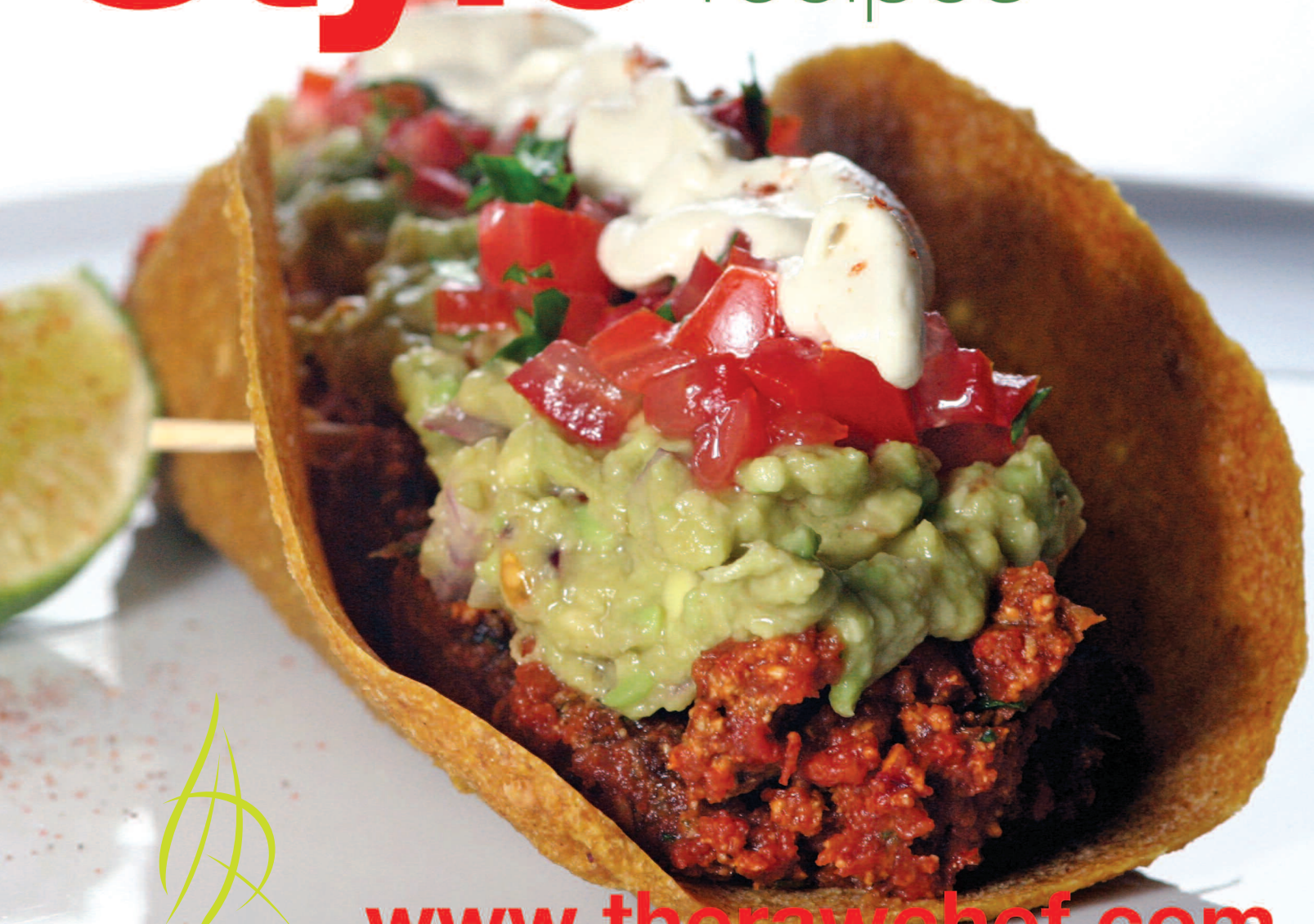


russell  
james  
*the raw chef*

# Mexican Style

raw food  
recipes



© russell james | the raw chef

[www.therawchef.com](http://www.therawchef.com)

# The Raw Chef's Recipe Series

## Mexican Style

© 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 2009

This (first) edition published in July 2009 by Russell James

[russell@therawchef.com](mailto:russell@therawchef.com)

