



THE RAW CHEF

ACADEMY



How To Be Your Own Raw Food Chef... And Still Have Time To Eat!

Think you don't have time to make raw food a part of your daily life? This complete homestudy system will show you how to be your own raw food chef and still have time to enjoy eating.



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First Published by Russell James, The Raw Chef, in Great Britain in 2010

This (first) edition published in January 2010 by Russell James

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Cameramen: James Small & George Stamkoski
Video Editing & DVD Authoring: George Stamkoski
DVD Produced by Volatile Media UK www.volatilemedia.com
Designed by John Amy www.promo-design.co.uk

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Module 1
In the kitchen



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1. In the kitchen

Your kitchen setup is so important and to establish good workflow and efficiency you must get this right from the start. It's not necessary to get lots of equipment right away – start with a good knife and chopping board. Of course, to add an extra dimension to your raw food experience you can then add more equipment as your budget allows.

In a moment I'll talk you through knives and how to use them properly and you'll also benefit from seeing me do it live on the DVDs too. But first let's have a look at the equipment I use and recommend.

Blender

The Vita-Mix is the staple high-speed blender of the raw foodie. It's not absolutely necessary to start with this blender – you can get the most powerful home-blender you can find and start there.

But it's only blenders like the Vita-Mix and the Blendtec (another great blender) that will get things like nuts really smooth for you.

The Vita-Mix really is one of those things that'll change your life. I use mine all the time (even when I'm not using it professionally), because it's so easy to blend up loads of really highly nutritious ingredients in seconds. Here's one of my favourites.

Mango and Spinach Green Smoothie



2 mangoes
4 cups (200g/8ozs) spinach
1 cup water
2 tablespoons lemon juice
Pinch salt

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

Tips for using your Vita-Mix

Always start the machine on the lowest setting and then turn it up once it's going. By starting it up at full speed you'll run the risk of all the mixture jumping up the sides and even blowing the lid off it's not secured properly. When you've finished blending turn it back down to zero so you're already at zero to start the next thing.

www.vita-mix.com www.blendtec.com

www.therawchef.com

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Food Processor

Next on my list is a good high-power and sturdy food processor. Again, you don't have to go to great expense straight away. I used a cheaper food processor for the first couple of years of being into raw foods.

I know some people who also swear by their hand-blenders and use them all the time so this may be an option for you to look at. These small hand-blenders have the advantage of being very portable and great for making smoothies and dressings whilst travelling.

But if you want to go for a really great food processor I recommend the Cuisinart because it's so sturdy and does the job even better than a lot of food processors I've used in commercial kitchens. They come with 20 years on the guarantee, look the part and have great customer service.

You'll see me using the Cuisinart throughout this course.

www.cuisinart.com

Water Ioniser

Fresh from the spring

I like to collect my drinking water straight from a local spring that I've measured and tested. I keep this water in amber glass bottles so there's no plastic leaching into the water and the water is protected from the light.

I also like to decant the water into my Sigg bottle for a bit more of a practical water carrier. The Sigg bottles don't keep the water cold but are guaranteed to not leach any metals into the water. I have a 1.5 litre Sigg bottle and aim to drink at least that every day.

Alkaline from the ioniser

But if I find myself without that water, I rely on my ioniser. It splits the water up into alkaline water and acid water, whilst filtering at the same time.

So I like to drink the alkaline water and, because the acid water is anti-bacterial, I keep it for cleaning things down. Another really great thing to do with the alkaline water is to soak nuts in it so you can ensure no bacteria is present on them before eating.

Ionisers can be pretty pricey but you may be able to find somewhere to rent one from.

www.theofficialwaterionizer.com

www.sigg.com

www.findaspring.com

www.therawchef.com

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Spiraliser

By far my favourite spiraliser is the Lurch Spirali. It comes with several different attachments but I only really use the one that produces the beautiful, thick strands of vegetable pasta. In the Vegetable Pasta module you'll see me use the Spirali in a variety of different ways.

Dehydrator

As the Vita-Mix was the staple for raw food as far as blenders go, so the Excalibur is the staple dehydrator. The reason the Excalibur has been so widely adopted is because it is currently the best machine for ensuring your food doesn't go above the recommended maximum temperature of 118°F.

The temperature switch on top should be set for food temperature so I normally use between 105°F and 115°F. The size and shape of the trays is great too as they can be used to make breads, pizza bases and crackers amongst other things. You'll see me doing just that throughout the course.

www.excaliburdehydrator.com

Mandolin

A mandolin is a great budget-buy as it will give really impressive results for very little money. You can use it to slice thin slices of courgette (zucchini) for pasta and lasagne and to also make ravioli out of aubergine (eggplant) or beetroot (beet).

The cheaper mandolins that can be found in oriental supermarkets or online, such as the one made by Joyce Chen, are the most precise and, in my experience, the most sharp. They come with a selection of blades to produce a variety of cuts very quickly such as the julienne blade. I love using the mandoline for the recipe overleaf...

Notes

Lasagne

Serves 9

Creamed herb cashews

- 2 cups macadamias
- 1 cup pine nuts
- 2 tablespoons lemon juice
- 2 tablespoons nutritional yeast
- 2 yellow peppers
- 2 tablespoons fresh parsley
- 1 tablespoon fresh thyme
- ½ teaspoon salt

❖ Process all ingredients together adding as little of the water as possible until a fluffy consistency is achieved.



Portabello Meat Layer

- 3 portabello mushrooms
- 1 cup sun-dried tomatoes, soaked for 2 hours or more
- 2 teaspoons dark/brown miso
- 2 teaspoons dried oregano
- 2 teaspoons dried sage
- Pinch cayenne pepper
- 2 tablespoons olive oil
- 1 tablespoon agave nectar

❖ Grind all ingredients in a food processor.

Tomato sauce

- 1½ cups sun-dried tomatoes
- 2 soft dates
- 2 cloves garlic
- 2 cups tomato, seeded and chopped
- 1 tablespoon dried oregano
- ⅓ cup olive oil
- 2 tablespoons lemon juice

❖ Process in a food processor until smooth.

Green pesto

- 2 cups tightly packed basil leaves
- ¾ cup pine nuts or walnuts
- ½ cup olive oil
- ½ teaspoon salt
- 1 clove garlic
- 1 tablespoon nutritional yeast
- 1 tablespoon lemon juice

❖ Process all ingredients, leaving plenty of chunkiness!

Spinach Layer

- 6 cups torn spinach
- 2 tablespoons dried oregano
- 3 tablespoons olive oil
- 1 teaspoon sea salt

❖ Place all ingredients in a bowl to marinate and wilt for 1 hour or longer, putting the covered bowl in a dehydrator will help this process but it's not essential.

1. In the kitchen

For the assembly

5 medium courgettes cut lengthwise

- ❖ Line the base of your dish with a layer of the courgette strips that slightly overlap
- ❖ On top of this put down a layer of the portabello meat, then the cheese, then tomato sauce and finally the pesto on top. Finish this with another layer of slightly overlapping courgette strips.
- ❖ Repeat step 2 but before adding the final layer of courgette, take your wilted spinach and create an additional layer with that.
- ❖ Placing the whole dish in the fridge for several hours will firm it all up slightly which will make it easier to cut into portions.
- ❖ Garnish individual portions with black pepper, a sprig of basil and a slice of tomato.

Tip: For slightly more impressive looking lasagne build individual portions on the plate instead of assembling in a large dish.

Sprouting & Nutmilk Bag

It's so useful to have a couple of these. They can be used to strain nut milks through or used to sprout at home or on the go. My favourite milks to make are almond and brazil. My favourite sprouts to use one of these for are alfalfa, as you only need a tablespoon of dry seeds in the bottom.

Then after soaking them in the bag overnight for approximately 8 hours they can be washed off, still in the bag, and hung up to drain off. I'm going to be showing you how to make a quick and amazing alfalfa sprout salad that keeps me going for hours and can be easily made whilst away from home.

Juicers

There are so many great juicers out there but here's the two I use...

