

Christmas Recipes

raw food recipes



The Raw Chef's Recipe Series

Christmas Recipes

© Copyright Russell James, The Raw Chef.

No part of this book may be produced by any means, nor transmitted, nor translated into a machine language, without the written permission of the publisher.

The right of Russell James to be identified as the author of this work has been asserted in accordance with sections 77 and 78 of the Copyright, Designs & Patent Act 1988.

CONDITIONS OF SALE

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition, including this condition, being imposed on the subsequent purchaser.

First Published by Russell James, The Raw Chef, in Great Britain in 2008

This (first) edition published in December 2008 by Russell James

russell@therawchef.com

www.therawchef.com

DISCLAIMER

The techniques and advice described in this book represent the opinions of the author, based on his experience. The author expressly disclaims any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a result of using any of the techniques, recipes or recommendations suggested herein. If in any doubt, or if requiring medical advice, please contact the appropriate health professional.



contents

Introduction	4
What is Raw Food	5
Appleaid	6
Fred & Ginger	7
Sinderella	8
Ginger & Orange Pecans	9
Rolled Courgette Ribbons with Sweet Beet Pâté	10
Cucumber Canapés with Macadamia Purée & Balsamic Figs	11
Red Onion Chutney Mini Party Pizzas	12
Chocolate Macaroons with Spiced Cashew Cream Centres	13
Mince Pies with Cashew Icing	15
Herb-infused Maple & Pecan Sweet Potatoes	16
Caramelised Onion Creamy Mushroom Gravy	17
Crumbed Portabello Meatloaf	18
Kilted Sausages	19
Pear & Dried Winter Fruit Stuffing	20
Spiced Cranberry & Pomegranate Relish	21
Christmas Pudding with Custard	22
Further Information	23
About Russell	24



introduction

I used to worry about what I was going to eat on Christmas day. I really wanted to be raw but I was worried about what people around the table might think, and also about wanting to have more than just a salad, no matter how much I enjoyed them normally.

I even toyed with the idea that, "well, it is Christmas, maybe I'll just have a cooked Christmas dinner this year, after all it's only once a year." But somehow I knew that nut roast wasn't really what I wanted. I wanted to do Christmas 'raw style'.

So I came up with these recipes, just to see what could be done.

I'm not really a fan of mocking cooked food too much, and have written articles about this very subject on my blog. Don't get me wrong, I certainly like to use cooked food as an inspiration and a challenge to start a new recipe, but sometimes I just cringe when I see raw food trying to be something it's not. I believe raw food stands alone in its flavour and vibrancy, and I'd like to see it rely less on the mocking aspect.

Having said that, I'm probably just as guilty as anyone else when it comes to trying to entice people away from their animal fat burgers and lasagne with raw food versions of their favourite dishes.

So I just had to surrender, in the name of fun, to producing a full Christmas menu full of raw versions of traditional Christmas favourites. And I certainly did have fun; I really hope that comes across in the recipes in the pages that follow.

One thing I really want to say is that you don't have to make all these recipes to have a great Christmas dinner. Just a few dishes, plus a large green salad and you'll be fully satisfied, I'm sure. A favourite combination of mine is the kilted sausages and maple & pecan sweet potatoes; it's what I'm going to be having this year!

Have fun, a great Christmas and a Happy New Year!

Russell James
December 2008.



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.

appleaid



Makes 2 glasses

4 apples

1 organic lime (rind on)

Crushed ice

1 cinnamon stick

- ❖ Juice the apples and the lime.
- ❖ Half fill a glass with crushed ice and pour in the juice.
- ❖ Cut or break up the cinnamon stick so you have a long piece to decorate the glass with.



fred & ginger



4 pears

1cm cube ginger

Dash agave nectar

Pinch cinnamon

Cherries to serve

- ❖ Juice the pears and ginger.
- ❖ Add in a little agave and cinnamon and mix thoroughly.
- ❖ Serve with fresh cherries.



sinderella



The only sin here is the sparkling water, so if you want to be a pure princess, you can swap for still water:

