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# Thai Style

raw food recipes



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# The Raw Chef's Recipe Series

## Thai Style

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# contents

Introduction	4
What Is Raw Food	5
Thai Ingredients and others mentioned in this book	6
Thai Flax Crackers	8
Thai Nori Bites	9
Sweet & Spicy Sunflower Seeds	10
Pomelo Salad	11
Crunchy Thai Salad	12
Broccoli & Spinach Salad	13
Apple, Fennel & Pak Choi Salad	14
Thai Fettuccine Salad	15
Curried Cabbage Pillows	16
Portabello Sticks with Almond Satay Sauce	18
Thai Green Curry with Parsnip Rice	19
Pad Thai	20
Savoury Thai Almond Cakes with Sweet Chili Relish	21
Papaya & Mango Crepes with Lime & Passion Fruit Cream	22
Lime & Passion Fruit Cheesecake	23
Coconut Ice Cream	24
Further Information	25
About Russell	26



# introduction

It seems fitting that this, the first of my Recipe Series eBooks, should be Thai-inspired. It was, by some strange coincidence, exactly 4 years ago today that I flew out to Thailand to embark on my first cleansing 7-day fast. I was in search of answers to my skin problem (spots) that had plagued me for the previous 10 years.

Little did I know I would get those answers, and so many more... to questions I didn't even know I would ask! That 7-day 'clean me out program' of fasting and cleansing left me feeling and looking better than ever before, but it did more than just that; it was to be the place I picked up my first raw food recipe book, the place where I started to learn about eating fruits, vegetables, nuts and seeds as close to the natural state as possible.

I have been inspired by raw food and its possibilities, so with this recipe series I hope to be able to inspire you in the same way. In the following pages you will find 16 Thai-inspired raw recipes, from salads to desserts that will nourish you, and impress your friends and family. I also hope they will serve as a blueprint for your own creations – don't be afraid to leave out any ingredients you don't like, and add a few of your own. I have of course provided photos with each dish, so you know what they 'should' look like – I'm sure you will find your own way of presenting them that gratifies you. I have also included a section on Thai ingredients to help you learn about the most commonly used ingredients, and how to use them.

The last 4 years, since that trip to Koh Samui, have been an incredible journey. It's been a time of finding my mission and learning how to make that a reality. This was and still is my major fascination with raw food – its ability to change your life, in ways you could never dream of – it seems that the concept of "healthy body, healthy mind" was never so true as when you start to eat in a more pure way. It is my wish that you experience the fantastic physical, emotional and spiritual shifts that I have in the last 4 years... and still continue to do to this day.

Have fun with these recipes – enjoy the process of improving your skills, learning new things and showing people just how vibrant you and your life can be – and also showing them that it not just about carrots and apples!

Thank you for purchasing this book and giving me the gift of your attention. I hope our paths cross one day, and until then please do keep in contact via my blog at [www.therawchefblog.com](http://www.therawchefblog.com).

Russell James  
5th June 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](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.



# thai ingredients

**H**ERE is a list of herbs, spices, vegetables, fruits and other ingredients that are either used in traditional Thai cooking, or can be used to emulate the flavours found in Thai cuisine.

You can start by getting creative with the recipes in the book and substituting ingredients for anything else in this list. This idea works best if you substitute a fat for a fat, an acid for an acid, a salty ingredient for another salty ingredient, or something sweet for another sweet.