Greenstar Juicer

The Greenstar is a twin-auger juicer, is my main juicer, and pretty much does everything. I'm going to be showing you how to use it to make ice-cream in this course. You can even pass through frozen banana to make instant banana ice-cream using the homogenising plate.

This juicer of course juices all fruits and vegetables and it does them really well, producing a really dry pulp. There's absolutely no heat produced when juicing with this machine so juices will last really well. If you need to make a juice to take to work for lunch I would advise chilling an insulated flask overnight and then fill it with freshly extracted juice in the morning.

The Greenstar can also handle wheatgrass nicely but can tend to cause some frothiness. The way to prevent it doing this is to freeze the gears overnight before juicing.

Samson Juicer

I really like this juicer for wheatgrass as it will produce the juice without any froth whatsoever. It's also great for other fruit and veg, albeit with a bit more fibre coming through. If you can't make it financially to the Greenstar and you need to do wheatgrass too this is a great one to go for.

Ice-Cream Makers

Cheaper option

This is the type of ice-cream maker that you have to freeze the base first and then pour in your mixture. Specific makes and models aren't really important here. The important thing is that you chill the mixture too before trying to make ice-cream.

More expensive option

Again, there are a few more expensive machines that do the job really well. These are the machines that will freeze the mixture with an internal chiller element whilst stirring to avoid crystallisation. The unit I like to use is made by Cuisinart.

Knives & Knife Skills

We've been talking about all this fancy equipment but by far the most important first piece of equipment I'd advise you getting is a high-quality knife and great chopping board. If you're used to using a dull (blunt) knife, when you start using a sharp knife you'll be amazed what a different experience it is.

Choosing a Knife

What to look for...

Your knife should have a good curve to the blade so you can get that rocking motion when chopping.

It should also be one piece of metal from the tip to the end of the handle, not just a blade stuck into a handle. You'll also want to note the thickness of the knife, making sure that there's not too much of a wedge-shape to it, otherwise your slices will tend to be uneven.

Above all, knife selection is a matter of personal preference, so whatever knife you choose it should make you want to use it.

Also, don't think that you have to get lots of different knives – most chefs use one main knife and also maybe a paring knife. The knives I like to use are Mac knives but Henckels and Wusthof are also great.

I particularly like the Mac Santoku knife which is not so much used in a rocking motion but is great for getting thin slices and is really at home when slicing vegetables.

www.macknife.com

www.wusthof.com

www.j-a-henckels.com

www.therawchef.com

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Knife Care & Safety

Wash it yourself

Never put your knife in a dish-washer and always clean any acid residue such as that from citrus fruits off shortly after using. Hot soapy water in the sink is best. When washing your knife never leave it in the sink in case someone (including you!) comes along and puts their hand in the water not knowing or forgetting it's there.

“Coming through!”

When moving through the kitchen with others around always keep the tip of the blade facing downwards, announcing you're coming through if there's anyone close by saying, “knife coming through.”

Stay Sharp

Consider how you're going to store your knife, don't just throw it in the draw. Get yourself a good knife sleeve or keep it in the box it came in. This is especially relevant for high quality thin knives such as the Santoku which needs to not be knocked around if it's to be kept sharp.

You can use a ceramic or steel rod to re-hone the blade every once in a while (new knives won't need properly sharpening with a sharpening stone for the first 6 months). It's a common misconception that one of those rods will actually sharpen your knife – it doesn't – it just resets the blade.

Sharpening will need to be done with a sharpening stone, but avoid cheap sharpening tools that you can find in shops, they are far too abrasive.

Using your knife

You're going to be learning what I call the G.A.S method of knife usage.

Here's what they stand for...

G – Grip

It's really important how we hold both the knife and the produce we're cutting into. Firstly the knife should be held by the thumb and forefinger on the blade, using the handle as a guide for the other 3 fingers.

Secondly, the grip on the produce is really important too. We use a claw-like grip that keeps the tips of the fingers away from the blade and that also allows us to walk the fingers back whilst keeping the item we're chopping in place.

1. In the kitchen

A – Aim

Once the correct grip is achieved then we can take aim and think about the specific type of cut we're looking for. This is where mindfulness is of absolute importance; your mind should now be totally focussed on the job in hand.

Accidents happen when the mind wanders, so use chopping almost as a form of meditation, focussing fully in on the moment.

S – Saw

If I were to show you the edge of the blade of a knife under a microscope you'd see it as a terrain of ridges, peaks and troughs.

It's this reason that the knife is best used in a sawing motion rather than a chopping motion. Slow and methodical is the order of the day here when you first start out, ensuring correct and safe technique before you even start to think about speed.

Practice Makes Perfect

The way I taught myself to use a knife was to get a bag of carrots and concentrate on getting the technique right. I also really focussed on getting that claw hand thing going so that I could efficiently move the non-knife holding hand back along the item I was chopping.

The thing about any skill is that with practice you'll get better at it. But whilst learning you may find that you are slower than normal. I liken it to me learning to touch type on my computer keyboard; I'm a reasonably quick typist but if I went through the pain barrier of learning the 'correct way' (touch typing) and being slower whilst I learnt, I would start to get quicker within a couple of weeks.

I think learning to cut correctly is a lot easier than learning to touch type, which is great news for you because by learning to cut efficiently and safely you'll greatly speed up your raw food preparation and will, I'm sure, enjoy your time in the kitchen much more.

Various different types of cut

Here's the different type of cuts I show you how to do on the DVD:

- ❖ Medium dice
- ❖ Thin dice or brunoise (pronounced 'broon-wah')
- ❖ Julienne, to cut into small matchsticks
- ❖ Chiffonade, literally translated means to 'cut like rags'

I also show you the best ways I've found to cut mangoes, bell peppers, shallots and onions.

Other Essential Kitchen Items

Chopping board

I really like to use a bamboo chopping board secured in place on a shiny surface with a damp folded cloth underneath. Remember never to leave a wooden board in water or it will split. If you find your chopping board buckling slightly and rising up at the edges then just turn it over and use the other side for a while and you'll find it returns back to its original shape.

Measuring cups & measuring spoons

Such essential items in the raw food kitchen as so many things are measured in cups. Very easy to find and very inexpensive.

Strainer & sieve

I use sieves a lot to strain berry sauce of the seeds so it's nice and smooth ready to go into a squeeze bottle, without having the seeds getting stuck in the nozzle whilst you're trying to do your best presentation.

Peeler

A high-quality peeler will make almost as much difference to your kitchen prep as a sharp knife. If you're using an old peeler that keeps getting stuck get yourself a new one and you'll see what I mean; you'll wonder how you ever got by with that old one.

Plastic Sauce Bottle

Essential for creating that restaurant-style presentation with dessert sauces. Very cheap and available either online or from cookshops/catering suppliers.

Kitchen work-flow and setting up the work area

Less of the lean

We've already talked about chopping and in the DVD you may have noticed I was peeling into a bowl and not on the work surface. Not only does this save time but it also keeps the chopping board free of dirt from the outside of the peelings.

Keep this bowl handy for any other organic material you produce during your food prep which will save you time having to keep leaning over to the bin. You can also have a separate bin for recyclable items such as plastic.

1. In the kitchen



Unnecessary walking around

Make sure you have all your ingredients out in front of you, ready to make that particular recipe so you don't have to keep wandering off mid-recipe. Little things like this will really speed up your food prep.

Getting Juicy

I always juice right next to the sink so when I'm done I can just drop the pieces for washing straight into the water, or even just rinse them straight under the tap as that's often all that's needed.

Hand-washing and basic cleanliness

Keep it clean, please!

Without trying to teach you too much that may be obvious I couldn't let this section go without mentioning hand-washing.

If you were to do a basic food hygiene course they normally do a hand washing demonstration where they get you to rub your hands in a lotion then wash them. They then get you to put your hands under a light that shows no matter how much you wash them you'll still have some of that solution on there.

Now we can't live in a world where there's no bacteria and nor would we want to try but it's worth noting that a bit of mindfulness as far as clean hands in food prep goes a long way.

