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# Recipe for Genmai

(Classic, according to Master Deshimaru)

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For 10 people

## INGREDIENTS

### *Base*

350 g brown rice

3200 ml water

### *Vegetables*

200 g carrot

200 g leek

100 g celery root

100 g turnip

### *Condiments*

100 ml tamari

120 g gomasio

## PREPARATION

- Wash the vegetables and cut them to the size of twice the size of a rice grain (to be made by samu "vegetable cutters").
- Rinse, wash the rice until the water runs clear, then soak for 10 hours.
- Bring the water to a boil.
- Drain the rice. Collect the water and add it to the boiling water.
- Roast the rice in a hot pan (WITHOUT fat).
- Shake it until it is lightly browned.
- Add the golden rice to the boiling water and boil for 1 1/2 hours until it opens up.
- Stir continuously with a large wooden spoon (so that the rice does not stick to the pan).
- If the genmai, by boiling, becomes too thick, add hot water.
- When it is ready, wrap the pot in blankets.

### **The next day before zazen:**

- If necessary, heat the genmai again and wrap it in the blankets.

### **Note:**

- A cold genmai is thicker than a warm genmai.
- If it is hot and still too thick, add more hot water.