

Funky Raw

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Volume 1

Recipe Booklet



Steve Charter * Holly Paige * Tish Clifford * Rob Hull

About the Authors

Steve is a co-founder of Ecoforest an eco-raw community in southern Spain where he has lived for several years, although he now lives in southern England. Steve is the author of *Eat More Raw*, described by Living Nutrition's David Klein as "the most vital book ever written on healthful sustainable living". Steve also teaches Permaculture courses in both the UK and Spain.

See www.eatmoreraaw.com for more on the book and www.permaculture-steve.net to find out about the rest of Steve's projects.

Holly loves making delicious raw food and sharing it with people. She runs regular raw food preparation workshops and has been spending most of her time with her two young raw children Bertie (5) and Lizzy (4) and teenagers Jasmine and Bruce in South Devon. She is so enjoying working with Tish and Rob and writing more about raw food which she feels takes us one step closer to Paradise on Earth. Tish, Holly and Rob are producing a larger raw recipe book 'Raw Alchemy' available soon. See www.funkyraw.com and www.rawcuisine.co.uk for news on this.

Tish currently live in Cornwall with Tony, Lexi(7) and Jago(3). She sees a raw diet as the foundation for restoring full human potential, an area she and Tony are actively researching. Tish is a long-standing active, well-respected and well-loved leader in the raw movement. She was a co-founder of Ecoforest and more recently has been organising the Funky Raw Festival and editing the Funky Raw Magazine. She has a deep understanding of nutrition especially with regard to bringing up children raw. She will be making more information on this subject available soon. Keep an eye on www.funkyraw.com for details. For more information on human potential visit www.kaleidos.org.uk

Rob is in a period of transition. He currently lives in southern Spain but will be moving to London very soon. At the moment Rob works as a web designer but will be running his first raw food preparation workshop with Holly in November. Rob has worked on the Funky Raw magazine since the beginning and plans to create an online raw food shop as part of the Funky Raw website.

See www.funkyraw.com for details of the magazine and www.rawcuisine.co.uk for info on workshops.

Contents

- 4 Introduction
- 5 Why eat raw?
 - Sauces and salad dressings
- 6 Lucho's Mayonnaise, Orange Sauce, Salsa
- 7 Chilli oil
 - Dips and Accompaniments to Salads
- 7 The Famous Raw Chickpea Humous
- 8 Olive and Almond Pate, Guacamole, Dao's Seed or Nut Pate
- 9 Sunny & Spicy Red Thai Dip
 - Raw Soups
- 9 Dream of Wild Garlic Soup
- 10 Gazpacho, Carrot and Coriander Soup
 - Main Meals and Savoury Dishes
- 11 Avocado Curry, Chris' Raw Curry
- 12 Coconut Rice, Purple Coleslaw, Another Simple Raw 'Slaw
- 13 Real Risotto
- 14 Corn and Sweet Potato in Coconut Sauce, Yellow Rice Pilau
- 15 Real 'Salad sandwiches', Ariadne's Wolf-Up, Falafel Patties
- 16 The Turner's Field T'rific Green Salad, Flax Crackers
- 17 Kefir, Kefir Cheese, Other Simple Salad Dishes
- 18 Steve's Recipe for Salad Success
- 19 Grow Your Own Salad Success
 - Sweet's and Puddings
- 20 Bertie's Butterscotch Pudding, Butterscotch Pie
- 21 'Life by Chocolate' Pudding
- 22 Strawberry and Mango Tart, Lemon Cheesecake
- 23 Pear and Pecan Cheesecake, Devin's Pie
- 24 Lexi's Green Pudding, Purple Haze, Raw Energy Balls
- 25 Pumpkin Pie, Pear Crumble
- 26 Ingredient Sources
- 26 Some of our favourite Raw Recipe Books
- 27 Useful raw food websites
- 27 Seed suppliers
- 28 Personal Experiences of the Authors

Introduction

Welcome to the first *Funky Raw Recipe Booklet*, which is packed full of delicious ideas and inspirational recipes that both taste great and help us on our raw pathway.

Apart from being enjoyed by and helping adults on their raw paths, a good number of these recipes are much loved by kids. Many of these recipes and a lot more delicious ideas will be in the forth-coming *Raw Alchemy* recipe book, written by Funky Raw pioneers Tish and Holly. Other recipes have come from Steve Charter's inspiring book *Eat More Raw*.

All these recipes have helped us as we have travelled the road of transition, learning, stabilisation and pleasure on our raw paths. We have learnt to prepare meals that taste great, whilst also helping our emotions, minds and bodies get used to eating in this wonderful way.

When it comes to raw food preparation we encourage you to be adventurous, learn what you can from others and play and experiment in creating beautiful and delicious dishes of your own.

"One of the great attractions of raw eating is that once you've got the basics it is much simpler than cooking and normally involves a lot less preparation time and clearing up than cooked meals. So you don't need to know a whole bunch of complicated or special raw recipes - although you can certainly find them easily enough if that's what you're into, as 'Cordon Raw' is now very fashionable in California for example.

Just like normal eating, most people tend to rely on a relatively small number of standard meals that they rotate and vary. So if you get a good set of basic raw food meals then you are more than half way there. In my experience the difference with raw standards is that the flavour is always fresh, so they somehow never seem to taste quite the same and they're virtually always a delight to the taste buds ..."

From *Eat More Raw*, Steve Charter, Permanent Publications, 2004.

Our aim here is to give you some standards and starters. However, we want you to experiment and feel confident about creating your own favourites, whilst also having some well-known standards that you can always rely on and enjoy.

Often in our daily lives we don't use exact measurements or quantities as we often find it better to follow our instinct on how much of what to include. This way we also get slightly different proportions of ingredients each time we make something, which means it tastes deliciously different every time. However, many of the recipes included here show measurements for ingredients to make life simpler for you, and to be sure you get off to a good start with them.