The concept of sticking to a base of a fat, an acid, a salt and a sweet element is not something I discovered – it's used by many chefs – but I have found it invaluable when starting a recipe or working out what's missing from a recipe that doesn't quite taste as it should. You can easily

## Thai Herbs

Basil  
Kaffir lime leaves  
Mint  
Coriander (cilantro)

## Spices

Fresh chilies  
Dried chili  
Cumin  
Garlic  
Ginger  
Galangal (similar to ginger)  
Lemongrass  
Black & white pepper  
Turmeric  
Cumin  
Ground coriander (cilantro)

## Vegetables

Shallots  
Broccoli

Spinach  
Baby corn  
Cabbage (all varieties)  
Sugarsnap peas  
Mangetout  
Spring onions (green onions)  
Aubergine (eggplant)  
Celery  
Courgette (zucchini)

## Fruits

Papaya  
Mango  
Durian  
Lime  
Lemon  
Jackfruit  
Pineapple  
Guava  
Mangosteen  
Apples

## Other

Almonds  
Almond butter (mostly a substitute for peanut flavouring)  
Sesame seeds  
Sesame oil  
Sesame seed paste (raw tahini)  
Cashews  
Raw coconut oil/butter  
Organic maple syrup (not raw)  
Mung beansprouts

remember the sequence by thinking of the acronym F.A.S.S. Once the base is formed you can easily start adding in other flavours, such as the herbs and spices.

From this then, it's also very easy to create your own Thai salad dressings. And don't be afraid to bring in other ingredients that aren't on the list too. For example, I might start off with a base of olive oil (fat), apple cider vinegar (acid), Himalayan salt (salt), and a little agave (sweet).

Then I would think about adding some of the herbs and spices, and maybe some of the vegetables too; so to the base I might add some coriander (cilantro), spring onion (green onion), and some garlic.

I could also have substituted the agave for some mango... I think you get the idea now.

## Other Ingredients

### Brown coconuts



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 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 of 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.

*Continues overleaf*



### Green (young) coconuts



Quite difficult to find unless you're in a large city, so I haven't used them in any recipes here. Some people don't like to use them as they are usually chopped down to the white husk (in a kind of hut-shape), and then dipped in an anti-fungal solution before being shipped. There is some debate about whether that anti-fungal solution actually gets into the coconut water and flesh. Personally I do like to use them for various things when they're available.

The coconut water is very sweet; if you ever find yourself in Thailand you really must treat yourself to a chilled coconut water drunk straight from the coconut with a straw.

The flesh can be blended with the coconut water to drink as it is, or to form the base of a drink which might also include blended mango, vanilla and bananas.

### Tamarind

This fruit comes encased in 'fingers' that contain the sweet yet sour flesh and its large seeds. The flavour and texture reminds me

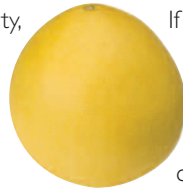


of the sour jelly sweets I used to have as a kid, so when I tried them fresh in Thailand I sat with a bunch on my lap and munched my way through them.

Outside of Thailand you're more 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.

### Pomelo



If you like the taste of grapefruit but don't like its bitterness, pomelo is where it's at for you.

Pomelo is, as you can surmise from that comment, like a sweet grapefruit. They have a very thick skin which is best cut off with a knife. The flesh – which can range in colour from almost white and translucent, to red – can sometimes be a little tricky to get at, but like the coconut, it's definitely worth it.

Personally I love to spend the time to cut the delicate flesh from the skin and membranes and sit with a bowl of it on its own, but I'm certain you'll really enjoy the Pomelo Salad recipe in this book; I'm really pleased with it.

### 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 nectar. 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 syrup 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 which is similar to maple syrup due to its richness and depth.

### 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. That even includes the sea salt 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.



## thai flax crackers



- 1 cup flax seed
- 2 cups flax meal\*
- 2 cups tomatoes
- 1 cup (1 to 2 medium) carrots
- 1 yellow bell pepper
- 1 cup fresh coriander (cilantro)
- 2 tablespoons lime juice
- 2 tablespoons tamari
- 2 tablespoons cumin
- 1 tablespoon ground coriander (coriander)
- 1 cup broccoli florets
- 1 cup spinach
- 3 tablespoons agave nectar
- ¼ cup fresh mint
- 2 shallots
- 3 teaspoons chili powder
- 2g kaffir lime leaves (approx. 15 medium sized leaves)
- ½ teaspoon salt

