

No Dehydrator Needed

raw food
recipes



The Raw Chef's Recipe Series

No Dehydrator Needed Recipes

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contents

Introduction	4
What Is Raw Food	5
Slurpy Toad	6
Chia Seed Porridge	7
Mango & Spinach Green Smoothie	8
Kale & Tahini Salad	9
Pink Nori Sprout Rolls	10
Pesto Stuffed Mushrooms	11
Cucumber Carpaccio	12
Tangy Spiralised Squash	13
Chipotle & Tahini Broccoli	14
Wild Green Salad	15
Red Nut Croquettes	16
Pad Thai	17
Middle Eastern Salad	18
Mushroom & Broccoli Curry	19
Further Information	21
About Russell	22



introduction

I've really loved putting this collection of recipes together. It's both a collection of recipes that I eat personally on a day-to-day basis and other recipes that have really challenged me to do something a bit more special without the use of a dehydrator.

These extremes are showcased from both green smoothie and the Kale & Tahini salad, which are both firm favourites of mine several times a week, to the Cucumber Carpaccio. The latter being a starter to wow guests with its intricate flavour combinations but simple preparation – perfect for a starter or a light bite on a warm summer's day.

Enjoy and have fun in the kitchen!



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.

slurpy toad



Serves 2

Large handful ice

½ cup raw chia seeds soaked in ½ cup water for 30 minutes

1 ½ cups blueberries, juiced

4 cups (200g/8ozs) spinach, juiced

3 apples, juiced

3 kiwi fruit peeled & juiced

2 teaspoons spirulina

❖ Blend all ingredients in a high-power blender and serve in a glass.



chia seed porridge



Serves 2–4

For this recipe I'm assuming that you'll mostly be eating it for breakfast. So for this reason I've written the recipe with that in mind.

This isn't the most attractive looking recipe I've ever made but, wow! does it ever get you going in the morning – you'll be feeling the buzz of those chia seeds for hours after.

The night before

½ cup sunflower seeds

¼ cup pumpkin seeds

½ cup raw whole oats

¼ cup raisins

4 dates

❖ Soak all ingredients in water in one bowl overnight. Note: If raw oats are rolled there's no need to soak

Also...

1 cup almonds

❖ Soak in a different bowl of water – this will be for the almond milk.

½ cup chia seeds

❖ Soak in ½ cup water

In the morning you'll need:

1 tablespoon lemon juice

¼ teaspoon cinnamon

❖ Drain and rinse the almonds and make almond milk according to instructions below.

❖ Drain and rinse the sunflower seeds, pumpkin seeds, raw whole oats, raisins and dates then place them in a clean jug of a high-power blender.

❖ Add the chia seeds and water mix (which will now be one gelatinous mass) to the blender.

❖ Add 1 and ½ cups of almond milk to the blender, along with 1 tablespoon lemon juice and ½ teaspoon cinnamon.

❖ Blend for just a few seconds until the oats and seeds have broken down and you have a mixture that looks porridge-like. Transfer to a large bowl.

To serve

1 banana

½ an apple

½ cup blueberries

❖ Slice and dice the banana and apple.

❖ Stir these into the porridge by hand and serve in individual bowls. You can also sweeten further, if you prefer, with some agave nectar. You can also add more of the almond milk to your desired taste.

Almond Milk Recipe

3 cups water

1 cup soaked almonds

❖ Blend in a high-power blender and strain through a nut milk bag.



mango & spinach green smoothie



Serves 2

2 mangoes

4 cups (200g/8ozs) spinach

1 cup water

2 tablespoons lemon juice

Pinch salt

- ❖ Blend in a high-power blender until smooth.
- ❖ Serve immediately.



kale & tahini salad



Serves 2–4

300g/10oz kale, chopped

¼ cup tahini

2 teaspoons lemon juice

½ teaspoon salt

2 cups baby tomatoes, halved

2 tablespoons hemp protein powder (optional)

2 tablespoons olive oil

1 cup sprouted buckwheat

Pinch cayenne pepper

1 teaspoon agave nectar

- ❖ Combine the kale, lemon juice, salt and olive oil in a large bowl and massage with your hands until the kale starts to wilt but remains springy.
- ❖ Add the remaining ingredients and thoroughly mix by hand until completely combined.
- ❖ Serve immediately.



pink nori sprout rolls



Serves 2–4

Pink Sauce

1 cup cashews

½ cup water

1 raw beetroot, peeled

2 teaspoons lemon juice

½ teaspoon salt

❖ Blend all ingredients in a high-power blender.

