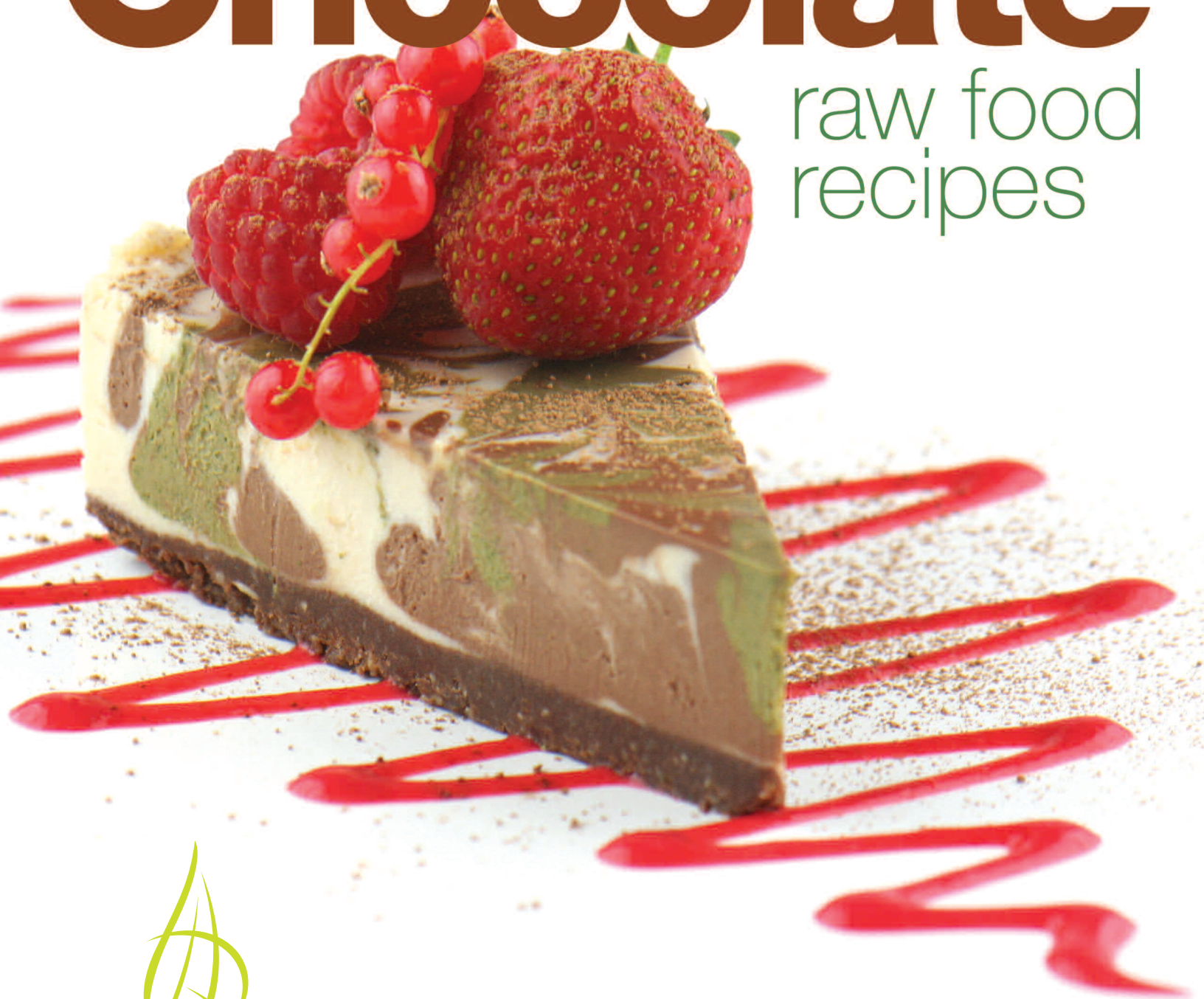


Chocolate

raw food
recipes



www.therawchef.com

The Raw Chef's Recipe Series

Chocolate Recipes

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what is raw food?

WHEN I first heard about people that ate only raw food, I couldn't get my head round it. It seemed really extreme, like some fad diet or some totally unnecessary extension of the idea that fruits and vegetables are good for us.

Then, through various means, I started to hear about raw foods more and more and realised there was a whole lifestyle based around it that isn't so extreme at all. Contrary to what I thought, it didn't mean I had to stop washing, join any kind of cult, grow my hair long or become a 'hippy'.

