

Spiritual School of Ascension

Oa's Kitchen Vegetarian Ascension Recipes



Vegetarian Japanese Cooking

The Earth Mother through Karen Danrich "Mila"

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Dear Beloved Ascending Human,

Mila and Oa have continued to experiment with vegetarian recipes with the Earth Mother consciousness that better supports ascending biology. Special healing planes are created with the use of all recipes in this section of Oa's Kitchen that assist those working with the cookbook to receive blessings from earth and nature. The blessings can create a most magical meal for oneself or others as well as allow for healing between oneself and the plant kingdoms. We hope that many avail themselves to our free cookbook and receive the blessings from earth that are associated to better support your continued ascent ahead.

Over the years Mila and Oa have enjoyed dining at many Sushi restaurants in the islands or abroad. Although they are vegetarian, Mila and Oa find that they each crave some of the lovely tastes and nutrients related to Japanese cooking such as miso soup, avocado rolls with nori (seaweed), marinated ginger, and wasabi (hot green mustard), Edamame (whole steamed soy beans in salt) and spinach marinated in sesame oil. Each of these foods provide special nutrients helpful unto ascension in the Earth Mother's assessment.

Miso is made of whole fermented soybeans, barley or wheat or rice and salt and has is a good digestive tonic along with blood cleanser. Fermented foods are very helpful to the digestive system of ascending humans such as yogurt and pickles. The soy bean kingdom have recently found a crystalline blueprint to ascend into; and we anticipate that their species will be around for a very long time as a result.

Soybeans are also used in the creation of many foods that also can be problematic unto ascending humans such as soy oil, soy tempeh and tofu. Unfortunately the chemical process of the production of these products can make them quite toxic if consumed daily. Soy oil is very sticky and tends not to stick unto arterial walls and ducts in the kidneys, liver or spleen. Tempeh and tofu are created from the remaining byproduct in the extraction of the soy oil and are also very difficult to digest, although many perceive them as a good protein source. Any food source that is difficult to digest is not recommended for everyday cooking. It is far better to eat the whole soy bean steamed as "Edamame" than consume the tofu or soy tempeh as a result.. (See ["From the Tamanu and Kikui Nut Kingdoms"](#) for more information on how soy oil is produced and other interesting food science information from the plant and tree kingdoms.)

Nori or dried seaweed is filled with sea minerals not found in salt or many other spices that most humans consume. Seaweed can also be filled with toxins such as heavy metals due to the polluted nature of the oceans that they are harvested from. Mila and Oa have limited their consumption of nori to only once every two weeks as a result; but it suffices also to provide them with many minerals that they would not ingest otherwise; and their bodies are good at eliminating toxins so that this is non-problematic unto their health.

Pickled ginger is a wonderful tonic for indigestion; and also provides the ginger herb in one's diet. Ginger stimulates the gallbladder to better release its digestive enzymes allowing for a more complete break down of one's food source in the intestines. Mila has learned to look for baby ginger at the farmers market and cut it as fine as she can, and marinate it in rice vinegar and sugar to make her own pickled ginger at home. Pickled ginger in stores is often loaded with food coloring and preservatives; and so one must read the labels carefully to find one that is more or less pure in nature or make it from scratch.

Nut oils such as sesame, peanut and coconut are very useful to ascending bodies. Sesame oil in particular hosts a load of vitamin B complex that is helpful in the regeneration of the adrenals to aid in adrenal exhaustion; and also of the nervous system. Peanut oil provides a larger dose of the fatty acids associated with peanuts all at once and this is very helpful to the regeneration of the crystalline brain. Coconut oil has fatty acids that are helpful to the regeneration of all cells in the crystalline biology. So our recipes will include the use of these three oils as a result.

This past year, Mila and Oa have experimented at home more with Japanese style cooking than anything else. Oa has been going through a very large shift in his hormonal system causing his body almost to feel as a pregnant woman feels when all the hormones race to develop the incoming child. During this time of transformation, Oa discovered himself desiring simple foods that were light, easy to digest yet nutritious and tasty and this drew him increasingly into working with vegetarian Japanese cuisine.

So we wish to share with you some of the delicacies from the Japanese tradition that may also be helpful to others upon the path at certain times in one's own ascension ahead. As we cook with variant recipes from different continents, we also can honor the cultures of our ancestors that are related and can bless the humans related in present time so that all may awaken and ascend..