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

- ❖ Place flax seed and flax meal in a large bowl and set aside.
- ❖ Thoroughly grind all remaining ingredients in a processor.
- ❖ Transfer mixture to the bowl with the flax seed and mix in by hand.
- ❖ Spread mixture thinly over 3 non-stick dehydrator sheets and dehydrate for 8 hours at 105°F – this is best done overnight so you can wake up and complete the next stage...
- ❖ Peel off the dehydrator sheets from the crackers and dehydrate again until crispy.





## thai nori bites



4 nori sheets

2 cups sunflower seeds, soaked for 4 hours

½ cup water

½ teaspoon cayenne

1 tablespoon agave nectar

2 tablespoons tamari

3 teaspoons cumin

½ teaspoon chili powder

3 teaspoons onion powder

2 teaspoons garlic powder

2 tablespoons lime juice

2g kaffir lime leaves (approximately 13 medium leaves)

½ cup fresh coriander (cilantro)

1 tablespoon minced basil

1 teaspoon ground ginger

1 teaspoon turmeric

1 teaspoon oregano

½ teaspoon salt

- ❖ Grind all ingredients except nori to a paste in a food processor.
- ❖ Spread paste approximately 3mm thick evenly to each edge of a nori sheet.
- ❖ Place another nori sheet on top of the paste to make a 'sandwich'.
- ❖ Cut into 2cm squares with a sharp knife.
- ❖ Dehydrate squares for 8 hours at 105°F.



## sweet and spicy sunflower seeds



2 cups sunflower seeds, sprouted  
(should be approx 3 cups when sprouted)

---

¼ cup tamari

---

½ teaspoon cayenne

---

1 tablespoon agave nectar

---

1 tablespoon cumin

---

2 teaspoons garlic powder

---

3 teaspoons onion powder

---

2 tablespoons lime juice

- ❖ Mix all ingredients in a bowl.
- ❖ Dehydrate on a dehydrator sheet for 24 hours or until the sunflower seeds are crunchy.
- ❖ Store in a sealed container.
- ❖ These are great for adding to any salad, or just as a snack... but go easy on them as they're very moreish.

You can also try substituting the sunflower seeds with cashews.



## pomelo salad



½ a small red onion, sliced thinly on a mandoline

1 ripe pomelo

1 spring onion (green onion)

1 red Thai chili

2 tablespoons fresh coriander (cilantro), roughly chopped

1 cup sweet spicy cashews or sunflower seeds  
(see page 69)

### For the dressing

1 tablespoon agave nectar

1 tablespoon lime juice

1 teaspoon tamari

1 tablespoon cold-pressed sesame oil or olive oil

- ❖ Combine all salad ingredients in a bowl.
- ❖ Blend all dressing ingredients in a high-power blender.
- ❖ Combine dressing and salad just before serving.

**Tip:** If you have no pomelo available, or if you find it difficult to work with (it's quite time-consuming to peel it and separate the segments), any variety of grapefruit is a great substitute. If doing so you may want to add another teaspoon of agave to the dressing as pomelo is slightly sweeter than grapefruit.



## crunchy thai salad



I've been a bit fancy with the photo of this salad, but it's actually one of those, "throw it together in a big bowl and enjoy right out of the bowl you made it in" type of salads.

This will make a really good quantity of salad and will keep for a day in a fridge without the dressing, so don't be scared to make too much, as you can enjoy it the next day too!