It also didn't mean I even had to give up all my cooked food and eat completely raw; I realised I could just start bringing more and more raw foods into my diet as I felt comfortable. I mean, everyone knows that fruits and vegetables in their natural state are good for you, so any extra I could get in would be a bonus.

What actually happened though was that as soon as I started experiencing the benefits, tied with the fact that I had started meeting some really wonderful people in the raw food world, I really felt as if I wanted to go 'all raw'.

You'll sometimes hear raw food called the 'raw food diet', but as I've alluded to here, it's not so much of a diet in the traditional sense, as it is a lifestyle. Sure, lots of people are able to lose weight, but it's quite unique in that many people come to it for all sorts of reasons, including a variety of health concerns, because they want extra energy, or they are simply curious about what effects they will experience by eating food the way nature intended.

So back to the original question: what is raw food?

The easiest way to describe it is to say that raw foods are free from animal products and haven't been heated over the critical temperature that it's thought most of the enzymes are lost (around 118°F). When we heat food even higher, we then start to denature other nutrients such as the vitamins, minerals and other proteins.



What are enzymes?

Enzymes are made up of various proteins and are part of every one of your bodily functions, including sight, hearing and, most importantly in this case, digestion. Simply put, without enzymes we don't function.

We have enzymes that our own body produces and we also get enzymes from the food we eat. And this is the critical point: if you eat food with the enzymes still intact then your body doesn't have to overwork to use the enzymes it produces to digest that food. There are many different types of enzymes so nature has done a wonderful job by placing within each type of food exactly the type of enzymes that are needed to digest that particular food.

I'm not a nutritionist so what I've learnt is through my own research; there's so much more information out there about why raw food is nutritionally superior and suited to our bodies, and will give you much more information and insight than I can in this short space – I urge you to go out and read plenty of it.

So raw doesn't necessarily mean that the food hasn't been heat treated – it just hasn't been cooked in the traditional way. By using processes such as dehydrating, juicing, sprouting, blending and food processing it's possible to eat an exciting and varied raw food diet; you may even attract some positive interest from your friends and family!

If you're looking for a great introduction to raw food, I really recommend you check out The Raw Food Coach's 'How To Get Started With Raw Foods'. It will definitely get you off to a flying start if you're new to all this, but will also teach you a thing or two. Visit the website at www.RawChefGetStarted.com to check it out. It's part of my mission to bring recipes and food to the world that helps present raw food in a way that seems exciting, mouth-watering and accessible.

It's all really about moving towards what you want, not away from what you don't want.

chocolate mint brownie bites



For the brownie base

- 2 cups cashew flour*

- 2 cups oat flour**

- 1 cup cacao powder

- ½ cup agave nectar

- 1 tablespoon vanilla extract

- ½ cup tahini

- 1 teaspoon cinnamon

- 2 teaspoons tamari

- ½ cup water

- 2 tablespoons lemon juice

- 1 cup pecans, roughly chopped

*Cashew Flour is simply cashews that have been processed to crumbs in a food processor. Some larger pieces in there are OK too.

**Oat flour can be made by blending raw oats in a high-speed blender or coffee grinder. If you can't find raw oats (oats are slightly steamed to preserve shelf life) and don't mind using the steamed ones (usually called rolled oats), they will work fine too.

- ❖ Mix all ingredients by hand in a large bowl.
- ❖ Press into an 8" brownie tin and dehydrate at 115°F for 12 hours.

For the mint chocolate

- 1 cup cashews

- ¾ cup cacao butter, grated or chopped small then melted

- ¼ cup agave nectar

- ¼ cup water

- ½ teaspoon vanilla extract

- ½ teaspoon lemon juice

- ¼ cup (0.4oz/10g) tightly packed mint

- 1 drop mint essential oil

- ❖ Blend all ingredients in a high-speed blender until smooth and pour on top of the brownie base.
- ❖ Place in a freezer to firm-up ready for the chocolate topping.