Happy Eating!

**Namaste
Mila & Oa
The Earth Mother**

Vegetarian Japanese Cooking

Soups, Noodles and Salads

EDAMAME

Boiled Baby Soy Beans in Salt

1 1/2 Cups Fresh or Frozen Baby Soy Beans
Filtered Water for Steaming
2 Tablespoons or more Salt
Other spices: Sprinkle of Chili Powder
or Chinese Five Spice Powder (optional)



Rinse the soy beans and place in a double boiler or steamer basket. Sprinkle with salt. Heat and steam for 5 minutes. Strain and enjoy hot or cold, squeezing the bean from the pod with one's teeth; or shelling all beans and serving them separate not unlike a nut. Other spices can be added for interesting variety once the beans have been shelled.

Whole fresh soy beans make a delicious snack that is healthy, full of protein and oils useful unto ascension as the whole food is consumed. One will discover that the natural enzymes in the whole soy bean will aid in the digestion leading to less flatulence than when tofu or soy tempeh is ingested.

MISO SOUP

Serves 4

1 Quart Mushroom or Vegetable Stock
1/3 to 2/3 Cups White or Red Miso
1/2 Cup Sake (rice wine) or White Wine
Diced Green Onions

OTHER POSSIBLE ADDITIONS

1 Package Soba Noodles
1 Diced Potato and Carrot
Slices of fresh Daikon
Slices of Fresh Shitake Mushrooms

STOCK RECIPE

15 to 20 Dried Shitake Mushrooms
1 Quart Water



To make the stock, soak the dried mushrooms for several hours and then boil for another two hours and a nice brown colored liquid is created. The mushrooms can be removed and saved for other dishes such as the pot sticker recipe below.

To make the miso soup take the shitake stock and add miso and taste; if you prefer more miso then add another 1/3 cup; then add the sake (rice wine). Heat and serve with fresh diced green onions sprinkled on top.

For a cold winter, one can add a diced potato and finely chopped carrot to the Miso recipe and cook until tender and then serve. As another option a package of organic soba noodles can be added to provide a heartier meal.

One of Mila's favorites is to add slices of fresh daikon along with fresh shitake mushrooms and gently boil for 5 to 10 minutes and then serve with sliced green onions sprinkled on top.

ASIAN STYLE SALAD

Serves 4

- 1 Japanese Cucumber finely sliced
- 2 Tangerines peeled and sliced into segments
- 1 Cup Fresh Snow Peas, edges removed
- 4 Green Onions diced
- 1 Red or Yellow Pepper sliced
- 3/4 Cup thinly sliced Daikon
- 1 Cup Mung Bean Sprouts
- 4 Cups Diced Chinese Cabbage (can substitute lettuce of choice)
- Sesame Seeds as Garnish

ASIAN DRESSING OPTION

- 1/2 cup Peanut Oil
- 4 Tablespoons Sesame Oil
- 3 Tablespoons Rice Vinegar
- 2 Tablespoons Marin (can substitute maple syrup, honey or sugar)
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Sake (optional)

MISO DRESSING OPTION

- 1/2 cup Peanut Oil (or Macadamia Nut Oil)
- 4 Tablespoons Sesame Oil
- 3 Tablespoons Rice Vinegar
- 2 Tablespoons Marin (can substitute maple syrup, honey or sugar)
- 2 to 3 Tablespoons Miso
- 1 Tablespoons Sake (optional)



Asian salads and dressings offer a lovely crunchy fresh taste that helps to compliment the other dishes offered in this section of Oa's Kitchen. Asian style salads need not be an extravagant production. Generally Mila and Oa use whatever is in the vegetable section of their refrigerator that works well with the Asian or Miso dressing. Sometimes the salad may only be simply a sliced cucumber tangerine and dressing if this is all that they have; and yet it adds something fresh and crunchy unto the rest of their Japanese style meal.

Generally speaking we recommend eating both cooked foods and fresh and raw foods in any meal to provide the maximum nutrients unto the health and sustenance of the crystalline biology. Cooked foods sometimes cannot digest as well without the enzymes in fresh foods. This is why you will generally see fresh fruit or vegetables recommended along with cooked foods in Oa's Kitchen.

