



Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul

By Mayumi Nishimura, Madonna

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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)

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"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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Editorial Review

Amazon.com Review

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.

From Publishers Weekly

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*)

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Review

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"Want to eat like Madonna? Pick up a copy of 'Mayumi's Kitchen.'" --*The Boston Herald*

"The book brims with easy, Japanese-style recipes that follow the principles of macrobiotics, a way of eating intended to boost energy, clear the skin and mind, and foster a deep connection with the Earth." --*VIV Magazine*

"Madonna's longtime macrobiotic chef puts a cosmopolitan spin on healthy eating in her newest cookbook." --*The Maui News*

Users Review

From reader reviews:

Rodney Schmitt:

This Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul usually are reliable for you who want to be a successful person, why. The explanation of this Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul can be on the list of great books you must have is actually giving you more than just simple looking at food but feed you actually with information that possibly will shock your previous knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions in e-book and printed types. Beside that this Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul forcing you to have an enormous of experience including rich vocabulary, giving you test of critical thinking that we know it useful in your day action. So , let's have it appreciate reading.

Walter Cornwell:

The book with title Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul includes a lot of information that you can understand it. You can get a lot of advantage after read this book. This kind of book exist new understanding the information that exist in this publication represented the condition of the world right now. That is important to you to learn how the improvement of the world. This kind of book will bring you in new era of the syndication. You can read the e-book in your smart phone, so you can read it anywhere you want.

Mildred Patton:

A lot of people always spent their free time to vacation as well as go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that is look different you can read any book. It is really fun for yourself. If you enjoy the book which you read you can spent the whole day to reading a reserve. The book Mayumi's Kitchen: Macrobiotic Cooking for Body and Soul it is extremely good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book.

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