2 cups courgette (zucchini) noodles\*

1 cup bean sprouts

1 red pepper, cut julienne

1 handful baby spinach

1 finely sliced and seeded red chili

1 handful rocket (arugula)

2 spring onions (green onions), sliced

1/3 cup cucumber, cut julienne with a mandoline

1 cup finely sliced savoy cabbage or substitute for any available cabbage

1/3 cup sugar snap peas, sliced

10 mint leaves, cut chiffonade

10 basil leaves, cut chiffonade

1 small handful coriander (cilantro)

Sesame seeds and purple broccoli sprouts (or any other sprout) for garnish

### Dressing

1/4 cup tahini

1 tablespoon tamari

2 tablespoons lime juice

3 tablespoons cold pressed sesame oil or olive oil

1 teaspoon agave nectar

1 tablespoon minced ginger

1/2 clove minced garlic

1 red chili, seeded and finely sliced

1 large handful fresh coriander (cilantro) and 10 basil leaves, chopped

❖ Mix all of the ingredients together in a small bowl, shake and pour over the salad. Garnish with sesame seeds and broccoli sprouts.

\*Courgette noodles can be made with a spiral slicer.





# broccoli and spinach salad



## Serves 2

2 cups broccoli, cut into 1 cm florets

---

3 tablespoons tamari

---

2 tablespoons cold pressed sesame oil or olive oil

---

2 teaspoons lime juice

---

- ❖ Combine all ingredients in a bowl and leave to marinate and soften for 1–2 hours.
- ❖ Optional step for softer, more flavourful broccoli: instead of leaving to marinate at room temp, place on a dehydrator sheet and dehydrate at 105°F for 1–2 hours.

2 large handfuls baby spinach

---

¼ cup almond butter

---

2 teaspoons agave nectar

---

¼ teaspoon red pepper flakes

---

½ cup chopped red bell pepper

---

¼ cup sliced spring onions (green onions)

---

- ❖ Combine all ingredients in a bowl and add broccoli from previous step. Serve immediately.





# apple, fennel and pak choi salad



## Serves 2

2 apples, julienne

1 fennel bulb, thinly sliced on a mandoline

2 heads pak choi, sliced

1 teaspoon lime juice

2 teaspoons cold pressed sesame oil or olive oil

¼ teaspoon salt

Zest from ½ a lime

Pinch chili flakes

❖ Separate the leaves of the pak choi and toss them in a little oil and salt, and set to one side.

❖ In a bowl mix the apples, fennel, lime juice, sesame (or olive) oil, salt and lime zest.

❖ To serve arrange the pak choi leaves on a plate, then add the apple and fennel mixture, garnishing with fennel fronds, chili flakes and a slice of lime.



# thai fettuccine salad



Serves 2

## Fettuccine & Salsa

3 medium courgettes (zucchini), made into fettuccine strips\*

---

5 medium tomatoes, deseeded and chopped

---

1 teaspoon lime juice

---

2 tablespoons finely chopped coriander

---

Pinch salt

## Cabbage & Dressing

---

2 cups savoy cabbage, shredded

---

1 red pepper, cut into thin strips.

---

1 tablespoon cold pressed sesame oil or olive oil

---

½ teaspoon salt

---

¼ cup almond butter

---

2 tablespoons agave nectar

---

¼ cup orange juice

---

1 teaspoon tamari

---

1 teaspoon minced fresh ginger

---

1 teaspoon lime juice

---

2 tablespoons coarsely chopped fresh coriander (cilantro)

---

¼ cup almonds, roughly chopped

---

*\*Courgette fettuccine is created by slicing a courgette lengthways on a mandoline, then stacking the slices on top of each other and cutting them into strips.*

❖ Combine tomatoes, lime juice & salt in a bowl to make salsa, set aside.

❖ Combine the shredded cabbage, red pepper, cold pressed sesame oil and salt in a bowl and massage until soft. Drain off any excess water.

❖ In a bowl combine almond butter, agave nectar, orange juice, tamari, ginger, lime juice, coriander and almonds.

❖ Just before serving combine courgette fettuccine and salsa. Lightly toss in the cabbage and serve.



# curried cabbage pillows



**Makes 8 pillows**

## For the wrappers

Make 2 batches of this wrapper recipe for 8 pillows.