Simply put all ingredients in a large salad bowl, whisk the dressing together, toss and allow to stand for 5 minutes to allow the Chinese cabbage to slightly wilt; and then serve.



GREENS IN MISO SAUCE

Serves 4-6

2 Bunches Greens of Choice (swiss chard, collard greens or kale)
Filtered water for Steaming

MISO SAUCE

1/2 cup Peanut Oil (or Macadamia Nut Oil)
4 Tablespoons Sesame Oil
3 Tablespoons Rice Vinegar
2 Tablespoons Marin (can substitute maple syrup, honey or sugar)
2 to 3 Tablespoons Miso
1 Tablespoon Sake (optional)

OPTION 2: LEMON SOY DRESSING

1/2 cup Peanut Oil (or Macadamia Nut Oil)
4 Tablespoons Sesame Oil
3 Tablespoons Fresh Lemon Juice
1 Tablespoon Marin (can substitute maple syrup, honey or sugar)
3 Tbsp Soy Sauce

Mila and Oa recall enjoying a lovely cold side dish in one Japanese restaurant of spinach and sesame oil. They remembered this and chose to create something similar but with greater nutritional value than spinach. Kale is considered the super food of greens hosting more nutrients than any other green, per health food advocates. Mila and Oa agree and generally find a lovely bunch of kale at the farmers market each week.

To cook the kale or other greens, rinse and trim the stalks and then cut into slices filling a double boiler or stock pot with a steamer basket in the bottom. Add enough water and bring to a boil steaming until tender (about 10-12 minutes). Move the cooked greens into a glass bowl and cover with the dressing of choice, toss and serve. Greens can also be refrigerated as a cold salad to compliment one's Japanese style meal.





COLD SOBA NOODLES

Serves 4

1 Package Soba Noodles
Filtered Water to Boil

DIPPING DRESSING

1 Cup Shitake Broth
1/4 Cup Soy Sauce
1/4 Cup Marin (or other sweetener to taste)

OTHER POSSIBILITIES FOR THE DRESSING:

Wasabi
Minced Scallions
Slivered pieces of Nori



Cold noodles are another accoutrement of Japanese style meals and are often served along with the green salad in restaurants. The cold noodles are to be dipped in the sauce offered.

To prepare cold noodles, boil the soba for 8 to 10 minutes until tender. Drain and refrigerate until chilled. Serve 1 cup noodles per person along with a small bowl of dipping dressing on the side.



WARM SOBA NOODLES IN MISO DRESSING

Serves 4

1 Package Soba Noodles
Filtered Water to Boil

MISO DRESSING

1/2 cup Peanut Oil (or Macadamia Nut Oil)
4 Tablespoons Sesame Oil
3 Tablespoons Rice Vinegar
2 Tablespoons Marin (can substitute maple syrup, honey or sugar)
2 to 3 Tablespoons Miso
1 Tablespoon Sake (optional)

OTHER ADDITIONS:

Chopped Scallions
Chopped Chinese Cabbage
Slices of fresh Shitake Mushrooms
Sesame Seeds for Garnish



In their experiments in home, Mila discovered that soba noodles were also wonderful served warm with a miso dressing and fresh green onions, Chinese cabbage and slices of shitake mushrooms.

To make the warm noodles, boil the soba for 8 to 10 minutes until tender. While noodles are boiling slice the green onions, cabbage and fresh shitake mushrooms. Mix the dressing until smooth. As the noodles become tender, drain and toss all ingredients together and sprinkle with sesame seeds and serve. You can also serve this dish chilled if you prefer.



AVOCADO ROLLS

Serves 4

1 Pound Short Grain Organic Rice
3 Tablespoon Rice Vinegar
1 Tablespoon Sugar
1 Teaspoon Salt
5 Sheets Nori (dried seaweed)
1 Japanese Cucumber cut lengthwise in long strips
1 Avocado thinly sliced
Sesame Seeds to garnish

ACCOUTREMENTS

Wasabi (green mustard)
Soy Sauce
Lemon Wedges
Pickled Ginger

SPICY JAPANESE MAYONNAISE

1/2 Cup Mayonnaise
1 Tablespoon Rice Vinegar
1 Teaspoon Chipotle Chili Powder (or regular chili powder -- or can substitute other hot sauce of choice)

TO MAKE THE STICKY RICE

Wash the rice under cold running water, tossing until the water runs clear. Place the rice in 3 cups of water in a saucepan. Bring to a boil over low heat and cook for 5 minutes or until tunnels form in the rice (little holes of air will form). Remove from the heat, cover and leave set aside for 15 minutes.