Notes

Module 2
**Special
Ingredients
and how to
use them**



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2. Special Ingredients and how to use them

When I first saw a raw food recipe I was struck but how many ingredients there were that I had never heard of. This was both exciting and confusing at the same time.

Exciting because there were all these new, wonderful ingredients coming to my awareness that were making me feel amazing and were claiming some incredible health benefits. And confused because I had no idea where to get them, how to use them, and how to get them to a point where I could start to use them in a recipe.

In this section I'm going to take you through a selection of my favourite and most used ingredients, show you how to prepare them, if that's what's needed. And also how to use them in a couple of example recipes.

Irish Moss

Irish Moss is a real favourite of mine.

Benefits

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.

What makes it such a gift?

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 – just take a look here at the variation on my cashew-filled chocolate torte that has now very little nuts in the recipe, thanks to Irish Moss.

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 in the sun, rather than the darker-coloured one, as this will allow you to create recipes such as the whipped cream and tofu, both shown here.

The health benefits associated with Irish Moss are that which you would normally expect from a seaweed: high in minerals and iodine.

2. Special Ingredients and how to use them

Preparation

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 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 the recipes here – if you have any paste leftover, store in the fridge for up to 7 days.

Chocolate Torte with Whipped Cashew Cream

For the base

½ cup cashews

½ cup pecans

1 tablespoon coconut oil

1 tablespoon melted cacao butter

1 teaspoon agave

1 teaspoon lemon juice

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

❖ Press into a 9" springform cake pan and place in the fridge to set.

For the filling

1 cup Irish Moss paste

1 cup cashews

1 cup cacao powder

1½ cups grated or chopped cacao butter which has then been melted

1 cup water

1 tablespoon lemon juice

½ teaspoon tamari

¾ cup agave

1 teaspoon vanilla extract



2. Special Ingredients and how to use them

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

Chef's tip: Add 2 drops of food grade peppermint oil to the filling mixture for a mint chocolate variation.

For the cream topping

- 1 cup cashews, soaked for 2 hours or more
- ½ cup water
- 3 tablespoons Irish Moss paste
- ½ teaspoon vanilla extract
- ¼ cup agave nectar
- 1 teaspoon lemon juice
- Pinch salt
- 1 tablespoon macadamia oil (optional)

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Serve with chocolate torte and fresh berries.

Hoisin Tofu

For the sauce/marinade

- ¼ cup tamari
- 2 tablespoons apple cider vinegar
- 3 soft dates
- 1 tablespoon organic maple syrup or yacon syrup
- 2 tablespoons white miso
- 2 tablespoons cold-pressed sesame oil (or substitute for olive oil)
- ¼ cup orange juice
- 1 clove garlic
- 1cm cube fresh garlic
- 2 tablespoons tamarind paste*



- ❖ Blend all ingredients in a high speed blender, transfer to a bowl and set aside

*See ingredients page 27

For the tofu

- 2 cups cashews, soaked 2 hours or more
- 1 cup Irish Moss paste
- ¼ cup water
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- 1 tablespoon light miso

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2. Special Ingredients and how to use them

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Pour into a plastic container.
- ❖ Transfer the container to the fridge leave to set.
- ❖ Remove from the fridge, lift out of the container and transfer to a chopping board. Cut into 1½cm cubes.
- ❖ Marinate the cubes in the hoisin sauce for between 2 hours to overnight, in the fridge.
- ❖ Serve the cubes with a drizzle of the sauce

Buckwheat

I also love buckwheat. It's such a versatile ingredient as it can be used on its own, sprouted on salads or in things such as pizza crusts, as I've shown you in the recipe below.

It's health benefits also make for fantastic reading, being high in all 8 essential amino acids. It also has a long transit time in the gut so is very filling and great for stabilising blood sugar levels.

You'll find that buckwheat for sprouting will have had the black outer hull removed, leaving the three-cornered seed. You may also find roasted buckwheat, called Kasha, which won't sprout – if it's roasted it will be clearly labelled and will also vary in colour from the light-coloured raw version

It's also worth getting the best organic seeds you can to ensure maximum success when sprouting. I've bought raw seed from the supermarket before only to find that it starts to smell off during sprouting and won't sprout strongly.

Despite its name buckwheat is actually not a wheat at all but a fruit seed so contains no gluten, which is great news. It is also great for the winter months as it has a warming and drying effect on the body.

It's worth noting too at this point that buckwheat can be very drying to the colon in particular so make sure you're very well hydrated too if you're eating a lot of it.

Some of my research on this wonderful ingredient came from a book called Whole Foods Companion by Dianne Onstad. It's a wonderful reference book and I advise that you take a look at getting yourself a copy.

So, apart from using sprouted buckwheat in a salad I love to use it in pizza base recipes. In this case I like to team it up with some oil as dehydrated buckwheat can become a little dry and crumbly.

2. Special Ingredients and how to use them

Sprouting Buckwheat

Sprouting buckwheat is very easy, despite many people reporting having trouble with it. As I mentioned earlier, the key to getting buckwheat to sprout is making sure you have good quality seed.

Then all you need to do is soak the seeds in pure water for 15 to 20 minutes and wash off thoroughly before draining and leaving in a covered bowl, washing twice a day – morning and evening. The reason to cover is so that nothing gets in there whilst they're out on the side, but also so that they don't start turning green.

I've had all different kinds of sprouting equipment in my raw food life, right from expensive hydroponic growers, to less expensive automatic sprouters and right down to glass sprouting jars. By far the best way that I've found, despite of having spent so much money on expensive machines, is to simply follow the instructions above – using only a sieve and glass bowl. You can actually leave the seeds in the sieve over the bowl if you want to leave them to drain in between washes, but I've found that's not essential.

By soaking for only 15 to 20 minutes you'll also find that they don't develop that starchy slimy coating that you get when soaking for longer.

With any other nuts or seeds I would soak overnight – that's usually about 8 hours for most people – and then follow the same method as the buckwheat from there.

The two exceptions that come to mind now are quinoa and alfalfa, which I do in a nut milk bag as described in module 1.

2. Special Ingredients and how to use them

Here's my favourite pizza base using buckwheat, with some suggested toppings.

Fully Loaded Pizza with a Cheesy Crust

For the crust mixture

- 3 cups sprouted buckwheat
 - ¼ cup almond butter or tahini
 - ½ cup ground golden flaxseed/linseed
 - 1 apple, core removed
 - 1 clove garlic
 - 3 tablespoons fresh basil
 - 2 tablespoons dry Italian herb mix
 - 3 fresh tomatoes
 - ½ cup sun-dried tomatoes, soaked for 1 hour or more
 - ¼ cup olive oil
 - 1 teaspoon salt
 - 1 tablespoon lemon juice
- ❖ Grind all ingredients in a food processor until broken down. Set aside in a bowl.



For the cheesy crust mixture

- 1 cup cashews, soaked for 20 minutes
 - 1½ tablespoons nutritional yeast
 - 1 tablespoon lemon juice
 - ½ teaspoon salt
 - 3 tablespoons water
- ❖ Blend all ingredients in a high-speed blender, such as a Vita-Mix, until smooth.



To make the base

Step 1 Separate 1½ cups of the crust mixture into a small bowl and set to one side. Place the remaining mixture on a non-stick dehydrator tray.



Step 2 Spread into one large even circle.

2. Special Ingredients and how to use them



Steps 3 & 5 Using the end of a spoon or fork, make a groove around the entire edge of the pizza base.



Steps 5 & 6 Fill a piping bag with the cashew mixture and pipe into the groove around the edge of the pizza.

Steps 7 & 8 Take the 1½ cups of the base mixture that you set aside in step 1 and carefully cover the cashew cheese mixture all the way round. You can use a wet spoon to smooth it round.



Dehydrate at 115°F for 4 hours and then peel of the non-stick sheet. Continue dehydrating for a further 6 to 8 hours at 105°.