Why Eat Raw?

People experience endless benefits from eating their food raw: increased energy, less need for sleep, improvement in general health, uplifted mood, weight control, shining eyes, beautiful skin, younger looks, clearer thinking and intuition, increased effectiveness, calmer and more contented children and heightened physical sensations. Many people notice that their connections to nature and to other people deepen.

Food in its natural raw state has a crystalline structure which carries order and information into the body and brain.

The nutrients, for example protein, carbohydrates, fats, vitamins and minerals are in a form that the body can fully recognise, understand and use.

Raw food is naturally psychoactive and can help awaken the largely dormant right hemisphere of the brain and create the biochemical basis for restoration of full human consciousness.

Cooking is intriguing – there is nothing else in our lives that benefits from being heated to such high temperatures. Anything we apply flames to we can see gets destroyed. We fear fire yet bring it into our kitchens – the heart of our homes. Imagine a kitchen focussed on sunlight and all it creates rather than fire. Fresh, colourful, aromatic fruit, veg, nuts and seeds, some in soak, sprouting greens by the window, spring water or other living water, flowers. Raw food can be created without stress or time constraints, juggling saucepans or oven gloves. We can stop to talk to a friend or child, to hug, to look at the sky....

These are excellent reasons. But what really keeps us doing it meal after meal, day after day? In the words of Gourmet Raw Chef Juliano:

“Why Raw? Not because it guarantees me optimum health like the other 80 million species on the planet who eat only raw. Not because it’s the last word in nutrition. Not for saving time and money, not for the endless energy it provides me, and not because it helps the planet because instead of discarding packaging, which creates trash, I discard seeds, which give life. No, not any of these reasons. So why raw? Taste and pleasure and only taste and pleasure.”

After preparing and eating these delicious recipes we hope you will feel the same.

Sauces and salad dressings

These are all very good standard raw sauces and dips that can be used again and again with a wide range of main dishes and snacks. Try varying the ingredients a little to create subtly different flavours.

Lucho's Mayonnaise

250g Soaked Sunflower or Pumpkin seeds
Handful of Lin (flax) seed to thicken if desired
Juice of 1 Grapefruit or Lemon, or Orange for sweeter taste
Several cloves garlic (not whole bulbs!) according to strength required.
Up to ½ small cup Olive Oil
A little Sea Salt/Dulse/Tamari/Miso to taste
Additional water according to consistency required.

Blend to a smooth consistency. Serve as a dressing or dip, or mix with Coleslaw or other salad dishes. Plenty for 4 people, or can be stored in the fridge.

Orange Sauce

4 oranges, juiced
2 tablespoons olive oil
4 tablespoons miso

Blend until smooth. This standard is sometimes known as 'gravy'.

Salsa

4 Tomatoes
¼ - ½ onion finely chopped (finally chopped chives are also excellent)
Garlic – according to taste (pressed or finely chopped)
Optional ingredients: chilli (fresh or powder), black pepper, lemon juice, red pepper, celery, cucumber, fresh or dried herbs.



Blend the tomatoes briefly in a food processor, hand-mincer or blender, and other optional ingredients if used.

Chilli Oil

All you need for this recipe is oil (olive oil works well, but whatever oil you use for salad dressing) and chilli, fresh or dried. Add the chillis to the bottle of oil and leave for at least a week. The longer you leave the oil, the stronger the flavour becomes. You can also add other ingredients to the oil such as garlic or fresh herbs.

Dips and Accompaniments to Salads

These dishes are delicious as dips (e.g. with crudités / sliced vegetable sticks) and also can be used as a main element of a meal, accompanying any kind of leafy or chunky salad that you might enjoy.

The Famous Raw Chickpea Humous

Sprouted Chickpeas

Lemon juice

Olive oil

Garlic

Use a hand mincer or a blender for the core ingredients – a little water may be necessary for some blenders. That's the basic recipe and it doesn't necessarily need anything else. However, depending on what I have available, whose kitchen I'm in and who I'm preparing it for (i.e. those who are on a 'normal' diet tend to want a bit more of the salty flavours) I might add any of the following:

A salty element: celery or chard stalks, seaweed, dried tomatoes, miso, tamari, or good quality sea salt

Dry ground seeds: ground linseed / flax, sesame

Soaked seeds: sunflower, hemp, pumpkin

Tahini (ideally raw, but which normally is difficult to obtain raw)

Chopped herbs to mix in or sprinkle on top when blended or minced

Chilli (preferably fresh or sundried), black pepper or ginger

Finely chopped Tomato and /or onion

Sometimes, if I'm low on chickpeas and it needs filling out, I might add carrot, squash/pumpkin or parsnip

Dried Ginkgo biloba leaves - a very beneficial herb for the brain and circulation

This humous is great as a basic, delicious, variable and cheap base for salads in cooler climates, where avocados might be out of the price range and ecologically less desirable (due to their higher 'food miles').

Olive and Almond Pate

500g or 16oz black or kalamata olives, pitted
500g or 16oz almonds, soaked overnight
90ml or 3 oz olive oil
½ lemon juiced
3 cloves garlic



Process ingredients together until smooth.

I find this particularly delicious wrapped with other salad ingredients in lettuce leaves.

Guacamole

Fairly simply, mash up avocado with lemon juice and maybe some garlic and chilli according to your taste. Blended tomatoes also make a good addition and herbs and / or spices such as oregano, parsley or coriander.

Serve with carrot and celery sticks.



Dao's Seed or Nut Pate

Up to 100 grams (3-4 ounces) per person of soaked hemp, sunflower or pumpkin seeds (all or any of them), or walnuts or soaked almonds. (Add dry ground linseed/flax seeds to thicken the blend if required).