Place the vinegar and sugar and salt in a small saucepan and stir over low heat until the sugar and salt dissolve. Transfer the rice to a glass bowl and use a wooden spoon to separate the grains. Make a slight indent in the center and slowly stir in the vinegar dressing and then cool by fanning the rice.



TO MAKE THE AVOCADO ROLL

Place the nori shiny side down upon a bamboo suishi mat. Cover the nori with sticky rice leaving one edge free to seal the roll. Arrange the cucumber, avocado and sesame seeds in the center and drizzle the mayonnaise on top. Roll to cover the filling into a log. Continue to roll tightly to join the edge, and hold in place a few seconds with your fingers. Cut into pieces and serve with all the accoutrements allowing each to mix their sauces as they prefer. For hand rolls, instead of creating a log, fold one corner in and roll into a cone shape instead of a circular shape. Serve, dip and enjoy!

Hot Vegetarian Japanese Dishes



SHITAKE MUSHROOM GYOZA

(Japanese Pot Stickers)
Serves 4

1/4 of a Chinese Cabbage Chopped
4 Green Onions Chopped
1 Can Water Chestnuts Chopped
1/2 Pound Fresh Shitake Mushrooms
Chopped (can also use the cooked
dried mushrooms from the stock
recipe)
2 Slices of Fresh Ginger chopped
2 Tablespoons Soy Sauce
1 Tablespoon Rice Vinegar
1 Tablespoon Sesame Oil
36 Round Pot Sticker Wrappers

TRADITIONAL DIPPING SAUCE

1/4 Cup Soy Sauce
2 Tablespoons Rice Vinegar
2 Tablespoons Sesame Oil
2 Tablespoons Mirin (or other
sweetener of choice)
Hot Chili Oil to Taste

Chop and mix all ingredients in a glass bowl adding the soy sauce and vinegar at the end. You can also place all ingredients into a food processor and mince together to form more of a paste. We have experimented with both types of pot stickers with more of a paste or hand chopped internal ingredients and both are delicious to the taste.

Stretch the pot sticker wrapper slightly and place down upon a cutting board. Take a tablespoon or more of the vegetable mixture and place inside each wrapper. Fold in half and seal the edges by pressing together with your fingers. Place upon a plate covered in saran wrap. Cover and refrigerate until cooking.

We have discovered it is best to make pot stickers fresh as they tend not to cook well if they have been frozen or refrigerated for more than 24 hours.

In a large frying pan or wok, place a good amount of peanut oil and a dash of toasted sesame oil. We found that using coconut oil caused the pot stickers to stick to the pan more greatly and so we recommend nut oils instead.

Heat up the nut oil until it bubbles and add the pot stickers, placing one side down. Sauté until brown (about 5-8 minutes). Turn the pot stickers over and add a tablespoon of filtered water. Cover and steam the other side for 5 minutes and serve with dipping sauce of choice.



ROASTED KABOUCHA PUMPKIN

Serves 4

1 Medium to Large Kaboucha Pumpkin
Peanut Oil
Sesame Oil
Sesame Seeds
Salt



Pumpkin is a lovely food to consume to help absorb excessive enzymes in the digestive system if it is upset. Pumpkin and its skin is loaded with beta carotene and vitamin A, B and small amounts of C along with calcium and other minerals to help the development or regeneration of crystalline biology.

The seeds can also be washed and roasted with a little salt and peanut oil as a nice snack or to be added to the salad. Pumpkin seeds are also considered a super food by current health advocates due to all the omega-3 oils that they contain.



Cut the Kaboucha Pumpkin in half and remove the seeds. Cut into 1/4 inch slices or smaller including the skin. In a glass roasting pan such as a Lasagna Pan, place the pieces on their side and drizzle with the peanut and sesame oil and then sprinkle with the sesame seeds and salt.

Roast at 400 degrees for 30-40 minutes until tender. Serve with the dipping sauce from the above Pot Sticker recipe.