To assemble

Nori sheets

Selection of sprouts including alfalfa

- ❖ Place a nori sheet shiny side down on a chopping board.
- ❖ Load up with a selection of your favourite sprouts.
- ❖ Spoon a generous amount of the pink sauce over the ingredients.
- ❖ Place more sprouts on top of pink sauce.
- ❖ Roll up the whole thing and cut into two. Serve immediately with a small bowl of the pink sauce and some greens and sprouts to decorate the plate.

This is a great way to make a lot of alfalfa sprouts taste good!

Note: the idea is not to roll a tight sushi type nori roll; it can be rolled fairly loosely and enjoyed as a wrap rather than in small bites.



pesto stuffed mushrooms



Serves 4

For the pesto

2 cups basil

1 teaspoon minced rosemary

1 tablespoon nutritional yeast

¼ cup pine nuts

1 clove garlic

1 tablespoon olive oil

¼ teaspoon salt

2 teaspoons lemon juice

❖ Pulse all ingredients in a food processor until they bind.

For the mushrooms

3 cups (200g/7oz) chestnut mushrooms or other similar medium-sized mushrooms

¼ cup olive oil

3 tablespoons tamari

2 teaspoons apple cider vinegar

❖ Remove the stalks from the mushrooms and mix all ingredients together in a bowl by hand. Leave to marinate for an hour or more.

❖ Fill each of the mushrooms with a generous helping of the pesto and serve.

Note: If you do have a dehydrator, these work well being warmed for 1 to 2 hours.



cucumber carpaccio

with balsamic figs and cashew purée



Serves 4

For the figs

2–3 large fresh figs, sliced thinly

1 tablespoon balsamic vinegar

2 tablespoons agave nectar

❖ Mix all three ingredients in a bowl by hand and leave to marinate for several hours until the figs go soft.

For the cashew purée

1 ½ cups cashews

½ cup water

2 tablespoons nutritional yeast

½ teaspoon salt

2 teaspoons lemon juice

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

To assemble

¼ of a cucumber, thinly sliced on a mandoline

2 medium tomatoes, finely diced and deseeded

1 tablespoon flat leaf parsley, finely chopped

❖ Smear the cashew purée on a plate with a spatula.

❖ Arrange the cucumber slightly overlapping on the purée.

❖ Place 3 slices of the figs on the cucumber.

❖ Top with some diced tomato and flat leaf parsley.



tangy spiralised squash with wild mushrooms



Serves 2–4

For the sauce

1 cup cashews

½ cup pine nuts

½ cup water

2 teaspoons lemon zest

1 tablespoon lemon juice

2 teaspoons sweet white miso

1 tablespoon fresh tarragon (or more, to taste)

½ teaspoon salt

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

For the vegetables

1 large courgette (zucchini)

1 butternut squash (pumpkin), peeled

½ teaspoon salt

3 tablespoons olive oil

1 tablespoon lemon juice

1 cup oyster/trumpet, enoki, or shiitake mushrooms

❖ Turn the butternut squash and courgette into thick spaghetti-like strands with a spiral slicer. (I really like the Spirali available from multiple sources online).

❖ About 5 minutes before serving mix the courgette, butternut squash, salt, olive oil and lemon juice, then gently massage with your hands to soften. Add the mushrooms and gently mix in by hand.

❖ Combine the sauce and the vegetables by hand and serve immediately with a lemon wedge and sprinkling of chopped tarragon.



chipotle & tahini broccoli

with parsnip “rice”



Serves 1–2

3 cups (250g/9ozs) broccoli florets

¼ cup baby corn

2 spring onions, chopped fine

1 tablespoon lemon juice

2 tablespoons olive oil

1 tablespoon tamari

❖ Mix all ingredients together in a large bowl and massage with your hands until the broccoli becomes softer; then leave to stand for 10 minutes.

For the sauce

¼ cup tahini

1 teaspoon lemon juice

1 teaspoon agave nectar or 1 soft date

1 teaspoon apple cider vinegar

3 teaspoons tamari

¼ cup water

½ a garlic clove

½ a soaked chipotle chili, soaked until soft

½cm cube of fresh ginger

❖ Blend all ingredients in a high-power blender.

❖ Mix with broccoli when ready to serve.

❖ Serve with the parsnip “rice”.

