

“Macriobiotic food is based on the Taoist principal of yin and yang.”

Photography by Petra Linton



DINE AT MINE

Host the perfect lunch with these tasty veggie recipes

Macrobiotic food company Wholefood Harmony inspires healthy eating through delicious natural cuisine. They offer food and health coaching, cooking workshops, events and catering. Only ever using an array of organic, vegetarian and macrobiotic ingredients, their philosophy is to restore balance and regulate health through a diet of exciting dishes. Here are our favourite for you to try out at home:

PUMPKIN SOUP

SERVES 4

- Half a pumpkin
- 3 carrots
- 1 onion
- 1 cup of red lentils
- Sesame oil
- Pinch of sea salt
- Kombu sea vegetable
- 1 tbsp of bouillon
- Dash of shoyu
- Orange juice, optional
- Watercress for garnish

1 Finely slice the onion and cut the pumpkin and carrots into fairly small chunks.
2 Heat a dash of sesame oil in a pan and add the onions and then the pumpkin and carrots, together with a pinch of sea salt. Cook all of this for a few minutes.

3 Meanwhile, rinse the red lentils thoroughly and add to the pan. You can add a small strip of kombu sea vegetable when cooking the lentils if you like.

4 Add water to cover the lentils and add a tablespoon of bouillon and bring this to a boil and then simmer for 25 minutes.

5 Add a pinch of sea salt and a dash of shoyu. You can also add a tablespoon of orange juice to enhance the flavour.

6 Remove the kombu sea vegetable and blend the soup using a hand held blender. Sample the soup and if necessary add more shoyu or orange juice to taste. Serve garnished with watercress.

Chef's tip

If you don't have shoyu, soy sauce will also work.