For the chocolate topping

- 1 cup cashews

- ¾ cup cacao butter, grated or chopped small then melted

- ¼ cup cacao powder

- ¼ cup agave nectar

- ¼ cup water

- 1 teaspoon vanilla extract

- 1 teaspoon lemon juice

- ❖ Blend all ingredients in a high-speed blender and blend until smooth.
- ❖ Once the mint chocolate layer has firmed up then pour this final layer on top and leave to set.



raspberry & white chocolate torte



Makes one 9" torte
Serves up to 12 people

For the base

½ cup cashews

½ cup pecans

1 tablespoon coconut oil

1 tablespoon melted cacao butter

2 teaspoons agave nectar

1 teaspoon lemon juice

- ❖ Pulse all ingredients in a food processor until they bind.
- ❖ Press into a 9" springform cake pan and place in the fridge to set.

For the filling

2 cup cashews

1 ½ cups cacao butter, grated or chopped small then melted

¾ cup agave nectar

½ cup water

1 tablespoon lemon juice

1 teaspoon vanilla extract

1 cup fresh raspberries

3 tablespoons extra agave nectar

- ❖ In a bowl mix the raspberries with the extra agave nectar and spread on a non-stick dehydrator tray. Dehydrate at 105° for 12 hours. This is an optional step – if you're short of time then there's the option to not dehydrate them.
- ❖ Blend all remaining ingredients in a high-speed blender until smooth, transfer to a bowl.
- ❖ Add the raspberries to the white chocolate mixture and gently mix in the raspberries.
- ❖ Pour the mixture onto the base.
- ❖ Leave in the fridge to set.



mint marble cake cacao & pecan praline base with white chocolate, cacao & mint swirl filling and summer berry puree



Makes one 9" cake
Serves up to 12 people

For the base

- 1½ cups pecans

- ¼ cup cacao powder

- 2 tablespoons coconut oil

- ¼ cup (1oz/30g) grated cacao butter, melted (will be 3 tablespoons when melted)

- 1 teaspoon lemon juice

- 5 teaspoons agave nectar

- ❖ Grind all ingredients in a food processor, being sure not to over-process the nuts as they will go oily.
- ❖ Press evenly into the bottom of a 9" springform cake pan and set aside.

For the filling (3 parts)

Part One

- 2 cups cashews

- 2 cups cacao butter, grated or chopped small then melted

- ¾ cup agave nectar

- 1½ cups of water

- 1 tablespoon lemon juice

- 1 teaspoon vanilla extract

- ❖ Blend all ingredients in a high-speed blender and transfer to a bowl.
- ❖ Place the bowl in a pre-warmed dehydrator to stop the cacao butter from setting. You can also use a glass bowl that has been filled with hot water, with another glass bowl inside.

Part Two

- ¼ cup cacao powder

- 3 tablespoons water

- ❖ Take 1 cup of the Part 1 mixture, add the cacao powder and water then blend again.
- ❖ Place in a different bowl and keep it warm as with Part 1.

Part Three

- ½ cup (1.5oz/40g) tightly-packed fresh mint

- 1 teaspoon lemon juice

- 1 drop mint essential oil

- ❖ Take another 1 cup of the Part 1 mixture, add the above ingredients and blend smooth again.

To finish

- ❖ You should now have 3 bowls with 3 different colour/flavoured mixtures.
- ❖ Pour the part 1 mixture on top of the cake base in the spring-form pan.

Continues overleaf



- ❖ Then pour the Part 2 mixture into the spring-form pan too. As you're pouring move your hand around so the mixture is distributed randomly within the Part 1 mixture. This is what causes the marbling effect.
- ❖ As you come to the end of pouring the Part 2 mixture, pour the last bit lightly on top so you get some marbling, not just within the cake, but also on top.
- ❖ Repeat the last 2 steps with the Part 3 mixture too.
- ❖ Take a cocktail stick and lightly swirl it around on top of the cake to create a marbling effect, being careful not to overdo it – less can be more in this case!
- ❖ Placing the cake in the freezer will preserve the colour of the mint layer. Simply take the cake out of the freezer 15 minutes before serving and, using a knife that's been dipped in hot water, cut into portions.

For the summer berry puree

1 ½ cups organic mixed berries

1 teaspoon agave nectar

½ teaspoon vanilla extract

- ❖ Blend all ingredients and strain through a sieve.

Drizzle the summer berry puree on the plate and decorate the cake with fresh in-season berries such as strawberries, raspberries and redcurrants.



chocolate bread

with white chocolate spread & summer berries



*Flax meal is simply flax seed that has been ground in a high-speed blender or coffee grinder.