5 cups (4 medium) peeled courgette (zucchini)

3 tablespoons olive oil

2 teaspoons lime juice

½ teaspoon cayenne

1 teaspoon ground coriander

½ teaspoon salt

¼ cup flax meal\*

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

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Add flax meal and blend again until smooth.
- ❖ Pour mixture onto a non-stick dehydrator sheet and spread evenly into a square. you can choose the size, but for the ones in the photo the mixture was spread 26cm x 26cm square.
- ❖ Dehydrate for 8 hours at 105°F, or until able to peel off the sheet.
- ❖ Once the dehydrator sheets are removed, return to the dehydrator for 30 mins, until both sides are dry to the touch but still pliable.

## For the filling

5 cups white cabbage, shredded

6 spring onions (green onions)

2 teaspoons cumin

2 teaspoons ground coriander

¼ cup cold pressed sesame oil

1 tablespoon toasted sesame oil (optional)

1 teaspoon salt

2 tablespoons tamari

2 teaspoons lime juice

2 cloves garlic, crushed or minced

2 red Thai chilies, deseeded and minced

2 tablespoons agave nectar

3 tablespoons tamarind paste\*

1 cup fresh coriander (cilantro), roughly chopped

- ❖ Combine all ingredients thoroughly in a bowl.

\*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.

*Continues overleaf*



### To assemble

- ❖ Cut each dehydrated wrapper square, which should be still pliable, into 4 equal squares.
- ❖ Start with one of those smaller squares in front of you so that one corner is close to you.
- ❖ Place a good amount of the filling mixture into the centre of the square.
- ❖ Fold up the corner that is closest to you into the centre, then fold up the left and right corners so that you form an envelope.
- ❖ You will need to wet the edges as you go along so they stick in place.
- ❖ Fold down the final corner, as if you were closing an envelope and use water to stick it down (you will find that you'll get better at this the more you do).
- ❖ Place on a dehydrator mesh tray.
- ❖ When all 8 are done, return to the dehydrator for a further 1 to 2 hours at 105°F. Serve with dipping sauce.
- ❖ Dehydrate any left-over cabbage mix until crispy; it makes a great addition to any salad.

### For the dipping sauce

1 cucumber, peeled

---

1 mango, skin removed

---

¼ teaspoon salt

---

1 teaspoon lime juice

---

1 spring onion (green onion), finely chopped

---

1 small handful fresh coriander (cilantro)

---

- ❖ Blend all ingredients, except spring onions, until smooth.
- ❖ Add most of the spring onion and all the coriander and pulse in.
- ❖ Pour sauce into a small bowl and top with remaining spring onion.



# portabello sticks with almond satay sauce



## For the mushrooms

6 good-sized portabello mushrooms, cut into chunky slices

---

¼ cup tamari

---

3 tablespoons cold pressed sesame oil or olive oil

---

2 teaspoons toasted sesame oil (optional)

---

1 teaspoon agave nectar

---

1 tablespoon apple cider vinegar

---

2 teaspoons lime juice

---

1 teaspoon cumin

---

½ teaspoon fresh coriander (cilantro)

---

Zest of 1 organic lime

---

❖ Combine all ingredients in a bowl and leave to marinate for at least ½ an hour; they can be left overnight to marinate further.

❖ Arrange the mushroom pieces on a wooden kebab skewer and dehydrate for 2–3 hours. Serve straight from the dehydrator with the satay sauce.