For the parsnip “rice”

2 medium (1 ½ cups/275g/10oz) peeled parsnips

2 tablespoons pine nuts

2 tablespoons macadamia nuts

1 tablespoon light miso

2 teaspoons cold-pressed sesame oil or olive oil

❖ Roughly chop the parsnips and grind all ingredients in a food processor until fluffy and rice-like.



wild green salad

with avocado & cashew tarragon dressing



Serves 2–4

4 handfuls wild greens such as rocket (arugula) and mizuna

2 handfuls torn spinach

2 handfuls watercress

1 tablespoon fresh mint

90oz/250g baby tomatoes cut into quarters

½ a cucumber, diced

1 red pepper, sliced or diced

❖ Combine all ingredients in a large bowl.

1 avocado cut into a fan

1 tablespoon lemon juice

2 teaspoons olive oil

Dressing

1 cup cashews

½ cup water

3 tablespoons fresh tarragon

½ clove garlic

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

¼ cup olive oil

½ teaspoon water

- ❖ Blend all ingredients in a high-power blender until smooth.
- ❖ Just before serving toss the salad with the lemon juice and olive oil.
- ❖ Cut the avocado and place on top of the salad.
- ❖ Pour cashew dressing over salad.

Alternative Dressing: Pear & Mint

2 ripe pears

15 fresh mint leaves

¼ cup water

1 tablespoon apple cider vinegar

½ teaspoon salt

½ cup cashews

3 tablespoons olive oil

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



red nut croquettes

with tomato relish & guacamole



Makes 6 croquettes

Red nut croquettes

- 1 stalk celery
- ¼ of a medium onion
- ½ cup macadamias
- ¾ cup almonds
- ¾ cup cashews
- 1 red pepper
- 1 teaspoon salt
- 1 tablespoon dried oregano
- 1 cup sunflower seeds, soaked for 2 hours and rinsed
- ½ cup ground flax seed
- ½ cup sun-dried tomatoes, soaked for 2 hours and rinsed

- 1 tablespoon fresh dill
- 1 tablespoon fresh tarragon
- 2 teaspoons lemon juice

- ❖ Grind all ingredients in a food processor until completely broken down.
- ❖ Form into croquette patties. They will firm up after an hour or two in the fridge.

Tomato Relish

- 1 cup fresh tomatoes, deseeded
- 1 cup sun-dried tomatoes, soaked 2 hours and rinsed
- ¼ cup onion
- 1 soft date
- 1 teaspoon lemon juice
- 2 teaspoons apple cider vinegar
- 1 teaspoon cumin
- 1 teaspoon tamari

- ❖ Grind all ingredients in a food processor.

Guacamole

- 2 avocados
- 2 medium tomatoes, diced & de-seeded
- ½ medium red onion, diced
- 2 tablespoons fresh coriander (cilantro), finely chopped
- 2 tablespoons lime juice
- ½ teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- Pinch cayenne pepper to taste

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



pad thai



Serves 2–3

- ¼ cup baby corn, sliced thinly

- 1 carrot, cut julienne

- 1 carrot, cut into ribbons with a peeler

- ½ a red pepper, cut julienne

- 1 cup red cabbage, sliced thinly on a mandoline

- 1 large courgette (zucchini), sliced into 'noodles' in a spiral slicer

- ¼ cup sugarsnap peas, sliced thinly

- 2 spring onions (green onion), sliced thinly

- ½ a shallot, sliced thinly

- ½ cup mung bean sprouts

- 5 basil leaves, cut chiffonade

- 2 tablespoons fresh coriander (cilantro), roughly chopped

- 10 mint leaves, cut chiffonade

❖ Mix all ingredients in a bowl by hand and set aside.

Dressing

- 3 tablespoons almond butter

- 1 tablespoon agave nectar

- 2 tablespoons tamarind paste*

- 4 sun-dried tomato halves

- 1 tablespoon apple cider vinegar

- 1 tablespoon tamari

- ½cm cube ginger

- ½ clove garlic

- 1 tablespoon lime juice

- ½ a chipotle chili, soaked until soft

- 2 tablespoons chipotle chili soak water

*Tamarind paste can be made by soaking 100g tamarind in ½ cup water until it goes soft (the seedless type you can buy in a packet is fine for this) and straining through a sieve. If you don't have any tamarind available, simply leave out.