For the tomato sauce

- 10 basil leaves
- 1 cup sun-dried tomatoes, soaked 2hrs +
- 1 cup tomatoes
- 2 teaspoons lemon juice
- 1 teaspoon apple cider vinegar
- ¼ of a medium onion
- 1 soft date
- ½ teaspoon salt

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



For the cheese

- 1 cup macadamias
- 1½ tablespoons lemon juice
- ¼ teaspoon salt
- ¼ cup water
- 1 tablespoon nutritional yeast

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



2. Special Ingredients and how to use them

For the spicy sunflower seeds mix

- 2 cup sunflower seeds, soaked 2 hours or more
 - 1 cup sun-dried tomatoes, soaked for 1 hour or more
 - 1 tablespoon dark miso
 - 2 teaspoons cumin
 - ½ 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 (scallions), chopped
 - 1 handful fresh coriander (cilantro), chopped
- ❖ Grind all ingredients except the spring onions and coriander until a paste forms.
 - ❖ Add the spring onions and coriander and pulse in.

For the aubergine bacon

- 1 aubergine (eggplant)
 - 2 teaspoons onion powder
 - ½ tablespoon cumin
 - 1 teaspoon garlic powder
 - ¼ cup tamari
 - ¼ cup olive oil
 - ¼ cup agave
 - 1 tablespoon lemon juice
 - 1 chipotle chili, soaked overnight and seeds removed
- ❖ Cut the aubergine lengthwise into quarters and then slice thinly using a mandoline.
 - ❖ Prepare a marinade by mixing the remaining ingredients in a high-speed blender.
 - ❖ Marinate the aubergine slices for 2 hours or overnight if possible.
 - ❖ Lay out flat on a non-stick dehydrator tray and dehydrate until crispy

For the marinated mushrooms

- 2 cups mushrooms, sliced
 - 3 tablespoons olive oil
 - 3 tablespoons tamari
 - 1 tablespoons lemon juice
 - 1 teaspoon garlic powder
- ❖ Mix all ingredients in a bowl and leave for 20 minutes to soften.
 - ❖ As an option you can also dehydrate for 2 hours.

2. Special Ingredients and how to use them



To assemble

½ cup fresh Sweetcorn kernels
½ cup diced pineapple
½ cup pitted olives
Orange or red or yellow pepper, deseeded and diced
Chopped fresh basil
Dried Italian herbs



Step 9 Start with the dehydrated pizza base on a chopping board.

Step 10 Spread the tomato sauce evenly on the base.



Step 11 Sprinkle the macadamia cheese and sunflower seed mix on to the pizza.

Step 12 Add the aubergine bacon.

Step 13 Add remaining topping ingredients.



2. Special Ingredients and how to use them

Young Coconuts

Young coconuts were definitely one of those ingredients that I had no idea how to use or even what they were when I first started out.

They're not the easiest thing to find to buy, which is why I tend not to use them in too many recipes. But when you do find them they're almost too good to use in a recipe!

In the DVD I show you how to open one. From there I love to just drink the water with a straw and then crack the whole thing open to spoon out the white gelatinous flesh, which I then just eat as is (scraping off any brown husk as I go) with a spoon.

Another option is to blend the flesh and coconut water with a mango, some vanilla and a pinch of salt.

Himalayan Salt

Table salt has been cooked to remove the minerals, which leaves a black substance that is then bleached white again and sold. No natural salt should be bright white.

What you'll find with Himalayan salt (or any of the other mineral salts like Celtic sea salt) is because they haven't been cooked they still have their colour, and therefore their minerals intact. Himalayan salt has a slight pink tinge to it and is becoming increasingly easy to find in health food shops.

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 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.

2. Special Ingredients and how to use them

Kelp Noodles

Kelp noodles are sea vegetable noodle that can be eaten raw. They are made from kelp, salt extracted from brown seaweed and water.

A great way to soften them up and change their neutral flavour is to make up a marinade with a little salt in and leave them for a few hours. Not only will they soften and take on new flavours but they will soften too.

They are full of vitamins and minerals, including iodine for a healthy metabolism and have extremely low fat and carbohydrate content, and therefore very low in calories. They tick all the boxes if you're looking for a filling low calorie meal – just make sure you add a tasty sauce!

Sun-Dried Tomatoes

Not so much a specialist ingredient but used quite a lot in raw foods. Sun-dried tomatoes give an excellent depth of flavour to savoury dishes and mix really well with pine nuts.

Stay away from the ones in oil as you can never be sure of the quality of the oil, go for the dried ones in a packet instead.

It's always a good idea to soak sun-dried tomatoes before using as they can vary greatly in their salt content. Soaking for 2 hours or even overnight will not only soften them up and make them nicer to work with, but it'll also make them less salty.

The salty sun-dried tomato soak water is great for adding a little to salad dressings.

Golden Linseed/Flaxseed

I always like to use the golden linseed as they taste so much better than the brown, but you can experiment with the 2 to see which gives the flavour you like.

Flaxseeds (also known as linseeds) are a complete protein and are full of vitamins, minerals, fibre and antioxidants. They are perhaps best known for their fibre qualities and are great for people wanting to lose weight as their ratio of fat to fibre is very satiating.

They are also very well known for their Omega 3 fatty acids which help protect against inflammation in the human body.

2. Special Ingredients and how to use them



You'll need to grind flaxseeds into a 'meal' to get the nutrition from them otherwise they'll just 'pass through' your body.

Once they've been turned into flax meal you'll need to store them in a sealed container in the fridge to stop them going rancid. It's for this reason that I would advise only ever grinding your own seed in a high-speed blender or even a coffee grinder. I like to keep a small amount in the fridge already ground to sprinkle on top of a salad or to use in a recipe.

Tamarind Paste

Tamarind is a fruit that has a sour and yet slightly sweet flavour. It looks a little bit like a knobby finger and once you crack open the shell you get to the fruit itself, which is stringy and has reasonably large seeds for its size.

You can also buy it in blocks which are seedless but still have a lot of that stringy fibre in. This is the one I like to work with. You can soak it in a little water for a few hours then break it up with your hands, which will turn it into a fibrous paste. You can then strain this through a sieve or nut milk bag, leaving a smooth paste, which is the consistency of yogurt.

This paste can then be used in recipes and is particularly good for use in salad dressings.

Module 3
**How to develop
your own raw
food recipes**



www.therawchef.com

3. How to develop your own raw food recipes

The Chef's Table Method

In this module I'm going to give you the insider's view on how I go about creating a recipe and how you can use what I call The Chef's Table Method.

So what is a chef's table?

This is when you're invited to eat at a special table in the kitchen of the restaurant. You get to see the hustle and bustle of kitchen service and a special behind-the-scenes view of how things work; it's like getting an insider's view. And that's what I promised I was going to give you here.

You may have heard chefs or anyone involved in making food talking about the '5 flavours'. They are: sweet; sour; salty; bitter; and pungent. The theory is that to balance a recipe everything you make should have at least one of these kinds of flavours.

If you know anyone involved in Ayurvedic nutrition they will also add the 6th one to that list: astringent. But whereas chefs use the 5 flavours to create a balanced taste, Ayurvedic practitioners will use the 6 flavours to balance the 'doshas' (and therefore nutrition) using taste as the road map for the body's natural wisdom...

Sweet

Builds tissues and calms nerves.

Sour

Cleanses tissues, increases absorption of minerals.

Salty

Improves food taste, lubricates tissues, stimulates digestion.

Bitter

Detoxifies and lightens tissues.

Pungent

Stimulates digestion and metabolism.

Astringent

Absorbs water, tightens tissue, dries fats.

3. How to develop your own raw food recipes

To build on this in raw food, and to ensure that all the food we make tastes good, we can simplify even further down to just 4 elements.

These are:

Fat

Coats the tongue and carries flavours evenly over the tastebuds. Fats tend to be very satiating so if you're left feeling like you need something more after eating and that it didn't quite hit the spot you may need to add a little more fat next time.

Acid

Acids counterbalance the sweet flavours in a dish.