## For the satay sauce

---

¼ cup almond butter

---

2 tablespoons organic maple syrup or agave nectar

---

½ teaspoon cumin

---

½ teaspoon paprika

---

½cm square of ginger

---

1 tablespoon red onion

---

½ cup water

---

½ teaspoon apple cider vinegar

---

3 tablespoons fresh coconut juice from a brown coconut

---

1 teaspoon lime juice

---

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





# thai green curry with parsnip rice



**Serves 4**

## For the marinated vegetables

- ½ cup sugarsnap peas
- ½ cup sliced baby corn
- 3 spring onions (green onions)
- 1 cup broccoli, cut from the stem into 1 cm mini-florets
- 1 cup sliced baby tomatoes
- ¼ cup sliced green beans
- 2 cups diced aubergine
- 1 medium courgette (zucchini), sliced
- 1 tablespoon lemon juice
- 3 tablespoons olive oil

- ❖ Mix all ingredients in a bowl along with the following herbs and spices.
- ❖ For ease and speed substitute with 2–3 teaspoons of your favourite Thai blend or curry powder.
- ❖ Dehydrate the marinated vegetables in a dehydrator for 2–3 hours at 105°F.

- 2 teaspoons garlic powder
- 3 teaspoons onion powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon crushed chilies
- ½ teaspoon oregano
- ½ teaspoon ground coriander

## For the curry sauce

- 2 cloves garlic
- 5 kaffir lime leaves
- 1 cup fresh coconut (from a brown coconut)
- 1 fresh chili, deseeded
- 2 teaspoon lime juice
- 1 cm cube of fresh ginger
- ¼ cup fresh coriander (cilantro)
- ½ cup cashews
- ½ teaspoon salt
- ½ cup water
- ¼ cup tamarind paste\*

- ❖ Blend all ingredients in a high power blender until smooth and creamy.
- ❖ Mix the softened dehydrated vegetables with the sauce.

\*Tamarind paste can be made by soaking 100g tamarind in ½ cup water until 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.

## For the parsnip rice

- 3 cups (3 to 4 medium) parsnips, peeled and chopped
- ¼ cup macadamia nuts
- ¼ cup pine nuts
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- ½ teaspoon salt
- 1 tablespoon light miso
- ❖ Pulse in a food processor until rice-like.



# pad thai



## Serves 2–4

- ¼ cup baby corn, thinly sliced

---

- 1 carrot, cut julienne

---

- 1 red pepper, cut julienne

---

- ½ cup red cabbage, thinly sliced

---

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

---

- ¼ cup sugarsnap peas, thinly sliced

---

- 1 spring onion (green onion), sliced thin

---

- 2 tablespoons lime juice

---

- 2 tablespoons tamari or nama shoyu

---

- 1 shallot, sliced thin

---

- 1 small red chili, minced

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- 2 tablespoons agave nectar or maple syrup

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- 3 tablespoons tamarind paste\*

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- 1 cup mung bean sprouts

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- 10 leaves of basil, cut chiffonade

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- 1 small handful coriander (cilantro), roughly chopped

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- 10 leaves of mint, cut chiffonade

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❖ Mix all ingredients in a bowl.

## For the almond sauce

- 3 tablespoons almond butter

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- 1 tablespoon agave nectar or maple syrup

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- 4 sun-dried tomato halves

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- 2 tablespoons apple cider vinegar

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- 2 teaspoons tamari or nama shoyu

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- ½cm cube ginger

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- 1 clove garlic

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

❖ Place a good amount of the pad thai on a plate to serve and spoon sauce around the outside of the plate.

❖ Garnish with chopped almonds and chili flakes.

\*Tamarind paste can be made by soaking 100g tamarind in ½ cup water until 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.



# savoury thai almond cakes with sweet chili relish



served on a bed of wilted spinach

- 1 cup almonds, soaked 4 hours or overnight

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- 2 tablespoons lime juice

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- ¼ cup water

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- ½ cup fresh coriander (cilantro)

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- 2 small chilies

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- 2 teaspoons cumin

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- 1 teaspoon paprika

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- 1cm cube ginger, minced

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- ¼ cup onion, roughly chopped

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- 3 tablespoons cold pressed sesame oil or olive oil

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- 2 minced cloves garlic

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- ¾ cup almond butter

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- ½ teaspoon salt

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- 1 tablespoon desiccated coconut

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- ❖ Grind in a food processor until thoroughly mixed.
- ❖ Form into 5cm wide patties on a dehydrator sheet and dehydrate for 8 hours at 105°F.