[www.therawchef.com](http://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
Mexican Ingredients	6
'Toasted' Pepitas	8
Mexican Flax Crackers	9
Tortilla Chips & Nachos	10
Avocado & Lime Soup	11
Guacamole	12
Chili Con Queso	13
Sour Cream	14
Tomato, Mango & Lime Salsa	15
Fiesta Ensalada	16
Mexican Flatbread	17
Tacos with Refried Beans, Guacamole & Sour Cream	18
Refried Bean Tostaditas	19
Chipotle Taquitos with Mole Sauce	21
Quesadillas	23
Olive & Mushroom Empanadas	25
Physalis Caramel Flan	26
Cacao Helado	27
Lime & Mint Cooler	28
Warm Spiced Vanilla Cacao	29
Further Information	30
About Russell	31



# introduction

**M**EXICAN food is perfect to provide inspiration for raw food; it's simple to prepare, already has many fresh ingredients and is fun for kids and adults alike. Many of the processes and modes of preparation we have available in raw food make much of the traditional Mexican fare cross over really nicely. A lot of the dishes are vegetarian anyway because there was a scarcity of meat before the Spaniards arrived, so corn and beans were used as the staples.

I hope you have fun with these recipes and enjoy making them as much as I enjoyed creating them. I'm sure they'll be a hit when you're looking for something a little bit different for yourself or to impress friends.

Russell James

March 2009.



## what is raw food?

**W**HEN 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](http://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.

# mexican ingredients

**B**ELOW is a list of ingredients to get you started making your own Mexican style recipes and to start substituting ingredients. If you have any of my other eBooks you may be familiar with some of them already. There are no rules really, so if you have a favourite ingredient that you'd like to try out then add it in even if it's not on the list. Just have fun!

I've left out some ingredients that are traditionally used in Mexican cuisine such as kidney beans because they cannot be eaten raw.

## Herbs

Oregano  
Coriander (cilantro)  
Mint  
Hibiscus

## Spices

Chili powder  
Cayenne pepper  
Cinnamon  
Vanilla  
Cumin  
Coriander  
Garlic powder  
Black pepper

## Fruits

Lemons  
Limes  
Raisins  
Pomegranates

## Vegetables

Chilies – jalapeño  
(pronounced, 'hal-a-peeno'),  
ancho, serrano etc.  
Chiptole chili  
Tomatoes  
Tomatillos  
Sweet corn  
Red, yellow & orange bell  
peppers  
Onion  
Garlic  
Avocado (botanically a fruit)  
Jicama  
Cabbage  
Carrot  
Spring Onions (green onions)  
Aubergine (eggplant)  
Celery

## Seeds, beans, pulses

Sunflower seeds  
Pumpkin seeds  
Chick Peas (Garbanzos)

## Other

### Coconut

Brown, hairy coconuts are what most people think about when someone mentions the word 'coconut'. The white flesh has the distinctive taste that is unmistakably coconut, and can be difficult to get at unless you know how.

Here's one way that I've found to be easiest...

On the top of the coconut you'll see 3 clear indentations. One of those indentations will be soft, so take a screwdriver or similar object and pierce to allow you to then shake out the sweet coconut water. This may have some debris in which can easily be strained through a sieve.

Next, place the coconut shell in a bag and either bang it with a hammer or other heavy object, or alternatively smash it on the wall or floor outside (still in the bag). With either of these methods you will then be able to break the flesh away from the outer shell, and then cut away the remaining brown skin from the white flesh with a sharp knife. Believe me when I say that a sharp knife will make all the difference to how easy this last part is.

Finally, wash the white flesh in some clean water and you'll be left with your prize of beautiful, fresh, fragrant coconut.

Food is so much tastier when you have to work for it.

### Irish Moss

Irish moss is a seaweed that is found on the Atlantic coasts of North America and Ireland and is really a gift to the raw food community. I first came across it in San Francisco at Cafe Gratitude a few years ago and then again in New York at The Plant at the end of 2006, but didn't really fully appreciate its potential at that time.

In terms of its culinary uses it's amazing as a thickener and emulsifier (able to bind fat and water-based ingredients) and can replace nuts in many recipes.