- ❖ Assemble all ingredients into a large bowl and mix together by hand.
- ❖ Grind in a food processor in small batches until a dough-like consistency is achieved.
- ❖ Divide the mixture between 2 non-stick sheets on dehydrator trays. Spread the mixture evenly across the sheets so that it covers the whole thing just up to the edge of the sheet itself. Use a spatula to square up the edges. Be aware that the mixture will become sticky quite quickly. If mixture becomes too sticky, occasionally dip the spatula in water to help spread evenly.
- ❖ Score the dough into 9 pieces, totaling 18 pieces over the 2 trays.
- ❖ Place in dehydrator at 115°F for first 3 hours then invert onto the mesh sheet of the dehydrator tray (without the non-stick sheet) for an additional 10–15 hours or until the bread feels light and slightly spongy in your hand, without being completely hard and dry.
- ❖ Cut each piece into triangles, ready to serve. Will also store in a sealed container in the fridge for up to a week.

For the bread

6 cups sprouted buckwheat (3 cups/500g before sprouting)

1 cup Flax meal*

¼ cup olive oil

2 medium avocados

3 medium apples, chopped

3 medium (500g/1.1lbs) peeled courgette (zucchini), chopped

3 tablespoons lemon juice

¾ cup agave nectar

1 cup cacao powder

1 teaspoon tamari

¼ cup water

½ teaspoon salt

For the white chocolate spread

2 cups cashews

½ cup water

2 teaspoons lemon juice

½ cup cacao butter, grated or chopped small then melted

¼ cup agave nectar or yacon syrup

Pinch salt

- ❖ Blend all ingredients in a high-speed blender until smooth.

To serve

- ❖ Spread a generous amount of the white chocolate spread on the bread.
- ❖ Top with berries or any other fruit that's in-season.



simple chocolate truffles



2 cups cashews

$\frac{3}{4}$ cup cacao powder

1 cup cacao butter, grated or chopped small then melted

$\frac{1}{2}$ cup agave nectar

1 cup water

1 tablespoon lemon juice

$\frac{1}{2}$ teaspoon tamari

1 teaspoon vanilla extract

3 tablespoons coconut oil

Cacao powder, pistachios and cacao nibs

- ❖ Blend all ingredients in a high-speed blender until smooth, separate into 3 and place in freezer for an hour or two to firm up.
- ❖ Remove from the freezer and roll into small balls. Roll the first third in cacao powder, the second third in cacao nibs and the third in chopped pistachio nuts.
- ❖ Return to the fridge until ready to eat.



cacao crepes & cashew crème fraîche

with summer berries and chocolate sauce



For the crepes

2 medium (2 cups/250g/9oz) peeled courgette (zucchini)

1½ cups (220g/8oz) mango flesh

1 tablespoon lemon juice

1 teaspoon vanilla extract

¼ cup + 2 tablespoons agave nectar

½ cup flax meal*

½ cup cacao powder

Pinch salt

**Flax meal is flax seed that have been ground in a coffee grinder or similar, to produce a fine flour.*

- ❖ Blend in a high-speed blender until smooth.
- ❖ Form 8 equal-sized crepes of about 12cm on non-stick dehydrator sheets, being sure not to spread too thinly.

- ❖ Dehydrate at 105°F for 4–5 hours or until you are able to remove them from the dehydrator sheets.
- ❖ Return to the dehydrator on the mesh trays for a further 2 hours. The crepes should be dry to the touch but still very soft.

For the crème fraîche

1 cup cashews, soaked 2 hours or more

½ cup water

1 teaspoon lemon juice

¼ teaspoon probiotic powder*

¼ teaspoon salt

1 teaspoon apple cider vinegar

**If you can't buy powder just open up probiotic or acidophilus capsules and discard the capsule part.*

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Transfer to a small bowl, cover and leave to stand for 12 hours at room temperature.
- ❖ Stir and place in the fridge for another 24 hours and then it's ready to use.

For the chocolate sauce

½ cup cashews

2 tablespoons cacao powder

¼ cup water

¼ cup agave nectar

½ teaspoon vanilla extract

½ teaspoon lemon juice

Pinch salt

- ❖ Blend all ingredients in a high-speed blender.