Makes 2 glasses

½ a pineapple

½ a lemon

4 oranges

1 pomegranate

Sparkling mineral water

- ❖ Juice the pineapple, lemon and oranges.
- ❖ Fill 2 glasses $\frac{3}{4}$ full with the juice then top up with sparkling mineral water.
- ❖ Juice the pomegranate and pour into the glass slowly, so it sits at the bottom of the drink.



ginger & orange pecans



3 cups pecans, soaked overnight

$\frac{3}{4}$ cup dates

$\frac{1}{4}$ cup orange juice

$\frac{1}{2}$ teaspoon orange zest

1 teaspoon ground ginger powder

2 teaspoons salt

- ❖ In a food processor combine the dates, orange juice and zest, ginger powder, and salt, and process until a paste has formed.
- ❖ Remove pecans from soak water and mix thoroughly with date paste.
- ❖ Dehydrate at 105°F overnight.
- ❖ Optional step – remove dried pecans from dehydrator and freeze overnight to make crispy and crunchy.
- ❖ Can be eaten straight from the freezer.



rolled courgette ribbons with sweet beet pâté



For the sweet beet pâté

1 cup cashews

¼ cup beetroot juice (beet juice)

1 tablespoon lemon juice

½ teaspoon salt

1 teaspoon agave nectar

❖ Grind all ingredients in a food processor until thoroughly combined, set aside.

To assemble

3–4 courgettes (zucchini), sliced thin on a mandoline

Several handfuls of rocket (arugula)

Sprigs of dill

1 red pepper, cut julienne

30–40 chives

❖ Lay out a piece of the sliced courgette, pat it dry with some kitchen paper and spread a small amount of the pâté along the length of it.

❖ At the end of the courgette closest to you place a few leaves of rocket, a piece of the julienned red pepper and a sprig of dill, so they all stick out the same side.

❖ Start to roll that end away from you to form a roll.

❖ Stand on its end and tie a single chive around to secure it. Trim the ends of the chive.

❖ When you've had a go at doing one or two and comfortable with the technique, you can do them in batches of 5 to speed up the process.

❖ Serve immediately.



cucumber canapés with macadamia purée & balsamic figs



For the figs

4 figs

2 tablespoons balsamic vinegar

1 tablespoon agave

- ❖ Slice the figs thinly and marinate all ingredients in a bowl for at least an hour or, for best results, overnight.
- ❖ Remove the figs from the marinade and dehydrate on a non-stick dehydrator sheet for 4–8 hours at 105°F.

For the macadamia puree

1 ½ cups macadamias

2 tablespoons lemon juice

1 tablespoon nutritional yeast (optional)

½ teaspoon salt

¼ cup water

- ❖ Process all ingredients in a high-speed food blender until thoroughly combined.
- ❖ Transfer mixture to an icing bag and place in the fridge to set a little.

For garnish

Sprigs of thyme, cumin

To assemble

½ a cucumber, sliced with a knife or a mandoline

- ❖ Build each canapé by starting with a slice of cucumber.
- ❖ Next pipe a generous amount of the macadamia puree onto the cucumber slice in whatever design you like.
- ❖ Take one slice of the dehydrated fig and place it in the top of the macadamia purée, along with a sprig of thyme.
- ❖ Finish with a dusting of cumin.



red onion chutney mini party pizzas



For the bases

1 cup buckwheat groats, sprouted for a few days until they have small 'tails' to make 2 cups

1 avocado

3 tablespoons olive oil

1 tablespoon fresh basil

1 tablespoon Italian seasoning

¼ cup sun-dried tomatoes, soaked until soft

1 tablespoon lemon juice

¼ teaspoon salt

2 medium tomatoes

2 tablespoons ground flax seeds

❖ Grind all ingredients in a food processor until you have a paste consistency.

❖ Spread onto a non-stick dehydrator sheet in one inch circles and dehydrate at 105°F for a few hours or until you are able to turn them upside down onto another dehydrator tray and peel off the non-stick sheet.

❖ Dehydrate for another 8–10 hours or until bases are dry enough to hold together.