*Continues overleaf*



Irish moss can look quite different depending on where it's been harvested from and at what phase it has been harvested. Make sure you get nice thick moss that has been bleached white by the sun, rather than the darker-coloured one.

Soak moss for 3–5 hours in water at room temperature, then remove from water and rinse thoroughly (several times if necessary) to remove any debris so it no longer turns the rinse water cloudy.

Note: Once the moss has been soaked it should be treated as a fresh food and kept in the fridge. It will usually last for up to 2 weeks in this state.

To create a paste, take 1 cup of soaked moss and blend with 2 cups of pure water in a high-speed blender until completely smooth. This may take longer in the blender than you're used to – it'll take over a minute or more to blend, depending on your blender; there should also be no 'bits'.

This paste is what you'll use for recipes – if you have any paste leftover, store in the fridge for up to 7 days.

### Himalayan Salt

Again, unless you're new to raw food you'll know that the white, bleached salt you find in most stores is to be steered clear of, and that even includes the sea salt that they say is more natural – the general rule is that if it's white then it's not natural.

Himalayan pink crystal salt is harvested from sites millions of years old. It has been dried by the sun at a time where pollution did not exist, and is pure; containing every mineral and trace element found in the human body.

Another great salt is Celtic salt, which is grey in colour.

### Agave nectar

If you're looking to keep it raw, then make sure it states 'raw' on the label, otherwise it's been heat treated.

If you've been into raw food for a while you'll know about agave. But if you've never heard of this before it's actually becoming more readily available as it's ok for diabetics to use as a sweetener.

The agave nectar itself comes from a variety of cactus (the same one that produces tequila) and is very sweet so can be used sparingly.

It comes as a light version (often called amber) or in a darker version.

### Tamarind

This fruit comes encased in 'fingers' that contain the sweet yet sour flesh and its large seeds. The flavour and texture reminds me of the sour jelly sweets I used to have as a kid.

You're most likely to find them available as a compressed, seedless pulp.

This pulp, like the fruit flesh itself, can be soaked in cold, pure water until it forms a paste that can then be pushed through a sieve, leaving you with a creamy, smooth paste (about the consistency of slightly watery yoghurt) that can be added to the dishes in this book. It's also great to save any you haven't used and keep it in the fridge for salad dressings.

### Cacao

Unroasted chocolate beans that can be found in nib or powered form. Huge range of health benefits that a quick internet search will uncover.



## 'toasted' pepitas



2 cups pumpkin seeds, soaked overnight then drained and rinsed

---

1 teaspoon cayenne pepper

---

3 tablespoons agave nectar

---

1 ½ teaspoons salt

---

3 tablespoons lime juice

❖ Mix all ingredients in a bowl and then transfer to a non-stick dehydrator sheet and dehydrate for 12+ hours at 105°F, or until they are completely dry and crunchy.





## mexican flax crackers



1 ½ cups flax seed

1 cup flax meal\*

½ cup pumpkin seeds, preferably soaked overnight and rinsed

1 tablespoon dried oregano

1 cup fresh coriander (cilantro)

2 tablespoons cumin

1 tablespoon dried coriander

1 tablespoon garlic powder

¼ cup lime juice

1 cup fresh tomatoes, chopped

1 cup sun-dried tomatoes, soaked until soft and roughly chopped

1 red pepper

1 teaspoon chili powder

1 yellow pepper

2 medium onions

*\*Flax meal is flax seed that has been milled in a coffee grinder or blender.*

- ❖ Grind all ingredients except flax meal in a food processor until completely broken down.
- ❖ Add the flax meal and process again until a dough consistency is formed. If your food processor isn't big enough to do this it can be done by hand in a large bowl.
- ❖ Spread the mixture right to the edges and evenly across 2 non-stick dehydrator sheets, then score into individual crackers.
- ❖ Dehydrate at 105°F for 10 hours then peel off the non-stick sheet. Continue to dehydrate on the mesh tray until crackers are completely dry and crispy.
- ❖ Store in a sealed container.