Lemon juice

Sea weed (e.g. Atlantic dulse) or a little Sea Salt, Tamari or Miso according to taste

A mix of vegetables and fresh or dried herbs: tomatoes, red peppers, onion, mushrooms and all sorts of other ingredients.

Chilli, black pepper or ginger to spice it up if desired.

A little olive oil.

Add the seeds/nuts, vegetables and herbs together and put through a hand mincer, or a food processor (not blender). Add more liquid elements carefully so that the pate does not get sloppy. Experiment, and you'll find you produce your own favourite pate mixes.

Sunny & Spicy Red Thai Dip

Soaked sun dried tomatoes

Avocado

Red pepper

Optional: garlic

Spices: make your own spice mix or use the following spices:

Lemon grass, Basil, Cinnamon, Fennel, Cloves, Pepper and Coriander.

Chop about half of the sun dried tomatoes to use as garnish and then blend all remaining ingredients. Serve with a large green salad.



Raw Soups

Dream of Wild Garlic Soup

1 big handful wild garlic (ramson) leaves

2 tomatoes

½ avocado

1 teaspoon or 5ml olive oil

1 teaspoon or 5ml hemp oil or flax oil

1 tablespoon or 15 ml lemon juice

1 ½ pints water

Optional additional ingredients to taste;

a dash of sea-salt

a dash of cayenne pepper

a handful of basil

½ banana

2 soaked sun-dried tomatoes

½ orange pepper

a few slices cucumber

½ teaspoon MSM powder



Wild garlic or ransoms grow in spring in damp woodlands in some areas.

Watercress or watercress mixed with wild rocket make a delicious wild alternative. Blend all ingredients until smooth. A high-speed blender gives particularly creamy soup. Experiment with different combinations of the additional ingredients to make your particular taste.

Gazpacho

6-12 Tomatoes

¼ - ½ onion finely chopped (finally chopped chives are also excellent)

½ - 1 Cucumber

2-4 sticks of Celery (optional)

2 tablespoons Olive oil

Garlic – according to taste (pressed or finely chopped)

Juice of 1 lemon.

A little Sea Salt/Dulse/Tamari/Miso according to taste

Optional ingredients: chilli (fresh or powder), black pepper, red pepper, fresh or dried herbs.

Blend all ingredients together in a food processor or hand-mincer (for a thicker mix) or a blender (for a smooth mix), and other optional ingredients if used. This is a much loved traditional recipe from Andalusia (southern Spain).

Carrot and Coriander Soup

1kg or 2lb carrots

10g or ½ oz fresh coriander

¼ teaspoon ground coriander

dash nutmeg

2 tablespoons live sheep's or goats' yogurt

Juice the carrots.

Blend the juice, herbs and spices and yogurt until well mixed.

Note: Raw soups can be warmed by placing your bowl of soup in a larger bowl of hot water. This will heat the soup gently - as long as you keep it at or below body temperature (about 40°C) nothing vital will be destroyed.



Main Meals and Savoury Dishes

Avocado Curry

2 avocados
3 tomatoes
3 sun-dried tomatoes, soaked
¼ - 1 teaspoon hot curry powder to taste
(see Chris' Raw Curry below)
50g sultanas

Blend all the ingredients except the sultanas until smooth and creamy
Add the sultanas and blend until they are roughly chopped

Serve with a big green salad, grated root vegetables, grated cucumber and sprouted fenugreek seeds with a little live yoghurt on top.



Chris' Raw Curry

Main Curry Ingredients:

Avocado (or Olive oil), red or other onions (according to taste preferences), some soaked dates (make a real difference), lemon juice, and whatever vegetables you feel like putting in - e.g. carrots, some cauliflower stem, tomato, cucumber, celery, etc. Fresh coconut, or organic creamed coconut is an option too.

Curry Spices/Flavour:

Cumin seeds (the key to the genuine curry flavour), curry powder, ginger, garlic, chilli, cayenne, etc. Finely chopped coriander is also optional.

Raw 'Rice' Base (which can be used with a wide range of other dishes):

Cauliflower (and other white vegetables if desired).

Mix or hand mince the main curry ingredients, spices and flavours together, by hand-mincer or in a food processor. Put the cauliflower in a food processor to chop it finely or through a hand mincer (or chop by hand very fine), to create the fine white 'rice' bed and then serve the curry on top or at the side, with other side dishes as you wish.

It looks great, is delicious and often is a real eye-opener for normal eaters and raw foodies alike. A genuine tasting, delicious raw curry ... wow!

Coconut Rice

1 medium sweet potato, grated

handful shredded coconut

handful fresh Coriander

Salt to taste

Process the ingredients together and serve on green salad with fenugreek sprouts, grated cucumber, topped with avocado curry, a little yoghurt, mango and pineapple

Purple Coleslaw

500g or 1 lb red cabbage

200g or 7oz sweet potato

90ml or 3oz olive oil

90ml or 3oz flax oil or hemp oil

120ml or 4oz grapefruit juice

60ml or 4 Tablespoons unpasteurised miso

Grate the vegetables. Blend the oils, juice and miso and mix into the vegetables.

In reality of course you can just stick in, say, $\frac{1}{2}$ large cabbage and a largish sweet potato in and it will work out fine. I give exact weights because I know these taste right. Instead of sweet potato you can use another root vegetable such as carrot, obviously, but also turnip and parsnip work well. You can substitute lemon juice or even orange juice for the grapefruit.



Another Simple Raw 'Slaw

500g or 1 lb white cabbage

200g carrots

$\frac{1}{4}$ - $\frac{1}{2}$ chopped onion / spring onion

Lucho's Mayonnaise – see page 6.

Grate or finely chop the vegetables and add the mayo to the vegetables.