## Sweet Chili Relish

- 2 cups tomatoes, deseeded and diced

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- ¼ teaspoon apple cider vinegar

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- 1 small chili, deseeded and minced

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- 2 pinches salt

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- ½ teaspoon agave nectar

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- ❖ Mix the tomatoes and salt in a bowl and leave for 5–10 mins. Drain off any excess liquid.
- ❖ Add all remaining ingredients in and stir in. Set aside until ready to serve.

## Wilted Spinach

- 2 good handfuls of spinach

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- 2 tablespoons cold-pressed sesame oil or olive oil

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- 1 teaspoon salt

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- ❖ Combine in a bowl and massage with your hands until the spinach has softened.

## To serve

- ❖ Arrange on a bed of the spinach.
- ❖ Place one almond cake on top of the spinach.
- ❖ Top with a good amount of the chili relish.



# papaya & mango crepes with lime & passion fruit cream



**Makes 8 crepes**

## For the crepes

2 courgettes (zucchini), peeled

1 ½ cups mango

1 tablespoon lemon juice

1 tablespoon vanilla extract

3 tablespoons agave nectar

½ cup flax meal\*

\*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 eight equal-sized crepes of about 12cm on 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 lime & passion fruit cream

1 cup cashews

4 passion fruit, insides only

¼ cup water

¼ cup lime juice

2 tablespoons agave nectar

Pinch salt

1 ½ cups diced papaya flesh

1 ½ cups diced mango flesh

- ❖ Blend first 6 ingredients in a high-speed blender until smooth and transfer to a bowl.
- ❖ Stir in the diced mango and papaya.
- ❖ Take one of the crepes and fold it in half, then in half again to form a 'pocket'. Fill the crepe with the mixture and serve.





# lime and passion fruit cheesecake



**Makes one 9" cheesecake**

## **For the base**

1 cup cashews

1 cup pecans

1 tablespoon agave

1 tablespoon coconut oil

1 teaspoon vanilla extract

Pinch salt

2 teaspoons lemon juice

❖ First process cashews to flour; then add the pecans and process to flour again. The reason we do them separately is that pecans give off their oil if processed for too long.

❖ Add remaining ingredients and process again.

Press into the bottom of a 9" fluted cake pan, covered in cling film (plastic or saran wrap) and place in freezer whilst working on filling.

## **For the filling**

3 cups cashews, soaked for 1 hour

1 cup coconut oil

½ cup lime juice

2 tablespoons vanilla extract

8 passion fruit, inner flesh & seeds only

¼ teaspoon salt

½ cup agave nectar

❖ Blend all ingredients in a high speed blender under smooth.

❖ Pour on top of the base.

❖ Place in the freezer to set. Cheesecake is best cut when frozen, using a knife that has been dipped in hot water. It's not completely necessary to freeze the cheesecake though, if the thought of freezing puts you off then just use the fridge to let it set.

❖ Take out of the freezer 30 mins before serving and either serve straight away, or transfer to the fridge at that point.

❖ Garnish with grated lime rind.





## coconut ice cream



1 ½ cups cashews

3 cups almond milk\*

½ cup desiccated coconut

¼ cup coconut butter

½ cup agave nectar

Pinch salt

1 tablespoon lime juice

*\*almond milk is made by blending 3 cups water with 1 cup almonds, then straining off the pulp.*

- ❖ Blend all ingredients in a high-speed blender until completely smooth.
- ❖ Transfer to your favourite ice-cream maker. If you don't have an ice cream maker you can simply freeze the mixture and use the homogenizing plate on a juicer, and pass the frozen mixture through to get rid of the ice crystals.



## 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)