# tortilla chips and nachos



- 3 cups corn kernels\*\*
- 1 chopped yellow bell pepper
- ¾ cup flax meal\*
- 3 tablespoons lime juice
- 1 teaspoon chili powder
- 2 teaspoons garlic powder
- 1½ teaspoons salt
- 1 tablespoon ground cumin
- Black ground pepper

- ❖ In a food processor, grind all ingredients except the flax meal and black pepper until smooth. Then process again with the flax meal added, making sure it is fully combined.
- ❖ Spread the mixture evenly across 2 non-stick dehydrator sheets and use a knife to lightly score the chips into triangles.

- ❖ Grind some black pepper on top of the scored mixture.
- ❖ Dehydrate at 105°F for 10 hours then peel them off the non-stick sheet and finish drying on the mesh dehydrator sheet until they're crispy.
- ❖ Serve with guacamole or sour cream.

\*Flax meal is flax seed that has been milled in a coffee grinder or blender.

\*\*Thawed frozen corn works really well here but if using fresh corn kernels you may need to add some agave or other favourite sweetener as the fresh corn tends to turn quite bitter. Start with 3 tablespoons of agave nectar and add extra to taste, if needed.

## To serve as nachos



- ❖ Place a generous helping of tortilla chips on a plate on top of which you should add some of the bean mixture (see page 53), then some guacamole (see page 46), sour cream (see page 48) and finally the salsa (see page 49).
- ❖ Garnish with fresh coriander.

Great for parties!



## avocado and lime soup



2 avocados

$\frac{3}{4}$  of a medium cucumber

1 stalk celery

Juice of 1 lime

Small handful of fresh coriander (cilantro)

2 teaspoons cumin

1 teaspoon ground coriander

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

1 teaspoon tamari

1 cup water (if wanting warm soup use hot water)

Sour cream (page 48) and chopped chives to garnish

- ❖ Blend all ingredients, except the sour cream and chopped chives in a high-speed blender until smooth.
- ❖ Transfer to a serving bowl and garnish with sour cream and chopped chives.



# guacamole



2 avocados

2 medium tomatoes, diced & de-seeded

½ medium red onion, diced

2 tablespoons coriander (cilantro), finely chopped

2 tablespoons lime juice

½ teaspoon salt

1 teaspoon cumin

1 teaspoon garlic powder

Pinch cayenne pepper

❖ Mash avocados in a bowl and then add all remaining ingredients and mix by hand.



## chili con queso



1 cup sunflower seeds, soaked 4 hours

1 cup pine nuts

1 tablespoon lemon juice

1 clove garlic

6 sun-dried tomato halves, soaked until soft

3 tablespoons nutritional yeast

½ small onion

1 small chili, seeds removed

½ teaspoon salt

❖ Grind all ingredients in a food processor until completely broken down.

❖ Add in the following ingredients and pulse to leave some texture.

Small handful coriander (cilantro)

5 chives, chopped

¼ of a cucumber

1 spring onion (green onion)

3 fresh tomatoes, chopped

❖ Serve as a dip with tortilla chips.



## sour cream



1 ½ cups cashews

2 tablespoons lemon juice

1 tablespoon + 1 teaspoon apple cider vinegar

1 cup water

½ teaspoon salt

- ❖ Blend all ingredients in a high-speed blender. Add a little extra water 1 tablespoon at a time if you're having trouble getting the cashews smooth.
- ❖ Transfer to a bowl or squeeze bottle keep refrigerated. Will firm up a little in the fridge which makes an excellent dip for crudité's.



## tomato, mango & lime salsa



6 medium tomatoes, seeded and finely chopped

1 mango, flesh only, finely chopped

½ cup red onions, finely chopped

1 tablespoon lime juice

1 handful coriander (cilantro) leaves, finely chopped

2 teaspoons cumin

1 tablespoon olive oil

½ teaspoon salt

❖ Combine all ingredients in a bowl and serve with tortilla chips or flax crackers.