Salt

Salt wilts produce it comes into contact with by opening the cells walls and releasing the water. This works in conjunction with fats that then carry the flavour into the open cells. This is why when we massage salt into cruciferous vegetables they very quickly start to give off water and become much softer.

Sweet

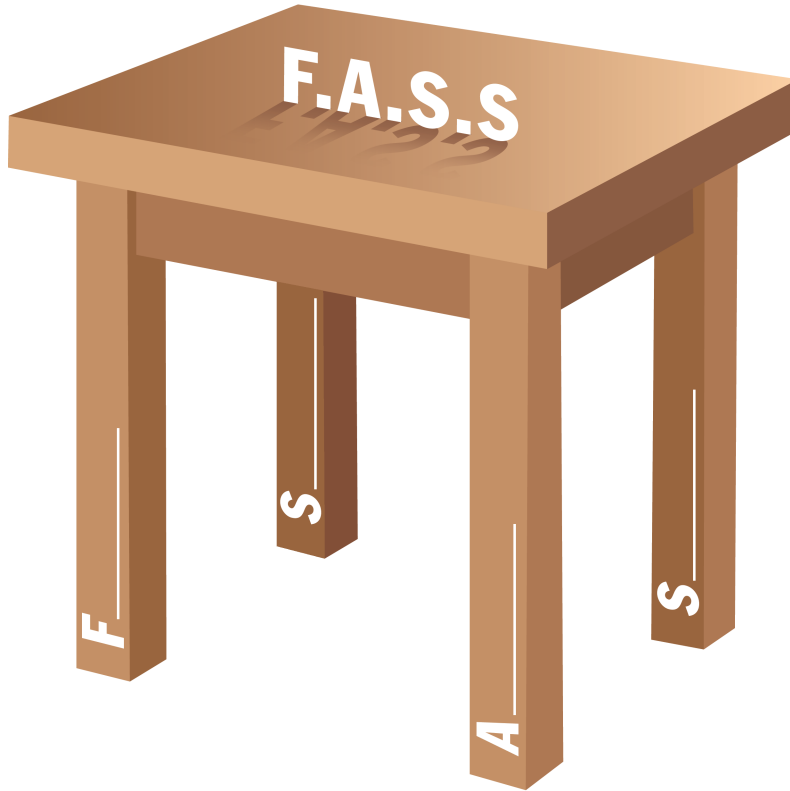
Sweet ingredients can cut (lessen the effect) of an acid or bitter taste. However, if you are going to leave one thing out of a recipe it may be the sweet element. But it's also quite interesting how adding a little sweetness to even a savoury dish can really lift the whole recipe.

This is especially true of people that aren't used to eating raw food. Because of the amount of refined sugar that's in everything mass-produced now, people's tastebuds are so used to sugar. A larger intake of raw food will change the tastebuds over time so someone can be weaned off their food addictions.

So if we think of each of those elements as a leg of a table that supports the top, by taking any of those legs away we get a less-stable table. And thus if we don't include each one of those elements in our food preparation we'll end up with an unstable (and unsatisfying) recipe.

3. How to develop your own raw food recipes

The Chef's Table Method



From the work we've just done, fill in the blanks on each of the legs...

Notes

3. How to develop your own raw food recipes

Examples of each of the flavours

Here's a fairly comprehensive but not exhaustive list of each of those flavours and the foods we can use to fill that particular need in a recipe.

Fats

| | |
|---------------|------------|
| Nuts & seeds | Avocados |
| Olive oil | Olives |
| Macadamia oil | Nut butter |
| Avocado oil | Coconut |
| Flax oil | |

Acids

| | |
|------------|--------|
| Lemons | Limes |
| Grapefruit | Orange |

Balsamic vinegar (not usually raw)

Raw Apple cider vinegar (raw versions will have the 'mother' culture still in them)

Sauerkraut

Salt

| | |
|--------------------|-----------------------------|
| Himalayan salt | Olives |
| Dark miso | Light miso |
| Sun-dried tomatoes | Sun-dried tomato soak water |
| Nama shoyu/Tamari | |

If you're substituting actual salt in a recipe and are wondering, for example, how much tamari to substitute it for just go by taste; start with a small amount and build up from there, knowing that your tastebuds will get used to salt quite quickly so bear that in mind when seasoning to taste.

3. How to develop your own raw food recipes



Substituting elements to make your own recipes

So your first place to start creating a recipe is to take a recipe you already have and substitute a fat for a fat, and acid for an acid, a sweet for a sweet and salt for a salt. So instead of using cashews in recipes you might use avocado.

Or you might substitute lemon juice for orange juice. You could also start to think about switching astringent items such as onions. Instead of a white onion you might use red, or go for a milder spring onion (scallion or green onion), or even go milder still with some chives. You could also use a leek instead.

Now it's your turn!...

On the following pages after the example, on the left hand side, write out a recipe that you already have. That might be a favourite of yours, it might be one of mine or it might be one from another recipe book.

Then on the right hand side re-write the recipe, substituting as many ingredients as you can think of. You can make this as simple or complex as you like, depending on your current level. Once you're done go make your new recipe! Congratulations, you're now a chef and forming the base skills needed to start working from your head rather than recipes all the time.

Notes

3. How to develop your own raw food recipes

Example Recipe

Red Nut Croquettes

1 celery stalk

1/4 of a medium onion

1/2 cup macadamia nuts

3/4 cup almonds

3/4 cup cashews

1 red pepper

1 teaspoon salt

1 tablespoon dried oregano

1 cup sunflower seeds, soaked for 2 hrs & rinsed

1/2 cup ground flax seed

1/2 cup sun-dried tomatoes,

soaked for 2 hrs & rinsed

1 tablespoon fresh dill

1 tablespoon fresh taragon

2 teaspoons lemon juice

1. Grind all ingredients in a food processor until they are completely broken down

2. Form into croquette patties and leave in the fridge to firm up, or place in a dehydrator for three hours at 105°F.

Your New Recipe

? You get to name your new dish!

1 celery stalk

1 spring onion

1/4 cup pine nuts

3/4 cup almonds

3/4 cup walnuts

1 yellow pepper

2 teaspoons tamari

1 tablespoon dried oregano

1 cup pumpkin seeds, soaked for 2 hrs & rinsed

1/2 cup ground flax seed

1/2 cup sun-dried tomatoes,

soaked for 2 hrs & rinsed

1 tablespoon fresh dill

1 tablespoon fresh taragon

2 teaspoons orange juice

1. Grind all ingredients in a food processor until they are completely broken down

2. Form into croquette patties and leave in the fridge to firm up, or place in a dehydrator for three hours at 105°F.

3. How to develop your own raw food recipes

Example Recipe

Your New Recipe

3. How to develop your own raw food recipes

I came by my first recipe in slightly a different way. In the DVD I tell you that story and take you through the process, which will build on what you've learnt here.

That first recipe of mine was a raw mince pie...

Mince Pies with Whipped Cream

Makes 15 pies

For the pastry

1 cup almonds, soaked overnight and dehydrated at 105°F until dry again.

1 cup walnuts, soaked overnight and dehydrated at 105°F until dry again.

1 cup pecans, soaked overnight and dehydrated at 105°F until dry again.

1 cup raw oats

20 dried soft apricots, soaked 2hrs +

- ❖ Grind the nuts in a food processor until a flour forms.
- ❖ Blend the oats into a flour in a high-speed blender such as a Vita-Mix.
- ❖ With the ground nuts in the processor, add the oat flour and start to process again, adding a few apricots at a time until the mixture binds together. If it's not binding you can add some of the apricot soak water too.
- ❖ Roll out the mixture on a flat surface so that it is about ½cm or ¼" thick. If mixture sticks to rolling pin, mill some more oats to dust the rolling pin and rolling surface with.
- ❖ Using a pastry cutter that will cut a base to the required size for your baking tray, cut the bases from the rolled out dough. Place these in a muffin baking tray that has been lined with plastic wrap.
- ❖ You will need to re-form and re-roll the dough to get the most from it. Use any leftover dough to build extra pies. Place the baking tray in a dehydrator at 115°F for 4 hours.
- ❖ If you'd like pastry tops on your pies instead of cream you can cut tops out of the mixture at this point and dehydrate, ready to put in place once the filling has been done.