- ❖ Blend all ingredients in a high-power blender until smooth.
- ❖ Transfer to the bowl with all the previous ingredients in and mix well by hand.
- ❖ Serve with lime wedges, sliced chili, chopped almonds and your favourite greens.



middle eastern salad

with falafel & sun-dried tomato hummus



Serves 2–4

For the falafel

- 1 cup pumpkin seeds
- ½ cup cashews or sprouted chickpeas
- 2 tablespoons fresh dill, finely chopped
- 1 teaspoon ground fresh coriander
- 2 teaspoons cumin
- 8 sun-dried tomato halves, soaked for 1–2 hours and then chopped
- 3 tablespoons fresh coriander (cilantro)
- 1 clove garlic
- 1 shallot
- ¼ cup olives, stones removed
- 2 teaspoons oregano
- Pinch cayenne pepper

¼ cup water

1 tablespoon lemon juice

❖ Process all ingredients in a food processor until thoroughly mixed.

❖ Form into 6–8 falafel

For the hummus

½ cup macadamia nuts

3 tablespoons lemon juice

3 tablespoons tahini

¼ teaspoon salt

½ cup water

10 sun-dried tomato halves

❖ Blend all ingredients in a high-power blender until smooth

For the Middle Eastern Salad

Mixed salad leaves

1 cup sprouted chickpeas

¼ of a cucumber, finely diced

½ cup baby tomatoes cut into quarters

1 tablespoon fresh parsley, finely chopped

❖ Mix all ingredients in a large bowl by hand

½ cup tomatoes

1 tablespoon fresh mint

¼ teaspoon cumin

1 teaspoon apple cider vinegar

2 teaspoons lemon juice

1 clove garlic

3 tablespoons olive oil

1 tablespoon tahini

4 sun-dried tomato halves

❖ Blend all ingredients in a high-power blender until smooth. Mix with the salad by hand when ready to serve.



mushroom & broccoli curry

with parsnip rice, spiced mango chutney & cucumber mint raita



Serves 2–4

- 3 portabello mushrooms, cubed
- 2 cups broccoli, cut from the stem into small florets
- 1 cup baby tomatoes, diced
- 1 tablespoon lemon juice
- 2 tablespoons tamari
- 2 tablespoons olive oil
- 1 tablespoon curry powder
- 1 teaspoon salt

- ❖ In a bowl massage the broccoli, tamari, salt and olive oil.
- ❖ Add in the remaining ingredients and combine by hand. Allow to marinate and soften for 30 minutes to one hour before serving.

For the curry sauce

- 1 cup cashews
- 1 red pepper
- 1 clove garlic
- 1 teaspoon lemon juice
- 1 tablespoon tamarind paste*
- 1 cm cube of fresh ginger, peeled
- ½ cup fresh coriander
- 2 teaspoons curry powder
- ¼ cup water

*Tamarind paste can be made by soaking 100g tamarind in ½ cup water until it goes soft (the seedless type you can buy is a packet in fine for this) and straining through a sieve. If you don't have any tamarind available, simply leave out.

- ❖ Blend all ingredients in a high power blender until smooth and creamy. Mix the softened vegetables with the sauce, season to taste and serve with rice, chutney and raita.

For the parsnip rice

- 3 to 4 medium (3cups/454g/1lb) peeled fresh parsnips
- 3 tablespoons macadamia nuts
- 3 tablespoons pine nuts
- 1 tablespoon olive oil
- 2 teaspoons agave nectar
- 1 teaspoon lemon juice
- 2 pinches salt
- 1 tablespoon white miso

- ❖ Pulse in the food processor until rice-like. Set aside.

Continues overleaf



For the spiced mango chutney

2 medium mangoes

2 pinches salt

2 teaspoons lemon juice

1 teaspoon apple cider vinegar

1 teaspoon minced ginger

½ teaspoon cumin

Pinch cayenne pepper

- ❖ Finely dice one mango and set aside.
- ❖ Blend all remaining ingredients in a high-power blender.
- ❖ Add diced mango to the blender and blend on the slowest setting for a few seconds until the diced mango is broken down slightly.

For the cucumber mint raita

¼ cup cashew nuts

1 cup cucumber

2 teaspoons agave nectar

1 teaspoon apple cider vinegar

½ teaspoon salt

¼ cup mint

½ clove garlic

½ teaspoon cumin

1 teaspoon lime juice

Pinch cayenne pepper

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

Tip: for a really nice dip for crudités, add extra cashews or avocado and blend to get desired thickness.



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

twitter

twitter.com/russelljames