# fiesta ensalada



2 good sized little gem lettuce

## For the dressing

½ cup olive oil

1 small chili, seeds removed

3 tablespoons raisins

1 red pepper

Pinch black pepper

½ teaspoon garlic powder

1 teaspoon cumin

¼ teaspoon salt

1 teaspoon apple cider vinegar

2 tablespoons lime juice

## Salad items

1 cup pink grapefruit chunks (about 1 whole grapefruit)

2 avocados, made into curls using a teaspoon or melon-baller

6 small vine-ripened tomatoes cut into quarters

4 baby corns, sliced

1 red onion, diced

1 yellow pepper, diced

1 orange pepper, diced

½ a cucumber, diced

¼ cup fresh coriander (cilantro), chopped

- ❖ Separate the individual lettuce leaves and arrange them on a plate.
- ❖ Blend all the dressing items in a high-speed blender.
- ❖ Combine all salad items in a bowl and toss with a little of the dressing.
- ❖ Fill each of the gem leaves with a little of the salad and dressing mixture and use more dressing to decorate the plate.
- ❖ The sour cream on page 48 works well as a garnish.





# mexican flatbread



Will work great as bread for a sandwich – traditional or open-face – or as a pizza base.

## Makes 18 'slices'

- ½ cup olive oil

---

- 1½ cups sun-dried tomatoes, soaked for an hour or more

---

- 1½ cups sprouted buckwheat (1 cup dry and unsprouted)

---

- 1½ cups flax meal\*

---

- 3½ cups peeled courgette (zucchini), roughly chopped (about 3 medium courgettes)

---

- 2 tablespoons cumin

---

- 1 tablespoon coriander

- 3 tablespoons lemon juice

---

- 2 large red onions

---

- 1 clove garlic

---

- 1 cup fresh coriander (cilantro)

---

- 2 tablespoons dried oregano

---

- 3 apples, cored and chopped

\*Flax meal is flax seed that has been milled in a coffee grinder or blender.

- ❖ In a food processor grind all ingredients except flax meal.
- ❖ In a bowl mix the batter with the flax meal by hand. The reason you do this separately (not in the processor) is that you are likely to have too much mixture for the size of the processor at this point, and when you add the flax meal it will become quite heavy and sticky and overwork your machine.
- ❖ Divide the mixture in 2 and place on non-stick sheets, on dehydrator trays.
- ❖ Use a spatula to spread the mixture evenly to all 4 sides and corners of the non-stick sheet. If mixture is too sticky you can wet the spatula to make things easier. With a knife score the whole thing (each tray) into 9 squares.
- ❖ Dehydrate at 105°F for 2 hours and then remove the non-stick sheets by placing another dehydrator tray and mesh on top and invert so that your original sheet of bread is upside down. That will allow you to peel the non-stick sheet off and continue to dehydrate the underside of the bread.
- ❖ Dehydrate for approx 8 hours more (do this overnight so you're not tempted to eat it before it's ready) or until bread feels light in your hand. If the pieces don't fully come apart where you scored, use a knife to cut them.

## In the picture...

- Sour cream (page 48)

---

- Tomatoes & fresh greens, marinated in a little olive oil and salt

---

- Avocado fan garnished with fresh chives, spring onions (green onions) and more sour cream



# tacos with refried beans, guacamole & sour cream



Inspired by a recipe from  
**'Raw Food Real World' (Regan Books)**

**Makes 8 tortillas**

### For the tortillas

3 cups corn kernels\*\* or peeled courgette (zucchini)

1 chopped yellow or red bell pepper

¾ cup flax meal\*

1 tablespoon lime juice

1 teaspoon chili powder

1 teaspoon garlic

1½ teaspoons salt

1 tablespoon ground cumin

- ❖ In a high-speed blender, blend all ingredients except the flax meal until smooth. Then process again with the flax meal added, making sure it is fully combined.
- ❖ Spread the mixture in 4 even portions on 2 separate non-stick dehydrator sheets, so you have 8 portions in total.
- ❖ Using a wet spoon, form each of the portions into rounds which will be your tortillas. You should spread them wide enough to just fit 4 onto a square dehydrator tray.
- ❖ Dehydrate at 105°F for 8 hours then peel them off the non-stick sheet.
- ❖ To finish drying into taco shapes, roll the tacos round a cylindrical object such as the cardboard inside of some kitchen paper towel, or even a cucumber! You may need to secure with a cocktail stick to hold them in place.
- ❖ Return to the dehydrator and dry again until crispy.

\* Flax meal is flax seed that has been milled in a coffee grinder or blender.