For the red onion chutney

¼ cup red onion

5 soft dates, stones and flowers removed

12 sun-dried tomato halves, soaked until soft

3 medium tomatoes

½ a medium beetroot

2 tablespoons olive oil

2 teaspoons lemon juice

¼ teaspoon salt

❖ Grind all ingredients in a food processor:

For the nut cheese

1 cup macadamias

2 teaspoons lemon juice

¼ teaspoon salt

¼ cup water

1 tablespoon nutritional yeast

❖ Grind all ingredients in a food processor until you have a fluffy consistency.

To garnish

Fresh rosemary, chopped

Dried Italian herb mix

Olives

To serve

❖ Place a spoonful of the red onion chutney on one of the bases, crumble over some nut cheese and then sprinkle with the chopped rosemary.

❖ Finish off with a sprinkle of dried Italian herbs and some olives.



chocolate macaroons with spiced cashew cream centres



For the macaroons

2 cups desiccated coconut

½ cup pecans, ground in a food processor

½ cup cacao powder

½ cup agave nectar

¼ cup tahini

1 tablespoon vanilla extract

2 teaspoons lemon juice

Pinch salt

For the spiced cashew centres

1 cup cashews

½ cup orange juice

1 teaspoon mixed spice

Pinch salt

½ teaspoon vanilla

3 tablespoons agave nectar

- ❖ Combine all macaroon ingredients in a bowl, mix thoroughly.
- ❖ Blend the ingredients for the spiced cashew cream in a high-speed blender.

Continues overleaf





Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8

Steps to assemble:

1. Line a small mould with some plastic wrap. In the picture I have used a mini-cheesecake pan, but a small cutter or metal ring will work perfectly.
2. Fill halfway with the macaroon mixture.
3. Push the mixture down into the mould with your fingers, so it takes on the shape of the base of the mould.
4. Form an indentation in the macaroon mixture to make a 'well'.
5. Fill the well with the spiced cashew centre.
6. Roughly make a lid for the macaroon out of the mixture and place on top.
7. Use your fingers to seal it neatly.
8. Lift up the edges of the plastic wrap and you should be able to remove the macaroon as a whole complete with spicy centre.
9. Top with more desiccated coconut and dehydrate for 8 hours at 105°F.



mince pies with cashew icing



For the crust

2 cups cashews

1 cup raw oat flour*

¼ cup agave nectar

3 tablespoons lemon juice

Pinch salt

**Raw oat flour is made by milling raw oats in a coffee grinder or high-speed blender. If you don't have raw oats available and you don't mind using oats that have been steamed to preserve shelf life, then non-raw oats will also work.*

- ❖ Grind all ingredients in a food processor until thoroughly mixed.
- ❖ Press the mixture into a tart/muffin tray that has been wrapped in clingfilm (plastic wrap) and dehydrate on a mesh dehydrator tray for 2–3 hours.
- ❖ Remove the crusts from the cases and dehydrate out of the case for a further 8+ hours, still on the mesh dehydrator sheet.

For the filling

1½ cups soft dates, stones and flowers removed

½ cup orange juice

2 apples, chopped small

1½ teaspoons mixed spice

1 cup raisins, roughly chopped

Pinch salt

- ❖ Grind all ingredients except the apple and raisins until they form a paste.
- ❖ Add in the apple and raisins and process for a further 5–10 seconds until fully combined.
- ❖ Fill each of the cases with a little of the mixture then top with the cashew icing and a pinch of the nutmeg.

For the cashew icing

1½ cups cashews

1 tablespoon lemon juice

Pinch salt

3 tablespoons coconut oil

¼ cup agave nectar

½ cup water

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

To garnish

Pinch nutmeg



herb-infused maple & pecan sweet potatoes



2½ cups sweet potato, peeled

½ cup pecans

½ cup pine nuts

3 tablespoons olive oil

1 tablespoon maple syrup

1 tablespoon lemon juice

½ teaspoon salt

1 clove garlic

¼ teaspoon garlic powder

1 teaspoon onion powder

2 tablespoons thyme, chopped small

- ❖ Grind the sweet potato in a food processor then transfer to a nut milk bag to squeeze out the excess fluid.
- ❖ Put the sweet potato along with the other remaining ingredients, except the thyme, in a high-speed blender and blend until creamy.
- ❖ Transfer to a bowl and stir in the fresh thyme.
- ❖ If the mixture is too wet you can leave it in the fridge for a few hours or overnight to firm up a little.



caramelised onion creamy mushroom gravy



My dad used to make me onion gravy and sausages when I was younger, so this recipe just had to happen!

