

A Sample Daily Menu with Favourite Recipe

Breakfast

08:00 - 08:30h

Soup

Sweet Summer Miso
Soup

Meal

Soft Brown Rice with
Amazake or Gomasio
Topping
Blanched Greens
Steamed Sourdough
Bread and a Variety of
Spreads

Lunch

12:30 - 13:30h

Meal

Rich Penne and
Vegetable Salad
Tempeh Tempura
Steamed Broccoli
Assorted Pickles

Dessert

Colorful Fresh Fruit
Kanten

Dinner

18:00 - 19:00h

Soup

Shoyu broth with
Shiitake and
Vegetables

Meal

Brown Calasparra Rice
with Sweet Rice
Arame with Onions and
Sesame Seeds
Italian White Bean
Salad
Crispy Chinese
Cabbage

Favourite Recipe *by Wieke Nelissen*

Italian White Bean Salad

4 person

1 cup small white beans, soaked 8 hrs in 2 cups water
1 teaspoon white sea salt
1 small red onion, cut into very thin rings
1/2 cup green beans, halved and blanched
1/2 cup thinly sliced carrots, blanched
a handful of black olives
2 tablespoons finely chopped parsley

for the dressing: mix well

1 tablespoon olive oil
1 tablespoon lemon-juice
1 tablespoon mirin
1/2 teaspoon white sea salt

Boil the beans in the soaking water until tender but still whole. Add the salt towards the end of the cooking time. Don't use a pressure cooker; the beans may discolour from that. Drain if water is left. Cool the beans down. Mix in the vegetables, the olives, the parsley and the dressing.