\*\* Thawed frozen corn works really well here but if using fresh corn kernels you may need to add some agave nectar or other favourite sweetener as the fresh one tend to turn quite bitter. Start with 3 tablespoons of agave nectar and add extra to taste, if needed.

*Continues overleaf*



### For the spicy “beans”

2 cups sunflower seeds, soaked 4 hours or more

1 cup sun-dried tomatoes, soaked for 1 hour or more

1 tablespoon dark miso

2 teaspoons cumin

1 teaspoon chili powder

2 teaspoons ground coriander

2 tablespoons olive oil

2 soft dates, chopped

¼ cup water

2 teaspoons garlic powder

1 chili, chopped & seeds removed

3 spring onions (green onions), chopped

1 small handful fresh coriander (cilantro), chopped

❖ In a food processor, grind all ingredients except the last 2 until they bind together.

❖ Add the spring onions and coriander and pulse in, leaving some texture to the onions and coriander.

❖ Sprinkle mixture directly onto a mesh dehydrator sheet leaving plenty of gaps between pieces of the mixture so the air can flow round nicely.

❖ Dehydrate for 12 hours, place in a large bowl and set aside, ready for the tomato sauce.

### For the tomato sauce

2 cups sun-dried tomatoes, soaked at least 1 hour

2 medium tomatoes, chopped

½ medium onion, chopped

1 tablespoon lime juice

1 teaspoon olive oil

1 clove garlic

❖ Grind all ingredients in a food processor until they form a thick sauce.

❖ Add to the bowl with the sunflower seed mixture and add the two together.

### For the assembly

1 cup guacamole (see page 46)

¼ cup tart sour cream (see page 48)

½ cup tomato, mango & lime salsa (see page 49)

### To garnish:

2 limes, cut into quarters

Cayenne pepper

❖ Start with the taco and fill with the bean mixture first, then some guacamole, salsa and finally, the sour cream.

❖ Decorate the plate with lime quarters and a sprinkle of cayenne.



## refried bean tostaditas



**This is a free bonus recipe that is a variation of the taco recipe on page 52 using the components in a different way.**

### These are great for parties!

- ❖ Make the tortilla mixture as in the taco recipe but instead of forming it into 8 tortillas use a spoon to form much smaller 4cm rounds.
- ❖ Dehydrate at 105°F for 8 hours then remove the non-stick sheet and finish off dehydrating on a mesh sheet until completely dry and crispy.
- ❖ Make the bean and tomato sauce mixture in exactly the same way as taco recipe.
- ❖ To assemble start with one of the mini tortillas then start to layer on the ingredients with the bean mixture first, then the guacamole, salsa and finally, the sour cream.
- ❖ They also look really nice garnished with some cayenne and fresh coriander.
- ❖ These are great served as canapés along with the taquitos on page 55.



# chipotle taquitos with mole sauce



## For the tortillas

1 ½ cups corn kernels\*\* or peeled courgette (zucchini)

1 chopped yellow or red bell pepper

½ cup flax meal\*

2 teaspoons lime juice

½ teaspoon chili powder

½ teaspoon garlic powder

1 ½ teaspoons salt

2 teaspoons ground cumin

❖ In a food processor; grind all ingredients except the flax meal until smooth. Then process again with the flax meal added, making sure it is fully combined.

❖ Spread the mixture onto 2 equally-sized large tortillas on 2 separate non-stick dehydrator sheets, then score into quarters.

❖ Dehydrate at 105°F for 8 hours then peel them off the non-stick sheet and finish drying the other side on the mesh dehydrator sheet.

❖ They should be dry enough to easily hold together but still pliable.

\* Flax meal is flax seed that has been milled in a coffee grinder or blender.

\*\* Thawed frozen corn works really well here but if using fresh corn kernels you may need to add some agave nectar or other favourite sweetener as the fresh one tend to turn quite bitter. Start with 3 tablespoons of agave nectar and add extra to taste, if needed.

## For the filling

1 cup sunflower seeds, soaked 2 hours or more

½ cup sun-dried tomatoes, soaked for 1 hour or more

1 tablespoon dark miso

2 teaspoons cumin

1 chipotle chili, soaked for 3 hours and seeds removed

1 teaspoon chili powder

2 teaspoons ground coriander

2 tablespoons olive oil

2 soft dates, chopped

¼ cup water

1 chili, chopped & seeds removed

1 teaspoon lime juice

1 teaspoon garlic powder

½ medium red onion

2 spring onions (green onions), chopped

1 small handful fresh coriander (cilantro), chopped

❖ In a food processor; grind all ingredients except the last 2 until they bind together.