When you combine this onion gravy with the kilted sausages recipe on page 98 something fantastic happens. I'm sure it'll become a favourite of yours every Christmas and maybe in the months in between too.

For the caramelised onions

3 cups (3 medium) onions, sliced thin on a mandoline

¼ cup olive oil

¼ cup tamari

5 soft dates

1 tablespoon lemon juice

- ❖ Blend the olive oil, tamari, dates and lemon juice in a high-speed blender.
- ❖ Transfer the mixture to a bowl and add the sliced onions.
- ❖ Mix thoroughly by hand and then dehydrate on a non-stick dehydrator tray at 105°F for 2–3 hours.
- ❖ Mix in with the gravy and serve.

For the gravy

1 cup almond milk

¼ cup shiitake mushrooms

1 tablespoon olive oil

1 teaspoon lemon juice

1 teaspoon shallot

¼ teaspoon garlic powder

3 teaspoons brown miso

¼ cup peeled courgette

¼ cup cashews

1 tablespoon nutritional yeast

- ❖ Blend all ingredients in a high-speed blender until creamy.
- ❖ The gravy can be warmed by blending for 1–2 minutes at full power or it can be transferred to a bowl, covered and warmed in a dehydrator.



crumbed portabello meatloaf



For the “roasted” mushrooms and peppers

- 4 cups portabello mushrooms
- 3 red peppers
- 3 tablespoons lemon juice
- ¼ cup olive oil
- 4 large cloves garlic, crushed
- ½ teaspoon salt

- ❖ Slice the mushrooms into approx 1cm slices and the peppers into approx ½cm strips.
- ❖ Combine the lemon juice, olive oil, garlic and salt in a bowl. Add the sliced mushrooms and peppers to the bowl, and cover thoroughly in mixture.
- ❖ Place mushrooms and peppers on a non-stick dehydrator sheet, dehydrate for 3 hours at 105°F.

For the nut loaf

- 1 cup walnuts
- 1 cup almonds
- ½ medium onion
- 1 tablespoon tamari
- 3 tablespoons olive oil
- 2 tablespoons fresh thyme
- 2 teaspoons fresh sage
- 1 tablespoon dried mixed herbs (a combination of thyme, marjoram, parsley, oregano, sage and basil)

- ❖ Grind all ingredients in a food processor and process until thoroughly mixed.
- ❖ Add the dehydrated mushrooms and peppers and process again leaving the mushrooms and peppers chunky.
- ❖ Remove from processor and form into 2 loaves, approx 2cm tall and 4cm wide. Set aside whilst doing the crumbs.

For the crumbs

- ¼ cup milled flax seed
- ¼ cup almond pulp
- 2 teaspoons lemon juice
- 1 tablespoon mixed herbs
- ¼ teaspoon salt
- ½ teaspoon turmeric or paprika

- ❖ Combine all ingredients in a bowl and mix together by hand.
- ❖ Sprinkle on top of the loaves you just made.
- ❖ Place the whole loaf on a dehydrator mesh sheet and dehydrate on 105°F for 6–10 hours.



kilted sausages



These sausages go really well with the 'maple & pecan sweet potatoes' as a meal in themselves.

For the kilts

- 1 aubergine (eggplant)
- 2 teaspoons onion powder
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- 3 tablespoons tamari
- 6 tablespoons olive oil
- 2 teaspoons maple syrup or 2 soft dates
- 1 chipotle chili, soaked until soft and seeds removed

- ❖ Cut the aubergine lengthwise into quarters and then slice thinly using a mandoline.
- ❖ Prepare a marinade by mixing the remaining ingredients in a bowl or a high-speed blender.
- ❖ Marinate the aubergine slices for 2 hours or overnight if possible.

