
A Voyage to Well-Being

Holistic Holiday at Sea III:

February 26 - March, 2006

Robert N. Carr, Jr.; recipes by Warren Wepman

Photos by Meg Pukel Photography

Paradise is a macrobiotic Caribbean cruise. That's what the organizers advertised and that's what they delivered. Starting off from Ft. Lauderdale on a relatively new ship, the Costa Magica was appropriately named. We left the harbor on a Sunday late in February of 2006 and headed for Key West, Florida. A welcoming party with sushi and organic wine was followed by a welcoming ceremony by Yogi Amrit Desai. This set the tone for a pleasurable, educational, and spiritual journey.

In many ways it was like the French Meadows Camp or the Kushi Institute Summer Conference, only at sea. There were two or three inspiring classes or cooking demos each morning, afternoon, and evening. There were exquisite meals. And there was the luxury and pampering that summer camps and conference don't offer. Who ever has had their tent or room cleaned and straightened up 3 times a day by room service? Who has had 3 china plates; 3 forks, and spoons, and knives; cloth napkins; and crystal glasses for water and beautiful cups for tea at every meal – all served with aplomb by friendly waiters and waitresses.



MORNING EXERCISE ON BOARD THE COSTA MAGICA

The macrobiotic group numbered 630 of the 2,200 guests on the Costa Magica. So if the macrobiotic meal didn't satisfy your every gustatory whim, you could order from the regular ship menu or go to the continual buffet. After sampling with curiosity what the non-macrobiotic guests were having, we soon discovered that we had a master chef in our midst, Mark Hanna. He was given a wing of the galley and, along with his own and the ship's staff, offered us delicious, eye-appealing meals, one after

the other. And, for those who wished to indulge themselves, the desserts were filled with grace and imagination. I stopped going to the non-macrobiotic buffets after about the third day, being completely satisfied with the macrobiotic foods. The open seating and leisurely pace of serving course after course allowed time to converse with friends, significant others, or newly met friends.

The Costa Magica is a fine ship, very modern and clean. It has all the amenities one would find in New

York City or your local spa vacation spot: tennis courts, swimming pools, dance floors, lecture rooms, saunas, workout and spa facilities, table tennis, bars, a jogging track, art auctions, beauty salons, and more. I found only one drawback – the ships e-mail cafe was not up to par – but that was a blessing in disguise. That, and not bringing my computer, freed me to enjoy all the things home didn't afford, like a wondrous, scenic ocean panorama every day, lots of classes, and stimulating conversation with great folks and top-tier teachers.

The classes varied from scientific-oriented lectures with Dr. Neil Barnard, yoga and Pilates twice a day, cooking classes with Christine Pirello, high end yoga techniques with Amrit Desai, Denny and Susan Waxman's talk on being sexy – the range and depth of presenters was incredible. By the way, Amrit Desai's new orientation is toward Yoga Nidra, which links the heart, mind, and body with deep relaxation: getting the unconscious, set patterns rewired.

Michio Kushi was scheduled to speak; however, personal concerns prevented his coming. Although this was disappointing, I actually didn't hear anyone complain. What I did hear was that the trip was perfect, all one could wish for, with a very full and rich program. There were lots of smiles and good feelings as people said their good-byes at the end of the cruise. Another cruise is already in the works for next year, this one having been such a hit!

To give a taste of the caliber of the cooking classes and the total experience, here are a few recipes from Warren Wepman's presentation on this year's cruise.

ONION SOUFFLÉ

This makes a wonderful Sunday morning brunch and is even good served cold the next day.

2 medium onions



DANCING THE NIGHT AWAY

1 tablespoon olive oil
1 pound of fresh, firm tofu
2 tablespoons umeboshi paste
2 tablespoons finely chopped chives
1½ teaspoons corn oil

Peel and dice the onion. Heat the olive oil in a skillet and when hot add the onion. Sauté until transparent and just beginning to brown. Pre-heat oven to 400 degrees. Crumble the tofu into a Cusinart or blender, add umeboshi paste and chives.

Oil a soufflé dish with corn oil. Add the mixture. Bake for 45 minutes or until the top is golden. Cool for 30 to 45 minutes before serving. Serves 4 to 6.

TEMPEH "TUNA" SALAD

Want to appear to be in the mainstream and still eat a vegetarian diet? Try this great recipe.