Real Risotto

1 cauliflower
2 tablespoons flax oil
1 teaspoon dried turmeric
1 teaspoon cumin
¼ teaspoon cardamom
3 spring onions, chopped
1 red or orange pepper,
chopped

Optional:

1 shallot, chopped
handful soaked sultanas
2 large mushrooms, chopped and marinated with a little olive oil and salt and dehydrated for a little while
a few drops chilli oil (page 7)



Process cauliflower until consistency of rice or couscous (not too much or it will change the flavour). Mix in oil, spices and other ingredients.

Serve with Orange Sauce (page 6) or Avocado Curry (page 11)

This dish goes well with banana, coleslaw, or sun-dried peppers.

This is called Real Risotto because after a while on raw recipes to mimic cooked food often taste more like it than the original. It may be that when you try rice again it won't taste like rice. This is partly because raw foods are so much more alive and real. Also food tastes very different according to the state of your body – and an emotional transference takes place and you start to get comfort from the new food. This is one reason why so many raw dishes are named after cooked counterparts – to stimulate fond memories.

The great things about using spices raw is that you can easily adjust the amounts to taste without wondering what it will taste like when it's cooked. The amounts given here are for guidance. Feel free to adjust according to your taste and the size of the cauliflower.

Corn and Sweet Potato in Coconut Sauce

2 corn on the cobs
2 Tablespoons olive oil
½ teaspoon cumin
1 teaspoon coriander
½ teaspoon fennel leaves
pepper to taste
sea-salt to taste

chilli powder, chillies, or chilli oil (see page 7) to taste
1 teaspoon grated ginger
1 teaspoon curry leaves
½ teaspoon turmeric
10 almonds, soaked, peeled and chopped
flesh of one baby coconut
coconut water to taste
1 sweet potato, grated
coriander leaves, chopped

Cut corn off the cob
Process coconut, oil and spices
Mix, corn, sweet potato, almonds and coconut mixture together
Add coconut water and coriander leaves to taste

This is based on an Indian recipe, substituting corn for pulses which many people find hard to digest.

Yellow Rice Pilau

1 cauliflower
1 ½ oz olive oil
hing/asafetida to taste
1 tsp curry leaves, flaked
salt to taste
pepper to taste
1 tsp turmeric
¼ tsp allspice
¼ tsp cardamom
8 Tbspns coconut water
10 almonds, soaked and chopped

Process cauliflower
Stir in oil and spices

Stir in coconut water and almonds

Hing or asafoedita is an Indian spice that, in small quantities, mimics the flavours of garlic and onion.

Real 'Salad sandwiches'

Use the dips or any of the main salad recipes included here and heap a few spoonful into a large cabbage leaf, spinach leaf, Romaine lettuce leaf or chard leaf.

Ariadne's Wolf-Up

This is a serious power-pack of a dish, and is a favourite of Ariadne Fern (of the project Plants for a Future), who is a trained nutritionist. It is designed to be packed with chlorophyll as well as including seeds that contain particular 'essential' amino acids. For many people early on it is worth trying, although some may find it too strong at first – you may need to adjust to the new diet before you get a taste for it.

Wolf-up involves picking a lot of wild greens and salad greens and then putting these through a food processor or hand mincer (some of which look like a wolf in profile, hence the name). Add to the greens ground hemp, sunflower, pumpkin and/or flax seeds, and some lemon juice and garlic if required. Some sea weed, celery or chard stems will add a 'salty' element to the flavour.

Falafel Patties (adapted from Juliano's book *Raw - The Uncook Book*)

1 ½ cups of sprouted lentils or chick peas

1 cup sprouted sunflower seeds

1 tablespoon minced garlic

2 cups fresh coriander (cilantro), chopped (or a tablespoon in powder form)

½ cup fresh parsley

½ cup sesame seeds (or raw tahini)

Salty element according to taste (eg tamari)

½ cup chopped onion

½ cup freshly squeezed lemon juice

¼ cup olive oil

1 ½ teaspoons ground cumin seed, or powder

Combine all ingredients using a hand mincer or blender, and then have fun forming a blended mixture into small patties. Dehydrate or leave them in a sunny or warm place (ideally in direct sunlight) to dry for up to 8 hours. Or skip the dehydration and use as a paté.

The Turner's Field Trific Green Salad

The idea behind this recipe is that you'll go out and make sure you have a whole lot of the plants mentioned growing happily in your garden, allotment, window box. Then walking around the garden, preferably barefoot, picking all or any of the following that can be combined into a green salad of unbelievable vibrancy and deliciousness! It's also great to take children round to help you, giving them the chance to taste (with care, as some tastes are strong) and see each of the plants as you go:

Combined Green Salad Leaves:

Rocket, perpetual spinach, perennial onion leaves, perennial or annual broccoli (leaves and / or sprouts), Romaine or Oak-leaf lettuce, perennial or annual kale, chives, lemon balm, sorrel, landcress, lovely lovage, parsley, peltaria / garlic cress, campanula, sweet cicely, fennel, thyme, garlic chives, leek leaves, dandelions, with some finely chopped sage or rosemary, and if its spring or early summer ransoms and hedge garlic (Jack by the Hedge), oriental salad leaves and so on.



Bertie picking wild garlic

That's what I call a salad! For a wider variety of lettuces try some of the many varieties provided by Chase Organics or Future Foods seed suppliers. The Agroforestry Research Trust supply seeds for loads of great perennial salad plants mentioned above.

The final vital and vibrant ingredient that gives it that beautiful extra-special touch is a few (or loads!) of what ever flowers are available: borage, calendula, chives, mallow, lavateria, nasturtiums, and so on. There is nothing quite like a flower-festooned salad to bring beauty to the meal.

Flax Crackers

This is a very flexible recipe, the basics being to soak flax (lin) seeds overnight. Spread the mixture on a plate and leave to dry in the sun or use a dehydrator. There are lots of variations, for example I like to add a little chilli powder and a dash of tamari to the water when I soak the seeds. You can also add all sorts of other ingredients, finely chopped or blended, to the mix before you dehydrate, eg red pepper, olives, tomato, etc.

