofu mayonnaise is surprisingly better than regular mayo. This book inspires me to eat healthier. The only complaint I have is that I wish there were twice as many recipes. Mayumi, please write another book soon!!!

I have heard many times brown rice is good, so I have been eating it almost 10 years. Compared to

white rice, it is not tasty as I grew up eating steamy white rice so many years. At first I lost interest in eating. But now I cook brown rice with carrots, edamame, or daikon, and it taste better. I read before that an American physician, Dr. Anthony J. Sattilaro, who was the President of Philadelphia Methodist Hospital, ate bacon and steak all the time and developed a deadly cancer. He was told he would die in a year or so. Then he learned about a Macrobiotic diet from a hitch hiker. He said, "Cancer is easy to treat. You must change your bad blood to good through diet. Brown rice is the hardiest vegetable, full of energy and nutrients. People eat wrong food that is why they become cancer. The physician ate faithfully, according to the Macrobiotic diet menu for one year. Even he went to parties, he brought brown rice balls. After a year, he became cancer free. After I read the book, titled "Recalled by Life" by Anthony J. Sattilaro with Tom Monte, I was interested in Macrobiotic diet. Then I found "Mayumi's Kitchen--Macrobiotic Cooking for Body and Soul," at a library. It says, "Macrobiotic is a balanced way of eating; it means consuming the foods humans need in order to live in harmony with nature and the universe." Mayumi uses brown rice, vegetables, fruit, a lot of beans, tofu, konbu, dried mushrooms and fish that are very familiar to me. I cooked a few dishes such as Pan-Fried Chickpea-Millet cakes, Soba Salad with Asian-Style Dressing, Chirashi sushi, Avocado Rolls, Steamed Vegetables and miso soup. They are good and I felt more energy. As I haven't eaten meat since I was 7, I didn't have a lot of energy like a meat eater. But I discovered that chick peas satisfied my energy level and fill me up. I also like this cook book because Mayumi cooks for one or two people. As I live alone, I don't like too much left over. I want to eat fresh as possible. Each picture is so beautiful that it gives me a good appetite and Mayumi explains how to cook very easily. Mayumi recommends having a pressure cooker so I ordered it. When I get it, I can cook many other recipes faster and easier. I am going to use this cook book and the pressure cooker the rest of my life. This is the perfect cook book for me. I give Mayumi Nishimura a million thanks.

I recommend this book to anyone looking to change their diet, and I use the word "diet" loosely. Macrobiotics is not a fad diet that you pick up for a few weeks and then toss aside once you have reached your desired weight. It is a lifestyle change. You will want to continue simply because of how good you feel and the fact that the food tastes great. The simplicity of the recipes is an added bonus. This book offers a ten day detox (breakfast, lunch and dinner) to help you become accustomed to the prep and cooking techniques. It also offers menus for specific goals such as weight-loss, beautiful skin and muscle building. I would definitely recommend this book to others.

I've been using this cookbook for the last year. Sometimes I take it to bed just to read it! Every time I pick it up I learn something new. Do not be fooled by the seeming simplicity - if you can master these recipes you have really accomplished an art. And then you can start to improvise because she teaches you cooking techniques and concepts along with the list of ingredients. The Japanese have a saying, "the bigger the front, the bigger the back" and this book has a lot of back! Highly recommended, beautiful book to have and to utilize regularly.

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