For the chipolatas

3 cups sunflower seeds soaked for 4 hours

- 1 red pepper
- 1 cup sweet potato, peeled
- 4 teaspoons dark miso
- 1 teaspoon fresh sage
- 1 tablespoon dried marjoram
- 2 pinches cayenne
- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- 1 teaspoon cumin
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ cup leek

- ❖ In a food processor combine and process all ingredients until smooth.
- ❖ If the mixture is too wet to form into sausages, spread on a non-stick dehydrator tray and dehydrate for 6–8 hours at 105°F.
- ❖ When the mixture is dry enough to hold together, form into approximately 20 chipolatas.
- ❖ Wrap each one with a piece of the aubergine (eggplant) and dehydrate on a mesh sheet for a further 8–10 hours.
- ❖ Best served warm.



pear & dried winter fruit stuffing



1 ½ cups almond pulp*

4 shallots, finely diced

4 stalks celery, finely diced

2 cloves garlic, crushed

1 teaspoon Italian seasoning

1 teaspoon salt

2 pears, cored and chopped

3 tablespoons fresh sage

1 tablespoon minced fresh thyme

2 tablespoons olive oil

1 teaspoon tamari

2 tablespoons lemon juice

¼ cup dried figs, soaked to soften and then chopped

¼ cup dried prunes, soaked to soften and then chopped

1 cup pecans, chopped

- ❖ Combine almond pulp, shallots, celery, garlic, Italian seasoning and salt in a food processor and process until thoroughly mixed.
- ❖ Add pear, sage and thyme, and pulse several times until pear is in small pieces.
- ❖ Remove mixture and place in a large bowl along with remaining ingredients.
- ❖ Mix well and shape into balls or crumble on a mesh dehydrator sheet.
- ❖ Dehydrate at 105°F for 8 hours.

*You can use left-over almond pulp from making the almond milk, or you can simply grind dry almonds in a food processor until they are completely broken down.



spiced cranberry & pomegranate relish



2 cups dried cranberries, roughly chopped

½ a medium onion, coarsely chopped

1 teaspoon fresh ginger, grated

3 clementines, seeds and pith removed and then sliced

½ teaspoon red-pepper flakes or cayenne pepper

1 tablespoon psyllium husk powder

½ teaspoon salt

1 cup pomegranate seeds

1 tablespoon macadamia oil or substitute olive oil

- ❖ Place cranberries, onion and ginger in food processor and grind until completely broken down.
- ❖ Add the clementines and pulse in several times.
- ❖ Place in a medium bowl with remaining ingredients and mix thoroughly.
- ❖ Store in the fridge.



christmas pudding with custard



Ok, so Christmas pudding is usually served with cream or brandy butter, but that would have meant a cashew cream, or using young Thai coconuts, which I don't like using as they're not available to everyone, as wonderful as they are. If you want cashew cream with this, simply use the recipe for the topping from the mince pies.

I think you'll find you love this custard recipe though.

For the Christmas pudding

2 cups almond pulp*

1 cup soft dates

1 cup raisins

1 cup sultanas

½ cup currants

½ teaspoon lemon zest

½ teaspoon orange zest

½ teaspoon nutmeg

½t cinnamon

2 figs, roughly chopped

½ cup cherries

½ cup allspice/mixed spice

1 teaspoon salt

1 apple, chopped small

*Almond pulp leftover from making nut milk or simply grind nuts in a food processor.

- ❖ Grind all ingredients in a food processor.
- ❖ Press into individual pudding moulds lined with clingfilm (plastic wrap) and turn out onto mesh dehydrator trays.
- ❖ Dehydrate at 105°F for 8–12 hours.

For the custard

1 cup almond milk

1 mango, flesh only

2 vanilla beans, insides scraped out

1 tablespoon agave nectar

2 pinches salt

½ teaspoon lemon juice

1 teaspoon macadamia oil (optional)

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Serve with Christmas pudding, garnishing with orange and lemon zest.



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:

facebook

www.facebook.com/therawchef

twitter

twitter.com/russelljames