To assemble

- ❖ Mix the berries with the crème fraîche.
- ❖ Take one of the crepes and fold in half twice.
- ❖ Open up one of the crepes so it forms a cone and fill with some crème fraîche and berry mixture.
- ❖ Arrange 3 on a plate and drizzle with the chocolate sauce.
- ❖ Sprinkle cacao nibs and crushed pistachios to garnish.



cacao cream cannoli

with chocolate sauce, pistachios & cacao nibs



For the cannoli

- 1/4 cup flax meal

- 1 (1/2 cup/90g/3oz) apple

- 1 small (1/2 cup/100g/3.5oz) peeled courgette

- 1 teaspoon lemon juice

- 1/4 cup water

- 2 tablespoons yacon syrup or agave nectar

- 2 teaspoons vanilla

- Pinch salt

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Spread on a non-stick dehydrator sheet into circles. You should be able to fit 4 to each non-stick sheet. Dehydrate at 105°F for 5 hours until dry but pliable.
- ❖ Remove from the dehydrator sheets and roll around a cylinder to make the cannoli shape. Secure and dehydrate for a further 24 hours until crisp.
- ❖ Optional: Once fully dried and crisp dip the ends of the cannoli in the white chocolate mixture on page 9.

For the cacao cream

- 1/2 cup Irish moss paste*

- 1 cup cashews

- 1/4 cup grated or chopped cacao butter which has then been melted

- 1/2 cup agave nectar

- 1/4 cup water

- 2 teaspoons lemon juice

- 1/2 teaspoon tamari

- 1 teaspoon vanilla extract

- Pinch salt

**Irish moss paste is made by soaking Irish moss seaweed in water for 3 hours, draining and washing thoroughly and then blending 1 cup of the clean moss with 2 cups of pure water. This must be done in a high-speed blender until a smooth consistency is achieved.*

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Use a piping bag to pipe the mixture into the cannoli shells.

To garnish

- Cacao nibs

- Pistachios

- ❖ Sprinkle cacao nibs and crushed pistachios onto the ends of the cannoli. Serve with chocolate sauce from crepe recipe on page 14.



white chocolate vanilla pannacotta

with strawberry macadamia foam and blueberries



For the pannacotta

2 cups cashews, soaked 2 hours or more

1 cup cacao butter, grated or chopped small then melted

2 vanilla pods (insides only)

1 cup Irish moss paste*

$\frac{3}{4}$ cup yacon syrup or agave nectar

$\frac{1}{2}$ cup water

2 teaspoons lemon juice

Pinch salt

**Irish moss paste is made by soaking Irish moss seaweed in water for 3 hours, draining and washing thoroughly and then blending 1 cup of the clean moss with 2 cups of pure water. This must be done in a high-speed blender until a smooth consistency is achieved.*

❖ Blend all ingredients in a high-speed blender until smooth.

❖ Pour into moulds that have been lined with cling film (plastic wrap).

❖ Leave in the fridge to set.

For the strawberry macadamia foam

1 cup strawberries

$\frac{1}{4}$ cup macadamias

3 tablespoons agave nectar

1 cup water

❖ Blend all ingredients in a high-speed blender.

❖ Strain through a nut-milk bag.

❖ Just before serving use a hand-blender to 'foam up' the top of the mixture and apply to the plate with a spoon.



white chocolate dipped strawberries



2 cups fresh strawberries

1 cup cashews

1 cup cacao butter, grated or chopped small then melted

$\frac{3}{4}$ cup agave nectar

1 tablespoon water

2 teaspoons lemon juice

1 teaspoon vanilla extract

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Dip strawberries in chocolate mixture and place in fridge to allow to set.
- ❖ If your chocolate isn't sticking to the strawberries and runs off, you can leave the chocolate to firm up a little before dipping the strawberries.



chocolate chip cookies



For the cookies

3 cups almond pulp/flour*

2 cups oat flour**

1 cup walnuts, ground in a food processor

½ cup agave nectar

¼ cup of maple syrup or yacon syrup

½ teaspoon salt

2 tablespoons lemon juice

1 tablespoon vanilla extract

*Almond pulp is what you're left with after making almond milk. Almond flour is when you take that almond pulp, dehydrate it and then blend in a high-speed blender until fine. The flour can be kept in a sealed container in the fridge for up to 2 weeks.

** Oat flour is simply raw oats that have been ground in a high-speed blender until fine. If you can't find raw oats then rolled oats will also work.

❖ Grind all ingredients in a food processor and set aside.