Kefir

Kefir can be made from almost any kind of milk – cows', goats', sheep's, soy, coconut, nut milks and seed milks – but not rice or oat milk as they are quite different. Non-animal milks need to be sweetened for example with soaked dried fruit blended in. I now make it with Sharpham unpasteurised biodynamic Jersey cow's milk which is produced ethically and beautifully near to where I live. You may wish to try making kefir from any milk you choose, depending on how you feel about these things and what is locally available to you. You need to obtain the culture first. It does get passed person to person but if you don't know anyone who has any you can obtain it from www.rawcuisine.co.uk. You just put the culture into the raw milk in an airtight glass jar (a kilner jar is ideal). Metal can damage kefir if it touches it. Plastic is no good for any period of time as the kefir, being very acidic will corrode the plastic into the kefir. Just leave at room temperature for about 24 hours, strain with a plastic sieve and use the liquid that drains out for eating, drinking or recipes. Store the liquid in the fridge until you use it. You can rinse the lumpy bits with lukewarm water or not then put them back into a clean, sterile (I just wash with hot water) jar.

If not making kefir for a while store the culture in a mixture of water and milk in the fridge. Kefir culture multiplies very quickly - store spare culture in this way until you find someone else who wants it.

Kefir Cheese

Kefir can be made into cheese. Simply pour into a muslin bag (I use the bags that I use for making hemp milk) and hang over a container to catch the whey. Leave for 24 hours and you have kefir cheese in the bag. The cheese produced is about a third of the volume of the milk used to make it.

Other Simple Salad Dishes

Grated carrot, with orange and ginger - a great combination of flavours;

Grated beetroot/beets, with olive oil, garlic and lemon juice is fantastic;

Grated parsnip with chopped leek, surprisingly delicious, with a little lemon juice and olive oil is fantastic - try with green onions or chives;

Turnip Boat: grate one turnip per person and place carefully down the centre of a green leaf such as chard or Romaine lettuce, then sprinkle a little something, such as dulse powder, finely chopped herbs, turmeric, olive oil, lemon juice, tamari or whatever takes your fancy down the 'spine' of the chopped turnip. Finish off with a Nasturtium or other flower if available;

Sprouts: e.g. green or puy lentils, alfalfa, chick peas, black-eyed beans, and many others. These are easy, cheap to produce organically, and so delicious. Soak them overnight, rinse them once a day, and then they are ready from the second or more usually the third day onwards. They are a great and simple basic sprout, that I find simpler and more tasty than many others. Chick peas are equally easy and delicious, and a great sprout if you like something to get your teeth into.

January's Sprouted Quinoa Salads: This particularly January is not the month, but a very lively raw food chef and teacher living near Stroud (UK). Sprouted quinoa is ready from 2 to 4 days. Quinoa salads can vary enormously, with additions such as tomato, a little red onion, some sea weed, celery, a little lemon juice, some fresh herbs ... what ever takes your fancy. Sprouting quinoa (organic of course) is simple, quick and cheap, and a reliable basis for a sprouted salad.

Seed dips: experiment with these. Soak seeds over night (Sunflower, hemp, etc.) and then blend them with some water and various flavours and vegetables to create a mix of tastes (garlic, tomato, red pepper, herbs such as dill, lemon juice, carrot, etc.)

Steve's Recipe for Salad Success

Make sure you have a good selection of salad vegetables through the week (home grown and / or bought), so that you can pick and choose each day according to what you fancy. Get used to using say 10 to 15 basic salad ingredients. Then play around with different proportions of each, different mixtures, combinations and so on, using the additional flavours suggested below as you like. Some days you can leave out one, two or three ingredients, and on other you can leave out a whole bunch and just have a really simple mix of your favourites.

Main Salad elements: Cabbage (red and / or white), Cauliflower, Broccoli
Root vegetables and other great-to-grate veg: Carrots, Beetroot/Beets, Kohl Rabi, Parsnip.
Leaves: Spinach, Lettuce (Romaine is best, although other varieties are great to try e.g. Black Seeded Simpson's, seeds available from Future Foods), Rocket, Chicory/Endive, Chard, Wild greens picked from the garden or elsewhere (see *Eat More Raw*).



Salad fruits: Tomatoes, Red or Yellow peppers (do not use Green peppers as they are not ripe), Cucumber

Others for flavour, texture etc: Celery, Spanish (Red) onion

Oily elements: Avocados, coconut butter or creamed coconut, olive oil, hemp or flax oil.

Courgette (Zucchini)

The following can be useful for flavour, especially in times of transition: sea weed (e.g. dulse), garlic, spices (chilli, cumin, etc.), ginger. Often however, the simpler the better – try not to get too ‘addicted’ to these stimulating flavours and make sure you have regular meals without them. Add to your basic ingredients a good knife and chopping board, a grater and perhaps one or two gadgets like a hand mincer, food processor and seed grinder, a good bowl or two, and then you’re away ...!

Grow Your Own Salad

Take the seeds of a wide range of perennial and self-seeding salad plants – these might be rocket, lettuces, endive, different kales, tomatoes, perennial spinach, chard, oriental salad greens such as mitsuna or mustard greens, chicory, celery, lovage, etc. (see forest garden and permaculture sections for easily grown perennial vegetables), and add a few seeds of edible flowers such as nasturtiums, mallow and calendula. Sprinkle these lightly in appropriate parts of the garden, in large pots or in window boxes. Add water. Add more water according to climatic needs on the days following the day of sowing and then as needed during the growth of the plants. Leave in the sun for 2 to 4 months, and then harvest and eat with some of the other fabulous recipes detailed below ... Two excellent ethical seed suppliers are Chase Organics and The Agroforestry Research Trust.