❖ Add the spring onions and coriander and pulse in for 10 to 15 seconds.

*Continues overleaf*



- ❖ Place a couple of tablespoons of the mixture into the centre of one of the quarter pieces of the tortilla, roll into a cone shape and secure with a toothpick if they don't hold together otherwise.
- ❖ Dehydrate on a mesh tray for 8 to 10 hours at 105°F until the tortilla shells are crispy.
- ❖ Serve with mole sauce and sour cream (page 48)

### For the mole sauce

½ cup sunflower seeds, soaked for 4 hours+

½ cup sun-dried tomatoes, soaked until soft

1 ½ tablespoons cacao powder

1 tablespoon olive oil

2 teaspoons lime juice

1 red pepper

1 teaspoon oregano

2 teaspoons cumin

1 clove garlic

¼ teaspoon salt

3 tablespoons raisins

4 soft dates

3 medium tomatoes

½ medium red onion

½ teaspoon chili powder

¼ cup water

3 tablespoons tahini

1 teaspoon ground coriander

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



# quesadillas



## For the tortillas

1 ½ cups corn kernels\*\* or peeled courgette (zucchini) – about 1 ½ medium courgettes

1 chopped yellow or red bell pepper

½ cup flax meal\*

2 teaspoons lime juice

½ teaspoon chili powder

½ teaspoon garlic powder

½ teaspoon salt

2 teaspoons ground cumin

\* Flax meal is flax seed that has been milled in a coffee grinder or blender.

\*\* Thawed frozen corn works really well here but if using fresh corn kernels you may need to add some agave nectar or other favourite sweetener as the fresh ones tend to turn quite bitter. Start with 3 tablespoons of agave nectar and add extra to taste, if needed.



## Step by step assembly



❖ **Step 1** Blend all ingredients in a high-speed blender. Place an equal-sized amount of the mixture on 2 non-stick dehydrator sheets.



❖ **Steps 2 to 4** Use a wet spoon to spread the mixture into 2 large tortillas (one on each sheet).



❖ **Step 5** Dehydrate at 105° for 6 hours at which point you should be able to peel off the non-stick dehydrator sheet and finish dehydrating for a further 30 to 60 minutes, leaving it very pliable.



❖ **Step 6** Transfer all the Part 1 mixture (the pumpkin seed mixture) onto one of the tortillas.



❖ **Steps 7 & 8** Use a spoon to spread the mixture evenly right to the edge of the tortilla.

Continues overleaf

## For the filling (2 parts)

### Part 1

1 cup pumpkin seeds, soaked 4 hours or more

½ cup sun-dried tomatoes, soaked for 1 hour or more

2 large portabello mushrooms

1 tablespoon dark miso

2 teaspoons cumin

1 teaspoon chili powder

2 teaspoons ground coriander

2 tablespoons olive oil

1 clove garlic

3 tablespoons water

3 spring onions (green onions), chopped

1 small handful fresh coriander (cilantro)

- ❖ In a food processor grind all ingredients, except spring onions and coriander, until thoroughly combined.
- √ Add the spring onions and coriander and pulse a few times to combine leaving small pieces of onions and herbs intact.

### Part 2

1 cup pine nuts

1 tablespoon lemon juice

¼ teaspoon salt

1 clove garlic

1 tablespoon nutritional yeast (optional)

¼ cup water

- ❖ Grind all ingredients in a food processor until light and fluffy.

Serve with sour cream and guacamole.



- ❖ **Steps 9 & 10** Repeat with the Part 2 mixture on the second tortilla, being sure to spread evenly right to the edge.



- ❖ **Steps 11, 12 & 13** Carefully bring the second tortilla (the one with the pine nut mixture on) over to the first and place on top, creating a sandwich.



- ❖ **Steps 14 & 15** Cut the whole thing into 4, using the very tip of the knife to get a really neat cut.



