

Italian Veggies available in the supermarket today !!
(see picture on FBI post !!)

Jook from this morning cooked a further 2 plus hours
added some stronger, dark Hatcho miso : for flavour and cold weather
added red radish, just in the last 5 mins, warming not cooking.
I am using the 'hotness' to 'tonify the Qi of the digestion', that is warming the MH Yang.
So, intentionally not cooking them.

Pinto Beans as a thick stew, this has been cooking 2 hours last evening, plus 3 hours today.

This cooking will add warmth for the cold weather & add deep energy. I am using beans to nourish the Kidney Qi and Kidney Yin. Pintos have easily accessible protein for both Earth and Water energies.

Seasoned just with Shoyu, but cooked quite thick so there is a difference in consistency to the Jook

Carrots boiled, whole, lightly; still crunchy.

Remember boiling means: 1/2 to 2/3 amount of water to amount of vegetables ... so it is part steaming.

Onions cut medium thin, then *frying in sesame oil*, until quite soft and adding a medium light miso as seasoning. *Then adding to the Pinto Beans.*

By doing this preparation of frying & then seasoning one 'traps in the warmth, heat and strength' of the onions. Then adding these to the Pinto Stew, one has made this more warming and nourishing for the cold, windy weather of today.

If it was warmer, more sunshine; then one could have just boiled then together with the carrots

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Dessert

Blackberry Soup Warming; thickening with either Kudzu Root or Corn flour.
Serve with e.g. Soya Cream, warmed.

The Apple Juice Concentrate from the preserving should provide enough sweetness; if not add a little sweetener according to your taste: Maple Syrup, Rice or Barley Syrup etc.

These are the last stocks from the last season, preserved in Apple Juice Concentrate; purchased fresh from the ladies in the local market, picked locally.

Pu Erh Tea from this morning, *keep the toes warm in bed tonight 😊*
add some Dark Honey for seasoning, as necessary
add some Cow's Milk for softening, and to aid restful sleep ...