Sweet's and Puddings

If you are trying to encourage a health creating diet, then some great raw sweets, treats and puddings dishes are good to know, for the children and the adults! At the same time, recognise that these dishes should not be used to reinforce unhealthy patterns of behaviour, like over-eating. Many of the best sweet dishes are the simplest – fruits on their own!

Bertie's Butterscotch Pudding

¼ pint or 150ml un-pasteurised milk or hemp milk
10 baby figs
3 dates
4 apricots
¼ oz or 10g goat's butter (optional)

If using hemp milk then soak 75g or 3oz hemp seeds overnight or for a few hours. Blend until creamy then strain through muslin.

Simply blend the ingredients together until creamy and smooth. This will blend more easily if the dried fruits are soaked first. With a high-speed blender it will not make much difference.

Bertie (age 5) just announced this recipe one April afternoon. I might be biased but it competes neck and neck with chocolate pudding as my favourite raw recipe. But perhaps it's just because we had it for tea. It takes approximately 2 minutes to prepare, is cheap, astoundingly nutritious and nicer than anything you could buy in a plastic pot.

By the way butter is not usually raw but because saturated fats are very stable, heat treatment does not damage them unduly.



Butterscotch Pie

250g pecans
2 medjool dates
Double quantity Bertie's Butterscotch Pudding recipe (above)

Soak and dehydrate pecans

Process until the texture of coarse flour then add the dates and process together

Press into a pie dish

Top with the pudding mixture

Soaking of nuts and seeds breaks down enzyme inhibitors making nutrients easier to assimilate. Dehydrating them afterwards enables you to make a dry flour. Pecans taste especially nice after this process –like cooked ones in fact. I soak and dehydrate and process pecans and keep them in a tub ready for pie bases. If you do not have a dehydrator you can use a very low oven with the door open or, on good days, sunshine to dry them out again

'Life by Chocolate' Pudding (Serves 3)

300ml hemp seeds soaked overnight in water

juice of 3 oranges

zest of 1 orange

3 dried figs, soaked overnight in water

3 apricots, soaked overnight in water

50g sunflower seeds, soaked overnight in water

50g pumpkin seeds

12 walnuts

3 bananas

½ tsp coconut butter

1 or more tablespoons organic fair-trade cocoa powder or raw cacao nibs to taste

Optional:

A dash of salt

vanilla pod to taste

1 teaspoon maca



Drain the hemp seeds and blend with the orange juice and some water from the soaked dried fruit as necessary. Strain and squeeze through muslin (a muslin bag is easiest) to make hemp milk. Drain the soaked ingredients and blend all the ingredients together until smooth. Serve with fruit such as cherries, raspberries, mango and/or a little yoghurt. Ground hazelnuts are also delicious with this recipe.

This recipe provides a comprehensive range of fats and proteins, carbohydrates, minerals and vitamins in an ideal form for the body. It was originally created by Tish and Tony Wright as brain nutrition for evolving consciousness. As a breakfast it can put you in the right frame of mind of the day. Ideal for children. It is also a perfect dessert mousse or chocolate sauce. You can freeze it as delicious totally healthy ice-cream ready for friends dropping in. Obviously you can vary the amounts of the ingredients to your taste.

Strawberry and Mango Tart(s)

200g almonds, soaked
3 medjool dates
400g strawberries
40g dried mango, soaked
2 medjool dates

Process the almonds and 3 dates to make the pie base. Blend the remaining ingredients to make the topping. It will set if given enough time (best hide it in the fridge)



Lemon Cheesecake

Base:

300g or 10 oz almonds, soaked
4 medjool dates

Cheese Topping:

½ lemon – the zest and the juice
8 apricots, soaked overnight
400g or 14oz kefir cheese made from
1200ml or 2 pints milk (see Kefir Cheese
recipe on page 17)

Fruit Topping:

250g or 5 oz strawberries
60g or 2oz blueberries
2 medjool dates



Process the base ingredients and press into a 20cm round
Blend the cheese topping ingredients and spread on top
Blend the fruit topping ingredients and pour over the cheesecake

Pear and Pecan Cheesecake

125g or 4 oz pecan nuts

1 pear, grated

7 oz or 200g kefir cheese made with 1 pint or 600ml milk (see page 17)

2 medjool dates

Soak the pecans overnight and then dry them for a few hours, ideally in a dehydrator or in warm sunshine. This gives them a flavour similar to cooked pecans.

Process the pecans until they look like coarse flour and then mix with the grated pear. Press onto a dish to make the base.

Mash the medjool dates into the kefir cheese and spread onto the base.

Devin's Pie

The base:

Dates and almonds are best for the base, sunflower seeds are good too, although other nuts and seeds can be added;

Topping/Filling:

Various fruits for the filling, with avocado and banana being great staples for this. Also pear, apple, mango, cherimoya (if you are lucky enough to have them available), and so on.

Decoration:

Fruits that are 'pretty' either sliced or whole to place on the surface (kiwi, apple, orange, strawberry, grapes, raspberries, etc.)

Mince and mix the dates and almonds (preferably soaked beforehand) in either a hand mincer or a food processor; various other nuts and seeds can be added, such as sunflower, hemp, walnuts, linseed, etc. This creates a sticky base that is then pressed firmly into a dish (very lightly running over the dish with avocado or cold pressed olive oil before will help when trying to lift this sticky base out when serving it!).

Blend or mash the fruit filling but mash the avocado alone with a little lemon juice and keep it separate. Finely ground linseed, mixed in, will help to thicken up the filling (and will help bind the base too), but it is not essential. Pour the fruit mix into the base first, then spread the mashed avocado layer on top of it. Slice the 'pretty' fruits finely and lay them on top of the fruit filling to finish off; one or several carefully placed flowers will also add to the 'wow' factor when its brought on to the table. You might need to keep a second one hidden away just in case your life's in danger for not providing second helpings ...!