3 inch piece kombu
3, 1/8 inch thick slices ginger root
8 ounce pkg of tempeh
¾ cup spring water
1/3 cup tamari soy sauce
1 small daikon
½ carrot
3 scallions
2 tablespoons prepared mustard
½ pound fresh tofu
2 cups spring water

1 tablespoon tahini
2 tablespoons white miso
2 tablespoons lemon juice or 1 tablespoon lemon juice and 1 tablespoon brown rice vinegar

Cut the tempeh in eight equal pieces. Layer the kombu, ginger slices, and tempeh in a sauce pan. Combine the water and tamari in a small cup or bowl and pour it over the top of the tempeh. Bring this to a boil, lower heat, and simmer, covered, for 30 minutes.

Remove the ginger slices and kombu and set aside. (The kombu can be eaten separately or used to prepare another dish such as beans.)

While the tempeh is cooking wash the daikon, carrot, and scallions under running water with a scrub brush to remove any surface dirt. Cut off the tops and bottoms. Slice the daikon into diagonal slices, starting at the bottom. Lay three or four of these slices on top of each other and cut each slice into julienne slices or matchsticks.

Shred the carrot with a vegetable grater. Put about ¾ of an inch of water in a second sauce pan, bring to a boil and then add the diced daikon and "steam" it until soft. Then add the shredded carrot. Cook for another minute to soften the carrot.

Mash the tempeh in the saucepan in which it was cooked with a potato masher or a fork, adding some boiling water if necessary to get a “tuna fish” consistency. Cut the scallion into small pieces. Put the mashed tempeh in a large bowl and add the daikon and carrot mixture and the scallions. Add the prepared mustard.

Make the mayonnaise: Tofu should be cooked before it is eaten. Bring 2 cups water to a boil in a saucepan. Cut the tofu into chunks or slices and add them to the boiling water. Leave them in the boiling water for 2 minutes or until they rise to the surface. Remove each of them with a skimmer, drain, put them into a blender or food processor and allow to cool. Add the tahini, miso, and some of the lemon juice or lemon juice and vinegar to the blender or food processor and purée until the mixture is creamy smooth. Taste it. Add more of the lemon juice or vinegar, tasting as you add it until the flavor seems right to you. Add the mayonnaise and mix well. Chill if desired.

This can be served on a bun or in a pita pocket or as a sandwich filling. It also can be served as an appetizer with crackers or on a lettuce leaf. Serves 4 to 6.

EGG-LESS EGG SALAD

Simple and easy to prepare this is a great dish to keep on hand for a quick lunch with crunchy crackers or vegetables.

- 12 ounces firm tofu**
- 2 tablespoons lemon juice**
- 1 tablespoon red or white miso**
- ¼ cup minced onion**
- 1 tablespoon minced parsley**
- 2 tablespoons olive or sesame oil**
- ½ to 1 tablespoon turmeric**

Wrap the tofu in a cotton cloth and squeeze out excess the liquid, then crumble into a mixing bowl.

Put lemon juice and miso in a



COOKING CLASS WITH JESSICA PORTER

separate bowl, mixing until miso is thoroughly dissolved.

Add miso mixture to the crumbled tofu together with remaining ingredients and mix well. Serves 4 to 6.

LEMON CRÈME PUDDING

A dessert special, this can be served as a pudding or as a filling for a lemon crême pie.

- 2 lemons**
- 2 cups apple juice**
- 4 ounces fresh, soft tofu**
- 1 cup brown rice syrup**
- 4 tablespoons agar-agar flakes**
- 3 tablespoons kuzu**
- ½ cup cool spring water**
- 1 teaspoon vanilla extract**

Grate off all of the yellow part of the rind of one of the lemons. Be careful not to get any of the white under layer, as it is bitter. Put this rind in a blender. Cut both lemons in half and juice them into a measuring cup. You will need six ounces of juice – that is ¼ cup plus 2 tablespoons.

Add the lemon juice and the apple juice to the blender. Drain the tofu and crumble it up with your hands into the blender. Next add the brown rice syrup. Blend all of these ingredients together until they are smooth.

Pour this mixture into a saucepan, add the agar-agar flakes and bring to a boil. Lower heat so that the mixture is gently boiling. While the mixture is cooking put the kuzu in a small bowl, add the water, and set aside.

When the agar-agar flakes have dissolved, about 3 minutes of simmering, mix the kuzu and water to dissolve and stir it into the saucepan. Stir this with a wooden spoon until the mixture becomes clear and is thick. Add the vanilla extract.

Pour this filling into individual serving bowls and let cool until it becomes firm, about 1½ hours.

Top each bowl with a tofu cream topping such as the Tofu Crème Frosting on page 149 of my cook-book: *A Man in the Kitchen*.

Robert N. Carr, Jr. is director of the East West Center of Cleveland and can be reached at RNJJR@apk.net.

Warren Wepman lives with his wife, Marquita in Asheville, North Carolina. His book, A Man in the Kitchen, may be ordered from Warren at warrenwep@bellsouth.net.

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