- ❖ **Step 16** Return to the dehydrator at 115°F for a further 3 to 5 hours to dry and warm through.





# olive and mushroom empanadas served with sour cream



## For the empanada pastry

3 cups thawed frozen corn or peeled courgette (zucchini)

1 cup flax meal\*

1 clove garlic

1 tablespoon lime juice

2 tablespoons olive oil

2 teaspoons cumin

½ a red onion

Pinch cayenne

\* Flax meal is flax seed that has been milled in a coffee grinder or blender.

- ❖ Blend all ingredients, except flax meal, in a high-speed blender.
- ❖ Add the flax meal and blend again.
- ❖ Pour mixture onto 2 non-stick dehydrator sheets in 8 equally-sized portions (4 per tray).
- ❖ Use a spoon to smooth each portion out into rounds so the 4 portions on each sheet use as much of the available space as possible.
- ❖ Dehydrate at 105°F until they are dry enough to hold together but still pliable.

## For the filling

¼ cup olives, pits removed

6 portabello mushrooms, chopped

¼ cup coriander (cilantro), chopped

3 tablespoons fresh mint, chopped

2 cups spinach, chopped

2 tablespoons olive oil

¼ teaspoon cayenne

2 teaspoons cumin

1 teaspoon ground coriander

1 tablespoon tamari

1 teaspoon agave nectar

¼ teaspoon salt

- ❖ Pulse all ingredients in a food processor until slightly broken down and mixed.
- ❖ Spoon some of the filling into the centre of each of the empanada cases, then fold up the 2 sides, pressing the edges with your fingers to seal. If your empanada cases are too dry you can use a little water to seal them.
- ❖ Dehydrate again for another hour until ready to serve.
- ❖ Serve warm with some sour cream from page 48 and salad dressing from page 50.



## physalis caramel flan



½ cup Irish moss paste\*

1 cup physalis (tomatillo)

¼ cup + 2 tablespoons agave nectar

½ cup almond milk

1½ cup cashews

½ teaspoon cinnamon

2 vanilla pods, use insides only

2 teaspoons lime juice

Pinch salt

\* Irish moss paste is 1c of Irish moss seaweed that has been soaked for 5 hours, rinsed thoroughly, then blended in a high-speed blender with 2c water until smooth.

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Transfer to small individual moulds and place in the fridge to set.

### To serve

- ❖ Cut 4 physalis into quarters and arrange on top of the flan. Drizzle with maple syrup and dust with cinnamon.



## cacao helado



1 vanilla pod, use insides only

Pinch cayenne

1½ cups cashews

½ cup agave nectar

3 cups almond milk

1 cup cacao powder

2 teaspoons lime juice

Pinch salt

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Pour into an ice-cream maker and process according to manufacturer's instructions.
- ❖ Alternatively you can pour into a container and place in the freezer to set hard. Once it's frozen, cut into chunks and run through a juicer with the blank homogenising plate on. This gets rid of any ice crystals that may have formed. Then serve or re-freeze.



## lime and mint cooler



4 cups water

---

¼ cup lime juice

---

¼ cup agave nectar

---

¼ cup mint leaves

---

3 cups crushed ice-cubes

---

- ❖ Blend the water, lime juice, agave nectar and mint leaves in a high-power blender.
- ❖ Fill a glass  $\frac{1}{3}$  of the way up with crushed ice and pour mixture over to fill up the glass. Garnish with some fresh mint leaves.



## warm spiced vanilla cacao



¼ cup Brazil nuts

3 cups water

3 tablespoons of cacao powder

¼ teaspoon cinnamon

5 soft dates

1 vanilla pod, use insides only

2 pinches cayenne pepper

1 teaspoon lime juice

Pinch of salt

❖ Blend all ingredients in a high-speed blender and strain through a nut milk bag or sieve.

❖ Gently heat in a saucepan until it's warm but not so hot that you can't dip your finger in it for a few seconds without it hurting.

**Amazing for cold, rainy days!**



## further information

**For more information, free recipes and to see what other services I offer visit [www.therawchef.com](http://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](http://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](http://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](http://www.sunfood.com) and [www.thebestdayever.com](http://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](http://www.facebook.com/therawchef)

twitter

[twitter.com/russelljames](http://twitter.com/russelljames)