Lexi's Green Pudding

This is Lexi's pudding in the sense that Lexi (Tish's daughter) loves eating it as well as making it ... It's very simple, and delicious.

2 avocados

2 bananas

Fresh juice of either two oranges or two apples

Blend everything together, dole it out and then eat it. Yum. Oh, yes, and please try to remember to leave some for the kids! To add an extra dimension to the nutritiousness you can add a spoonful of spirulina. And to vary the flavour another option is to add a spoonful of carob powder.

Purple Haze

lots of blackberries

1 banana

a handful of soaked pine nuts

a handful of soaked brazil nuts

a handful of soaked dates

cinnamon and nutmeg to taste

Place all items in a blender and blend until you see the purple haze!

Raw Energy Balls

Use nuts and seeds (e.g. almonds, walnuts, sunflower, etc., soaked over night) and mince them together using a food processor or hand mincer using mainly dates as the dried fruit, although raisins and dried figs can also be used. Using unsoaked seeds will keep the balls firmer. In Spain at Ecoforest we have discovered that adding the flesh of sun-dried ripe black olives adds a remarkably delicious bitter-sweet chocolate effect to these sweet balls; and finely grated or minced carob pods (with the very hard seeds taken out) also add to the deliciousness. Although not raw you can add spices like cinnamon, and organic fair trade cocoa or carob powder to help soften your taste path on the early transition pathway. The energy balls in the photo have been rolled in desiccated coconut.



Pumpkin Pie

Base:

1 pint glass of walnuts, soaked overnight
4 medjool dates
optional:
1 Tablespoon carob powder

Topping:

2 pints pumpkin flesh
½ pint glass dates, soaked overnight
1 avocado
1teaspoon fresh grated ginger
1/8 teaspoon allspice
1/8 teaspoon cinnamon



Process the base ingredients and press into a flan dish

Blend the topping ingredients and spread on base

Pear Crumble

150g almonds, soaked@
3 medjool dates
3 pears

Chop the pears up and put in the bottom of a dish

Process the almonds and dates until smooth and crumble over the pears.

Obviously you can use any fruit for this recipe. Some good choices are apples, blackberries, apple and blackberry, apples and raisins, strawberries and cherries. Serve with kefir, live yogurt or raw crème fraiche.

Ingredient Sources

www.funkyraw.com/shop - for raw cacao, maca, coconut butter, green superfood and also hemp milk bags, high speed blenders, juicers, magazines, books, etc.

www.oceanwavevibrations.com - more superfoods including Holly's chocolate pudding mix.

www.detoxyourworld.com - more raw foods and equipment.

Some of our favourite Raw Recipe Books

Sunfood Cuisine, by Frederic Patenaude

The Raw Gourmet, by Nomi Shannon

Raw - The Uncook Book, by Juliano, Harper Collins

Shazzie's Detox Delights, by Shazzie – direct from www.shazzie.com

Living Nutrition's Favourite Alive Raw Food Recipes, compiled by Dave Klein, available from Living Nutrition.

The High Energy Diet Recipe Guide, by Dr Douglas Graham (available from Living Nutrition).

Eat Smart Eat Raw, by Kate Wood, Grub Street Publishers (2002).

and of course *Raw Alchemy*, by Tish Clifford and Holly Paige, when it comes out later this year.

Other raw food books that include a large number of recipes:

Conscious Eating by Dr Gabriel Cousens.

The Sunfood Diet Success System and *Eating for Beauty* by David Wolfe.

All these and others can be obtained from the Fresh Network in the UK (www.fresh-network.com) or *Nature's First Law* in the US (www.rawfood.com). *Living Nutrition* in the US (www.livingnutrition.com) also supplies many excellent recipe books.

Useful raw food websites

UK and Europe

www.funkyraw.com - Quarterly magazine, festivals and soon an online shop with hard to find raw ingredients, equipment and books

www.fresh-network.com - The Fresh Network

www.detoxyourworld.com - Shazzie's raw detox website.

www.rawliving.com - Raw Living - superfoods, recommended kitchen equipment, etc.

www.eatmoreraw.com / www.permaculture-steve.net - Steve's websites, including raw friendly permaculture courses

www.rawcuisine.co.uk - information and food preparation workshops from Holly

www.rawrob.com - more recipes from Rob

www.rawreform.com - raw weight-loss and dieting advice.

www.karunaretreats.com - raw cleansing retreats

www.light-traveller.com - raw holidays and retreats in Europe.

www.ecoforest.org - raw eco-living and self-managed retreat space in southern Spain.

www.rawcommunities.com - raw food based communities around the world

USA

www.livingnutrition.com - Living Nutrition

www.rawfood.com - Nature's First Law

Australia

www.rawfood.com.au

Seed suppliers

Chase Organics - www.chaseorganics.co.uk

Agroforestry Research Trust - www.agroforestry.co.uk

Vida Verde - www.realseeds.co.uk

Personal Experiences of the Authors

Holly's Raw Menu for Consciousness

What I eat now is making me feel better (and more connected with my energy fields) than ever before - it is constantly evolving but anyway here goes:

Generally we (I and my two young children Bertie and Lizzy) have a late breakfast (after Rooibosch tea with raw milk and an apple for the children) of 'Life by Chocolate' Pudding topped with fruit, maybe mango, berries or cherries in summer, ground hazelnuts and a spoonful of sheep's yoghurt. Somewhere in



the middle of the day a large salad with lots of different green leaves, some of wild origin if possible, also including grated cucumber, grated carrot or sweet potato, some kind of blended recipe – favourite right now is avocado curry, fenu-greek sprouts (I don't get on with pulses or grains), sometimes olives, followed by a piece of unpasteurised goat's cheese.