3. How to develop your own raw food recipes



For the filling

- 7 soft dates, stones and flowers removed
- Juice of 1 orange
- 1 teaspoon orange zest
- 1 apple, deseeded and roughly chopped
- ½ teaspoon mixed spice
- 1 cup raisins

- ❖ Place the dates in a in food processor. Add the orange juice, zest and mixed spice. Process and add water as needed to produce a creamy consistency. Mixture will need to occasionally be scraped from the sides of the processor using a spatula.
- ❖ Add in the apple and raisins and pulse until the apple is broken down.
- ❖ Remove bases after the 4 hours and fill with date and raisin mixture.
- ❖ Pies can be warmed in a dehydrator for an hour before adding cream topping.

For the cream topping

- 1 cup cashews, soaked for 2 hours or more
- ½ cup water
- 3 tablespoon Irish moss paste
- ½ teaspoon vanilla extract
- ¼ cup agave nectar
- 1 teaspoon lemon juice
- Pinch salt
- 1 tablespoon macadamia oil (optional)

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Place in a fridge for a few hours or overnight to allow to firm up a little.
- ❖ Spoon the mixture into a piping bag and decorate the tops of the pies before serving.

3. How to develop your own raw food recipes



Herb & Spice Combining

My best advice for learning what herbs and spices go together is to study the cuisines of different cultures and replicate them. If you use the guide I've given you below as a reference you'll soon start to 'feel' the right combinations.

As an example, if you make a few Mexican flavoured dishes you get to know that dry coriander, fresh coriander (cilantro) and cumin go well together. So the next time you're making a salad you know what to add to make a Mexican-inspired one.

It's also really important to remember that you don't have to use a ton of different herbs and spices together – that's actually very confusing for the palette anyway. Just start off with two different herbs and spices that you know go well together and go from there?

Fresh or Dried?

A question I get asked sometimes is whether to use fresh or dried herbs and spices. I would always advise to use fresh over dried because fresh herbs particularly will give a much fresher aroma to the dish. However, if you can't find a fresh version of something just go for the dried.

It's also worth noting that adding the same herb or spice dried and fresh will bring an extra dimension to the recipe. For example adding fresh chillies and dried chillies will layer flavours beautifully.

Notes

3. How to develop your own raw food recipes

| Thai Spice Chart | | | |
|------------------|------------------------------|----------------------------|--------------|
| Cuisine | Herbs & Spices | Fruit & Vegetables | Other |
| Thai | Bird eye chili | Papaya | Vinegar |
| | Basil | Shallots | Tamari |
| | Coriander (cilantro) | Young coconuts | Sesame oil |
| | Ground coriander (coriander) | Mung bean Sprouts | Kelp noodles |
| | Cumin | Bok Choi | Cashews |
| | Garlic | Broccoli | |
| | Galangal | Aubergine (eggplant) | |
| | Ginger | Shiitake mushrooms | |
| | Kaffir lime leaves | Onions | |
| | Lemongrass | Limes | |
| | Oregano | Cabbage | |
| | Mint | Spring onion (green onion) | |
| | Turmeric | Squash blossom | |
| | Curry powder | Melon | |
| | Sesame seeds | Mango | |
| | Star anise | Durian | |
| | Cardamom | Banana | |
| | Cinnamon | Star fruit | |
| | Cloves | Pineapple | |
| | Curry powder | Mangetout | |
| | Nutmeg | Sugarsnap peas | |
| | Bay leaf | Tamarind | |
| | Chinese 5 spice | | |

3. How to develop your own raw food recipes

| Mexican Spice Chart | | | |
|---------------------|---------------------------------|------------------------|---------------|
| Cuisine | Herbs & Spices | Fruit & Vegetables | Other |
| Mexican | Jalapenos (chipotle when dried) | Onions | Pumpkin seeds |
| | Serrano peppers | Avocado | Banana leaves |
| | Habanero pepper | Limes | Vinegar |
| | Cayenne chili pepper | Seville orange | Honey |
| | Cinnamon | Grapefruit | |
| | Anaheim chili | Corn | |
| | Coriander (cilantro) | Squash blossom | |
| | Cacao | Banana | |
| | Ground coriander (coriander) | Physallis (Tomatillos) | |
| | Cumin | Olives | |
| | Garlic | Capers | |
| | Oregano | Caperberries | |
| | Paprika | | |
| | Parsley | | |
| | Poblano (ancho when dried) | | |
| | Tamarind | | |
| | Vanilla | | |

3. How to develop your own raw food recipes

| Italian and Caribbean Spice Chart | | | |
|-----------------------------------|-----------------------|----------------------|-------------|
| Cuisine | Herbs & Spices | Fruit & Vegetables | Other |
| Italian | Anise | Onions | Olive oil |
| | Basil | Sun-dried tomato | Truffle oil |
| | Fennel | Olives | |
| | Garlic | Caperberries | |
| | Oregano | Capers | |
| | Za'atar | Truffles | |
| | Herbs de Provence | Courgette (zucchini) | |
| | Marjoram | Oranges | |
| | Mint | Tomatoes | |
| | Rosemary | | |
| | Saffron | | |
| | Sage | | |
| | Parsley | | |
| | Thyme | | |
| Turmeric | | | |
| Nutmeg | | | |
| Caribbean | Allspice | Guava | |
| | Scotch Bonnet Chilies | Mango | |
| | Garlic | Papaya | |
| | Lemongrass | Peppers | |
| | Mace | Banana | |
| | Nutmeg | Plantain | |
| | | Jicama | |

3. How to develop your own raw food recipes

| Japanese & Chinese Spice Chart | | | |
|--------------------------------|----------------------|----------------------------|--------------------|
| Cuisine | Herbs & Spices | Fruit & Vegetables | Other |
| Japanese | Garlic | Shiitake mushrooms | kelp noodles |
| | Mace | Daikon | Miso |
| | Nutmeg | Sugarsnap peas | Tamari |
| | Szechuan Pepper | Mangetout | Vinegar |
| | Wasabi | Mizuna | Nori |
| | Chilies | Umehoshi | Kombu |
| | Sesame seeds | Fine beans | Pickled vegetables |
| | | Leeks | Sesame oil |
| | | Spring onion (green onion) | Wakame |
| | | Watercress | Honey |
| | Wild rocket | Chili oil | |
| | Aubergine (eggplant) | | |
| Chinese | Garlic | Asparagus | Aduki Beans |
| | Liquorice | Aubergine (eggplant) | Almonds |
| | Miso | Broccoli | Sesame oil |
| | Mustard seed | Onions | Tamari |
| | Star anise | Bok Choi | |
| | Szechuan Pepper | Chinese cabbage | |
| | Chinese 5 spice | Lycee | |
| | Allspice | Mung bean sprouts | |
| | | Napa cabbage | |
| | | Sharon fruit (persimmon) | |

3. How to develop your own raw food recipes

Middle Eastern Spice Chart

| Cuisine | Herbs & Spices | Fruit & Vegetables | Other |
|----------------|----------------------|------------------------|-----------|
| Middle Eastern | Cardamom | Onions | Olive oil |
| | Garlic | Chick peas (garbanzos) | Tahini |
| | Mint | Tomatoes | |
| | Parsley | Tamarind | |
| | Paprika | Lemons | |
| | Saffron | | |
| | Turmeric | | |
| | Oregano | | |
| | Caraway seeds | | |
| | Dill | | |
| | Cinnamon | | |
| | Star anise | | |
| | Chilies | | |
| | Coriander (cilantro) | | |
| | Thyme | | |
| | Marjoram | | |
| | Cloves | | |
| | Fenugreek | | |
| | Z'hatar | | |
| | Cumin | | |
| | Nutmeg | | |
| | Sumac | | |
| | Allspice | | |

3. How to develop your own raw food recipes

| Indian Spice Chart | | | |
|--------------------|----------------|--------------------|--------------------|
| Cuisine | Herbs & Spices | Fruit & Vegetables | Other |
| Indian | Cardamom | Onions | Almonds |
| | Cumin | Mango | Cashews |
| | Fennel seeds | Tamarind | Walnuts |
| | Fenugreek | Raisins | Desiccated coconut |
| | Garlic | Dates | Sesame seeds |
| | Mustard seed | Lemons | |
| | Ginger | Limes | |
| | Cumin | Pomegranate | |
| | Garam Masala | Spinach | |
| | Curry powder | | |
| | Cinnamon | | |
| | Cloves | | |
| | Chilies | | |
| | Star anise | | |
| | Mint | | |
| | Turmeric | | |
| | Saffron | | |
| | Basil | | |
| | Bayleaf | | |
| | Nutmeg | | |

3. How to develop your own raw food recipes

So to put this into actual use we're going to use what I call Ethnic Tarts to practise some different combinations.