For the chocolate chips

1 cup cashews

¼ cup cacao powder

½ cup cacao butter, grated or chopped small then melted

¼ cup agave nectar

1 tablespoon non-GMO soy lecithin

Pinch salt

¼ cup + 2 tablespoons water

❖ Blend all ingredients in a high-speed blender.

❖ Leave mixture to firm up a little so it can be poured into a piping bag.

❖ Pipe individual chocolate chips onto a piece of baking paper and leave in the freezer to set.

❖ Stir into the cookie mixture and form into individual cookies in the size and shape of your choice.

❖ Dehydrate at 105°F for 12 hours or until they reach the desired dryness.

Note: If you want to make them double chocolate chip cookies simply add ½ cup of cacao powder to the cookie recipe, plus extra agave nectar to taste.

Serve these cookies with almond milk – they're an amazing combination.



chocolate fudge pots with blueberries



½ cup Irish moss paste*

1 cup cashews

Small handful blueberries

¾ cup cacao powder

½ cup agave nectar

¼ cup water

2 teaspoons lemon juice

½ teaspoon tamari

1 teaspoon vanilla extract

Pinch salt

**Irish moss paste is made by soaking Irish moss seaweed in water for 3 hours, draining and washing thoroughly and then blending 1 cup of the clean moss with 2 cups of pure water. This must be done in a high-speed blender until a smooth consistency is achieved.*

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Pour into individual pots and top with white chocolate from the dipped strawberries recipe on page 17 or crème fraîche from cannoli recipe on page 15.
- ❖ Top with blueberries and dust with cacao powder.



orange triple chocolate cheesecakes

with strawberry sauce & summer fruits



For the bases

¼ cup cashews

¼ cup pecans

1 tablespoon coconut oil

1 tablespoon melted cacao butter

2 tablespoons cacao powder

2 teaspoons agave nectar

1 teaspoon lemon juice

- ❖ Grind all ingredients in a food processor.
- ❖ Press into moulds of choice. I like to use a 12-hole mini-cheesecake tray I got from a cook shop.

For the first layer

1 cup cashews

¾ cup cacao butter, grated or chopped small then melted

¼ cup agave nectar

⅓ cup orange juice

½ teaspoon vanilla extract

- ❖ Blend all ingredients in a high-speed blender until smooth and pour on top of the base.

For the second layer

1 cup cashews

⅓ cup cacao powder

¾ cup cacao butter, grated or chopped small then melted

¼ cup agave nectar

⅓ cup orange juice

½ teaspoon tamari

½ teaspoon vanilla extract

- ❖ Blend all ingredients in a high-speed blender until smooth and pour on top of the first layer.
- ❖ Decorate with cherries, raspberries and strawberries and then leave in the fridge to set.
- ❖ Serve with strawberry sauce from the marble cake recipe on page 10.



chocolate fondant

with cacao & basil shard and vanilla cashew cream



Part One

- 1 cup cashews
- 1/2 cup cacao powder
- 3/4 cup grated cacao butter that has then been melted
- 1/4 cup agave nectar
- 1/2 cup water
- 1 teaspoon lemon juice
- 1/2 teaspoon tamari
- 1 teaspoon vanilla extract
- ❖ Blend all ingredients in a high-speed blender

Part Two

- 1/2 cup cashews
- 3 tablespoons coconut oil

3 tablespoons cacao powder

1/3 cup agave nectar

3 tablespoons water

1 teaspoon lemon juice

Pinch salt

- ❖ Blend all ingredients in a high-speed blender

To assemble

- ❖ Take a metal ring (the ones you find in kitchen and cook shops) and line with baking paper.
- ❖ Place on a plate and fill about 1/3 of the way up with some of the Part 1 mixture.
- ❖ On to that spoon in some of the Part 2 mixture.
- ❖ Lastly, fill with more of the Part 1 mixture. The idea is to completely cover the Part 2 mixture so that it forms a soft centre to the fondant.
- ❖ Serve with the basil chard and vanilla cream.

For the basil shard

- 1/2 cup grated cacao butter that has then been melted
- 1/4 cup cacao powder
- 3 tablespoons agave nectar
- 3 tablespoons (12g/0.4oz) fresh basil
- 2 teaspoons lemon juice
- Pinch salt

- ❖ Blend all ingredients in a high-speed blender and then spread out on a non-stick dehydrator sheet or cling film (plastic wrap). We're not going to be dehydrating them, they're just going to be setting in the fridge.
- ❖ Once set they will naturally break into shards.