In spring we have a wild green soup made from wild garlic leaves and I drink copious amounts of nettle juice but I am very slack on juicing in summer – room for improvement there. The children like a dressing made of unpasteurised miso, flax oil, MSM powder and green superfood and water. At this time I also drink some Green Dragon superfood blend of wheatgrass, barley grass, spirulina, alfalfa, and nettles in water (see www.rawcuisine.co.uk to obtain this) and take a mineral and vitamin/antioxidant supplement, MSM, iron and zinc.

The children have a high quality child mineral and vitamin supplement and we all have a teaspoon of bee pollen. Later in the day we have a dessert with typically nuts, dates and berries or other dried fruit (see recipes) topped with kefir, a cultured raw milk product (see page 16 for more information on this). We have little snacks of dates and nuts with 70% organic dark chocolate sometimes as a treat but it invariably gets out of hand and we have to stop for a while (any substantial amount of cooked food noticeably alters my energy but interestingly I'm ok with small amounts of high-quality dark chocolate whereas a piece of toast would knock me out for three days). Just beginning to experiment more with

superfoods e.g. maca. on Kate Wood's recommendation (see www.rawliving.co.uk). We are also now trying O-mega-Zen-3 vegan DHA (www.Shazzie.com) as an alternative to the fatty fish that we have felt a need for. I personally avoid processed vegetable fats and grains like the plague. My current diet is based largely what I have learnt from Tish and Tony Wright as well as the raw movement in general and I am profoundly grateful to them. The more natural, alive, fresh and wild the food the better. I find the way of eating I have described here causes me to be nearly always in a good mood at the very least – at best my body pulsates with energy.

Steve's Experience and Current Typical Eating



I have been eating all or mainly raw since the end of 1994, and I have learnt a lot along the way ... and still have much to learn of course. For some of that time (5 years) I lived mainly in southern Spain, and this has taught me that different climates suggest different raw diets. Whatever climate I am in I think eating plenty of fresh greens is important, for its stabilising alkaline effect and because greens are such a fantastic source of the minerals we need, both for vibrant health and for cleansing. It's certainly easier and often more desirable to eat mainly raw in a warmer climate, but back in a cooler climates it's particularly important to have good quantities of greens.

I have also learnt that there appears to be no ideal raw diet. Apart from climate affecting what we eat - which also implies different balances in your diet at different times of the year – your emotional situation will be a big factor, as will be your stage on the raw pathway and the balance of raw foods you choose to eat. There are very few 100% raw fooders, so if you want to set yourself up for success, then get some basic recipes behind you and decide how raw you want to be, and don't think or feel that you have to 100% raw. Find the balance that's right for you and then go from there.

For much of the last ten years I have tended to eat about two-thirds fruit (morning and lunch/afternoon), and one-third salad (evening meal). This has suited me well, although when in England I am more likely to sometimes have 2 salad meals a day.

For me growing at least some of your own salad vegetables (and herbs) is highly desirable and beneficial, as this means you have the best quality salad greens

available every day just outside your door – and at a decent price i.e. very little. And because I have combined permaculture with my raw food lifestyle (as I feel they are both about the theory and practice of ‘working with nature’), during most of the last 10 years I have been able to eat fresh greens most evenings with my salad meal. This has been a crucial element of my diet.

As others encouraged me to do so, I have written of my experience of the raw lifestyle and permaculture in the book *Eat More Raw* – so if you are keen to know more that’s a good place to start.

Steve’s book Eat More Raw: a guide to health and sustainability, Permanent Publications, 2004 is available for £12.00 inc P+P from true_charter@yahoo.co.uk / www.permaculture-steve.net.

A day in the life of Rob



I’ve been eating mostly raw for about 3 years. “What do you eat in a typical day?” I hear you ask. Well I usually start my day with a large glass of water and nothing else for a couple of hours. For the first meal of the day I will usually have some kind of juicy fruit, depending on what is in season this might be some oranges or a melon. Throughout the day I will have one or two more meals of just fruit, usually just one fruit at a time, and again which fruit I eat will depend on what is in season.

In the evening I generally have a large salad composed mostly of wild greens from my garden with some veg such as red pepper, carrot, courgette or cucumber. I will often make a sauce with avocado and some spices, I tend to eat a lot of chili. Depending on how I’m feeling I will sometimes add seaweed, spirulina or sunflower and pumpkin seeds to my salad.

I also love making raw cakes and deserts, experimenting with different ingredients and flavours. I like to snack on dried fruits and nuts, my favourite being dates and walnuts, to me they taste like they were designed to be eaten together.

“So, you’re a vegan?” I hear someone shout from the back. Well, it would seem so from what I’ve said so far, but what I haven’t told you is that I don’t wash the wild leaves I pick and I don’t check the wild fruit I eat, so I’m sure I eat plenty of insects in my diet. I personally think that this is an important and natural part of my diet.

"And what about the 'mostly raw' bit?" Well, ok, I've got to be honest here, I do eat some chocolate and occasionally some other random cooked food but I am trying to cut this out completely, and I think Holly's "Chocolate Pudding" is really going to help in this regard!

I've also got to add that I've been living in southern Spain for the last two years where good quality fruit and lots of avocados grow locally. When I move back to England, there is a chance that my diet might change, although I think the basic structure will stay the same, probably with fewer avocados.

We would like to thank all our friends who contributed recipes and/ or photos. I think the cover photo was taken by Danny, it's of the food we made for a raw food gathering in Spain.

“People experience endless benefits from eating their food raw: increased energy, less need for sleep, improvement in general health, uplifted mood, weight control, shining eyes, beautiful skin, younger looks, clearer thinking and intuition, increased effectiveness, calmer and more contented children and heightened physical sensations.”

This booklet contains over 40 delicious raw recipes, including the famous “Life by Chocolate” pudding, pictured below.



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www.funkyraw.com