In this next recipe there's a part 'A' and a part 'B' for the filling. Part 'A' stays the same and part 'B' is where we can bring in the flavours of the different cultures.

Ethnic Tarts



Makes four, 12cm tarts

For the tart shell *(make ahead of time)*

- 1 cup cashew
- ¼ cup macadamia nuts
- 2 tablespoons flax meal (ground flax seed)
- 1 clove crushed garlic
- 1 tablespoon nutritional yeast (optional)
- 2 teaspoons olive oil
- ¼ teaspoon salt
- 3 tablespoons water
- 1 tablespoon lemon juice

- ❖ Grind all ingredients in a food processor, leaving some texture to the nuts.
- ❖ Brush an individual tart case with olive oil and press in mixture evenly. You will find that regularly dipping your fingers in a bowl of water helps with this if your fingers are sticking.

3. How to develop your own raw food recipes

❖ Place shells onto a mesh dehydrator sheet and dehydrate at 115°F for 3 hours. They should now be firm enough to remove from the tart cases so you can continue to dehydrate them for a further 6 hours.

**Tart cases should be approx 11cm wide and no more than about 1cm high, to allow the filling mixture (details to follow) to dehydrate inside.*

For the filling

There's a part A and a part B to this filling recipe. Part A is the base, to which we're then going to add part B.

Part B is where the fun comes in because it allows us to create a tart filling with the flavour of any cuisine we choose. I've given you a few examples but we're going to start with Italian as our first example.

Base recipe 'A'

2 cups courgettes (zucchini), peeled

1½ cups cashews

¼ cup white miso

2 teaspoons lemon juice

½ medium white onion

½ teaspoon salt

- ❖ Blend all ingredients in a high-powered blender until smooth.
- ❖ Set aside in a bowl.

Part B – Italian inspired

½ cup olives

1 cup tomatoes

1 cup spinach

¼ cup cucumber

1 red/yellow/orange pepper

2 tablespoons capers

2 tablespoons basil

2 teaspoons Italian seasoning

- ❖ Chop and pulse in a food processor, set aside and then do the following...
- ❖ Mix with the ingredients from the first section.
- ❖ Once thoroughly mixed, pour this mixture into the bases. You'll need to slightly overfill the bases as the filling will reduce slightly in the dehydrator.

3. How to develop your own raw food recipes

- ❖ Dehydrate at 105°F, for for approximately 6 hours.
- ❖ Remove from the dehydrator and garnish with cucumber and basil (or other herbs depending on which tart you have made. It's also a good idea to brush the top of the tart with a small amount of olive oil, to make them more appealing in their appearance.

Part B – Thai inspired

- 1 tablespoon tamarind paste*
- ¼ cup fresh coriander (cilantro)
- 1 tablespoon fresh mint
- 1 teaspoon fresh ginger
- 2 teaspoons ground coriander
- 1 teaspoon cumin
- ½ teaspoon turmeric
- 1 teaspoon lime juice
- 1 cup tomato
- 1 cup sugarsnap peas
- ¼ cup baby corn
- ½ cup spring onions

Part B – Mexican Inspired

- 4 medium tomatoes
- 1 yellow pepper
- ½ a red onion
- ¼ cup coriander
- 2 tablespoons mint
- 1 teaspoon chili powder
- 2 teaspoons ground coriander
- 1 tablespoon cumin
- 1 teaspoon garlic powder
- 2 teaspoons lime juice
- 1 chipotle chili, seeds removed
- 1 tablespoon agave nectar
- ½ cup chopped cabbage

For both these part 'B' variations follow the assembly instructions for the Italian-inspired example on the previous page.

* See ingredients on page 27 for instructions on how to make tamarind paste.

3. How to develop your own raw food recipes

Now it's your turn!...

In the space below write out your own part 'B' mixture using a different culture as a starting point. Also, remember that in the filling in part 'A' we've already got each of the elements fat, acid, salt and sweet. But as you can see from my other examples here we can also add more from any of those groups too, as well as other flavours.

Cuisine to use as a starting point

Recipe

Now go make your new recipe!

Drop by my blog at www.therawchefblog.com and let me know how you got on by leaving a comment.

www.therawchef.com

HOW TO BE YOUR OWN RAW FOOD CHEF... AND STILL HAVE TIME TO EAT!

3. How to develop your own raw food recipes



Meal Planning

And now we come to the nuts and bolts of getting this cuisine into your everyday life. I was thinking where to introduce this part to you and decided that it should be one of the first things covered because it's so important.

This section is all about planning. Because like it or not, if eating raw food is new to you or you're currently not eating as much raw as you'd like then chances are you're not planning. And as the old saying goes, "if you fail to plan, you plan to fail." What I'm going to present to you is a way of planning that will allow you to use the new skills you have to make the food (as a result of this course) and actually use them.

Does this mean you have to plan like this for the rest of your life? No, of course not. Once you've got the hang of this thing you'll be able to do it more naturally and without so much planning and forethought. But for now use these planners to take you to the next level. You may now be at a point where you're successfully eating breakfast and lunch raw but are having trouble having a raw evening meal too. So you could continue to do what you're doing for what's working and use this planner to bring in some raw evening meals.

Or you may find that you're struggling to even have a raw breakfast each day, so you'd use this planner to get that handled. Once you're easily eating raw breakfasts then bring in a lunch to the planner. What I'm trying to say here is not to do too much too soon. If you're struggling to eat even one raw meal a day on a consistent basis it's unlikely, in my experience, that you're going to start eating breakfast, lunch and dinner every day of every week.

This new way of eating is going to involve some new skills (I'm assuming since you bought this course) and I would advise giving yourself a break and a chance to integrate it at your own pace. Don't overload yourself with lots of stuff to do here! I will also say that this isn't the only way to plan your meals. As in many areas of life there is more than one successful way to do this, it just happens that this is a great way that I'm sure you'll enjoy.

So with that in mind let's walk you through the meal planning process...

First we're going to start with an overview of the week and what you want to eat. It's essential in any area of any type of planning to start at the end. By that I mean we have to think about our outcome and where we're heading before we can even start to think about how we're going to do it. This seems to be exactly the opposite to how most people want to go about things. Most people start with a vague idea of where they want to be and then just think about lots of actions or 'to-do' items, maybe even making a to-do list if they're really organised!

3. How to develop your own raw food recipes



So, make a copy of the week planner on the following page, saving this one as a master copy. Then fill in any meals and snacks you'd like to have during the week.

It's followed by an example for you. In this example let's assume that this person is already eating a raw breakfast but is having trouble with lunch and dinner. So what we've done is put in the breakfasts that they're already having and added a raw lunch Monday to Friday. What we've also done is added in one raw dinner on Friday night and some raw snacks throughout the week. The rest of the week this person will just do what they normally do. This is the key thing here: this plan will represent a major move forward in their way of eating so whatever they do for the rest of the week they can do guilt-free.

Once they've got this plan handled they can then take it to the next level by adding in more dinners and including the weekends. So in the next stage they won't have to do any more planning than normal for breakfast because that's already planned. The only extra they'll have to plan is for the lunches and one extra dinner. I've filled it in with recipes from this course to keep things simple but you'll have access to other recipes too whether they be mine, from another recipe or new ones that you created earlier.