Vanilla Cream

- 1 cup cashews
- 3 tablespoons coconut oil
- 1/4 cup agave nectar
- 1 teaspoon lemon juice
- 2 teaspoons vanilla extract
- 1/2 cup water

- ❖ Blend all ingredients in a high-speed blender.



cacao crispies



3 cups (500g) buckwheat, sprouted (6 cups when sprouted)

3 apples, chopped

1 cup pumpkin seeds soaked for 4 hours, roughly ground in a food processor

1 cup sunflower seeds soaked for 4 hours, roughly ground in a food processor

1 cup date paste*

1 cup cacao powder

3 tablespoons lemon juice

2 teaspoons vanilla extract

2 tablespoons cinnamon

Pinch ground cloves

1 teaspoon salt

**For date paste grind 1 cup soft dates with 1/2 cup orange juice or water until a paste is formed.*

- ❖ Mix all ingredients by hand in a large bowl.
- ❖ Sprinkle onto a dehydrator sheet.
- ❖ Dehydrate for 12–18 hours or until dry at 105°F.
- ❖ Serve with Brazil nut milk and optional fresh berries.



further information

For more information, free recipes and to see what other services I offer visit www.therawchef.com



Whilst there you can sign-up for my eZine 'News From The Kitchen', it's published every other Thursday – delivered straight to your inbox – and contains a free raw recipe with full detailed instructions and a photo. Many people have commented that they can't believe I give this stuff away for free, so I advise you get yourself on the list and see what you think.

For more regular updates about what's going on in my world, some simpler recipes that don't make it to the eZine and general updates about what's going on at The Raw Chef HQ, you can visit my blog at www.therawchefblog.com. You can just drop by there whenever you feel like it, or you can sign-up to receive updates from that via email or RSS feed.

Live Raw Food & Chef Training Classes

If you're interested in hosting a raw food dinner party for your friends you may be interested in attending my class 'The Raw Chef's Dinner Party Training Experience', where I'll take you and the rest of the group through every stage of running a raw food dinner party. Best of all, you'll get to have a raw food dinner party at the end of the day with your new friends. This is a great course for new and more experienced people alike.

The second class I do is a 2-day class on how to become your own raw food chef. It's called 'How to Be Your Own Raw Food Chef and Still Have Time to Eat'. Run at the weekend, this class has proved to be very popular with people wanting to further their knowledge and skill level, enabling them to bring in a larger percentage of raw foods into their diet. Again, it's great whether you've been into raw foods for a while, or if you're just getting started, and it includes being very well fed all weekend.

Further details on both courses can be found at www.therawchef.com by clicking on 'Classes'.



about Russell



Russell James has been hailed as 'the UK's leading raw chef' by The Times. He has honed his natural ability to create incredible raw cuisine by training with the top raw chefs in the world.

This includes regular visits to the US to raw food 'hot-spots' such as California and, most recently, New York where he worked with the author of upcoming books *Everyday Raw* and *Entertaining in The Raw*, co-author of *Raw Food Real World* and co-creator of the restaurant *Pure Food & Wine*, Matthew Kenney...

"Russell James joined our team at The Plant for an extended visit last fall – on every level, he is a true professional; talented and creative, and a pleasure to work with. I particularly admire his

dedication to raw food cuisine, and his unwavering interest in its forward movement. We continue to miss him (and his kale salad!) – Matthew Kenney 2007.

Russell recently catered David Wolfe's UK retreat in Dorset...

"I was very impressed with Russell James' raw and living foods cuisine. He's a pleasure to work with and a rising culinary star." – David Wolfe, www.sunfood.com and www.thebestdayever.com

Russell has also worked with the UK's raw and living food organisation The Fresh Network in the execution of monthly raw dinner parties in Cambridgeshire and London during 2006. He also regularly appears in their quarterly publication, *Get Fresh*.

Russell is a personal raw chef, provides raw catering for small and large scale events, and runs raw food classes. His blog continues to inspire people with recipes, pictures and advice on living a sexy raw life.

His mission is to show you that far from feeling restricted on a raw food diet, you have an abundance of options; whether that's being able to eat raw sandwiches all week or to put on a show-stopping dinner party for friends.

You can also connect with Russell here:

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www.facebook.com/therawchef

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twitter.com/russelljames