ROASTED EGGPLANT

Serves 4

4 Long Japanese Eggplants or
2 Medium Round Eggplants
Peanut Oil
Sesame Oil
Soy Sauce
Marin or other sweetener of choice
Sesame Seeds

Eggplant is a crystalline food loaded with nutrients that are helpful unto ascension. Eggplant is a self mineralizing vegetable (the minerals are created in the DNA and not absorbed from the soil). Eggplant hosts some substances not found in many other vegetables at this time including one that helps the cranium to develop to receive unity thought-form in ascension.

Cut the long Japanese Eggplants into strips lengthwise; or cut the round eggplants in spheres. In a glass roasting pan such as a Lasagna Pan, place the pieces of eggplant flat and drizzle with the peanut and sesame oil, soy sauce and marin and then sprinkle with the sesame seeds.

Roast at 400 degrees for 30-40 minutes until soft and caramelized. Serve with the dipping sauce from the above Pot Sticker recipe.





MUSHROOM TEMPURA (Or Other Vegetables of Choice) Serves 4

30 Oyster Mushrooms (or combination
Oyster and Shiitake)
Coconut Oil for Frying
2 Eggs beaten (or ice water)

TEMPURA BATTER

1 Cup Whole Wheat Pastry Flour (or
Unbleached Flour)
2 Tablespoons Corn Starch
1 Teaspoon Baking Soda



OTHER VEGETABLE POSSIBILITIES

Onion Rings
Broccoli Flowers
Slices of Zucchini or Eggplant
Slices of Sweet Potato
Snow Peas
Slices of Kaboucha Pumpkin
String Beans
Asparagus Spears
Slices of Avocado
Slices of Carrots

Mushrooms host a load of records over time of lost human consciousness and substances related to the the biochemistry that humanity lost in all its falls. Connecting with the mushroom kingdom therefore is useful and one manner to do so is to enjoy mushroom tempura every so often.

Wash and trim the mushrooms or other vegetables to be cooked and place upon a large platter.

In a mixing bowl, mix the tempura batter. Dip each mushroom or vegetable in the beaten eggs (or ice water) and then dip into the tempura batter on each side. We have found tempura batter in the store without preservatives however the ingredients are similar unto the recipe we have included.



Traditionally, tempura is fried in an inch or two of vegetable oil at 350 degrees measured with a candy thermometer. Mila and Oa have discovered that using coconut oil in small amounts creates just as nice a tempura as a larger amount of vegetable oil and with less waste. It is important not to use frying oil more than once as the heat has caused the oils to become rancid; and rancid oils are what must be detoxified in the regeneration of crystalline biology.



TRADITIONAL DIPPING SAUCE

1 1/2 Cups Shitake Stock
1/2 to 2/3 Cup Soy Sauce
1/4 Cup Marin (or other sweetener of choice)
Grated fresh ginger and daikon

MISO DIPPING SAUCE

1/2 cup Peanut Oil (or Macadamia Nut Oil)
4 Tablespoons Sesame Oil
3 Tablespoons Rice Vinegar
2 Tablespoons Marin (can substitute maple syrup, honey or sugar)
2 to 3 Tablespoons Miso
1 Tablespoon Sake (optional)

SESAME RICE

1 Cup Brown or White Organic Rice (or half and half)
3 Cups Shitake Stock (or filtered water)
3 Tablespoons Sesame Oil
3 Tablespoons Soy Sauce
1 Tablespoon Rice Vinegar
2 Slices Ginger
1 Tablespoon Marin

Take a few tablespoons of coconut oil and heat in a large frying pan until it melts. As the oil sizzles when a drop of the batter is placed upon it, add as many of the mushrooms and vegetables that will fill the bottom of the pan. Cook until brown and flip over, cooking until the other side is nice and crusty; and remove placing upon a plate covered with a paper towel. Add more coconut oil and fry the next batch until all vegetables have been cooked. Serve the tempura with a lovely dipping sauce with miso soup and rice.

To cook the rice place all ingredients in a sauce pan. Heat until boiling and then reduce temperature to low and cover. Simmer for 20 minutes for white rice, 45 minutes for brown rice and 30 minutes for half and half.



Left over tempura vegetables can also be made into sushi. Simply reheat in a toaster oven and put in the center of nori and sushi rice and roll. Vegetable tempura hand rolls are one of Mila's favorites!