Please also not that I'm not suggested what you eat on a daily basis in terms of nutrition – I'm not a nutritionist and everyone's needs are different anyway – these are purely examples for you to work with.

Notes

3. How to develop your own raw food recipes



| Meal Planner | | | | | |
|--------------|-----------|-------|-------|-------|--------|
| | Mon | Tues | Wed | Thurs | Fri |
| Sun | | | | | |
| Sat | | | | | |
| Fri | | | | | |
| Thurs | | | | | |
| Wed | | | | | |
| Tues | | | | | |
| Mon | | | | | |
| | Breakfast | | | | |
| | | Snack | | | |
| | | | Lunch | | |
| | | | | Snack | |
| | | | | | Dinner |

3. How to develop your own raw food recipes

| Meal Planner (Example) | | | | | | | |
|------------------------|--------------------------------|-------------------|---------------------|--|-----------------------|--|-------------------|
| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Breakfast | Mango & spinach green smoothie | Fresh fruit salad | superfood smoothie | Carrot, apple & ginger juice | Brazil nut milk | Lemon, cucumber, celery, apple, spinach & ginger juice | Fresh fruit salad |
| Snack | | | | | | | |
| Lunch | Alfalfa sprout salad | Pizza | Kale & tahini salad | Mixed leaf salad with pear & mint dressing | Raw avocado sandwich | | |
| Snack | Fruit | Macaroons | Fruit | Macaroons | Spicy sunflower seeds | | |
| Dinner | | | | | Pad Thai | | |

3. How to develop your own raw food recipes



So armed with what this person is going to eat during the week they can now gather up any recipes needed and draw up a shopping list.

I find it's a good idea when shopping to write the list for each day separately so if something's not available you'll know which recipe it's from and be able to substitute it.

Now it's Your turn!

So again, make a copy of this blank shopping list on the next page and pull from it all the ingredients you'll need to get. The following page shows what the shopping list might look like for the person with the example menu plan.

Make a note that this is just the fresh items, so you might want to make sure that you have the necessary store cupboard items too such as high quality salt, oil, nut butters etc. They're all usually items I have to get from a health food shop or delivered by ordering online so I tend to make sure I'm stocked up all the time.

I like to include detail whether each ingredient is for breakfast, lunch or dinner so if I have to substitute due to produce availability then I know what I'm substituting it for. Also feel free to put quantities alongside wherever you think you may need them. You'll notice here that I haven't put quantities next to Tuesday's breakfast as I would know how much to pick up for a good fruit salad.

Things like garlic and ginger only come in specific amounts (like one bulb of garlic) which is more than I need so I just get the smallest amount possible and don't worry about writing that on the shopping list.

Notes

3. How to develop your own raw food recipes



| Shopping List | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------------|-----|------|-----|-------|-----|-----|-----|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
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3. How to develop your own raw food recipes



| Shopping List (Example) | | | | | | |
|--|--|--|--|--|--|---|
| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Breakfast Mango x 2 Spinach 200g Lemon x 1 Lunch Avocado x1 Oranges x 3 Cucumber x1 Celery x 1 Snack Apple x 1 Banana x1 | Breakfast Strawberries Blueberries Grapes Apples Lemon Lunch Apple x 1 Garlic x 1 bulb Fresh basil Italian Herbs Tomatoes 400g Lemons x 3 Onion x 1 Dates 1 pack Chili x 1 Spring onions (scallions/green onions) x 3 Coriander (cilantro) Aubergine Mushrooms 100g Sweetcorn x 1 Pineapple x 1 Red pepper x 1 | Lunch Kale x 1 bag Lemon x 1 Baby tomatoes 150g Snack Fresh berries | Breakfast Carrots 1 bag Apples x 3 Ginger Lunch Mixed leaves (1 bag) Pear x 1 Fresh mint | Lunch Avocados x 3 Courgette (zucchini) x 3 Apples x 2 Onion x 1 Batavia lettuce Dinner Babycorn 1 pack Carrots x 2 Red pepper x 1 Red cabbage Courgette (zucchini) x1 Sugar snap peas Spring onions (scallions/green onions) x 2 Mungbean sprouts Basil Fresh coriander (cilantro) Fresh mint Lime x 1 Salad leaves (1 bag) | Breakfast Lemon x 1 Cucumber x 2 Celery x 1 Apples x 2 Spinach x 1 bag | Breakfast Honeydew melon Galia Melon |

3. How to develop your own raw food recipes

The final thing we'll need to do is make sure we have a plan for any soaking, dehydrating and any other prep that needs to be done in advance. It's so critical to see this process through to the end and complete this part because if you don't have the pre-prep done (stuff sprouted and soaked) then you may 'let yourself off the hook' and not follow through when it comes down to it.

So here's your final weekly planner that allows you to see exactly when things need to be soaked, sprouted and dehydrated. No matter how small this final part seems, even if you've only got one or two items to go on there, make sure you get them on the planner. It's funny how big tasks seem when they're just in the mind. As soon as you've got them down on paper they're much easier to deal with, rather than have them circling in your mind. Therefore it's much more likely to happen...

"If it's not on the page, it's not on the stage!"

Now it's your turn!

Make a copy of this prep planner and go through your weekly meal planner looking for any tasks that need to be done, and then simply write them in on the appropriate day. As an example if you know you need sprouted buckwheat on a Friday then you could put it in the planner to soak it on the Monday. You may want to run two of these planners alongside each other and put them up in your kitchen so you can catch things that need to be done a week ahead. If you have a notice board in the kitchen that's perfect or you can put them up on the fridge.

Remember you don't have to go to this level of detail for the rest of your life, just until it becomes a habit for you and something you can do without so much thought.

In reality what you're going to find is that with just planning a small amount of meals like I've shown you here you'll actually start to get leftovers that will form whole meals in themselves. As an example of this, you might make a batch of bread for sandwiches on one or two days of that week. So you can either freeze the remaining bread or break it up and sprinkle the rest on a salad to make it a bit more fulfilling.

You can see what the prep planner looks like for our example menu on the following pages. See, doesn't look too daunting does it?

3. How to develop your own raw food recipes



Prep Planner

| | |
|-------|--|
| Sun | |
| Sat | |
| Fri | |
| Thurs | |
| Wed | |
| Tues | |
| Mon | |

3. How to develop your own raw food recipes



Prep Planner (Example 1)

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|----------|------|-----|---|---|-----|--|
| shopping | | | shopping start sprouting alfalfa seeds for use on Monday | start sprouting buckwheat for pizza making Monday) | | Make macaroons for next week's snacks Soak sun-dried tomatoes for use in pizza base Monday and pizza sauce Tuesday Marinate aubergine (eggplant) for pizza bacon Start sprouting buckwheat for bread making Thursday |

3. How to develop your own raw food recipes

Prep Planner (Example 2)

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|--|---|--|---|-----|-----|
| <p>shopping</p> <p>Make pizza base to be ready tomorrow</p> <p>soak sunflower seeds for pizza making tomorrow</p> <p>Dehydrate aubergine (eggplant) bacon for pizza tomorrow</p> | <p>soak sunflower seeds for spicy sunflower seed making Thursday</p> | <p>soak sun-dried tomatoes for bread making tomorrow</p> <p>soak tamarind for Pad Thai tomorrow</p> | <p>shopping</p> <p>soak brazil nuts for milk tomorrow</p> <p>Make and dehydrate bread for sandwiches tomorrow</p> <p>Make spicy sunflower seeds for snack tomorrow</p> | <p>start sprouting buckwheat for pizza making Monday)</p> | | |

3. How to develop your own raw food recipes



So what if you're the type of person that doesn't like going into this much detail with your planning?

Here's my top 5 tips if you prefer to keep things a little 'looser'.

1. Set aside 1 day per week or even one afternoon where you fill up the dehydrator with crackers, bread, macarons, flavoured nuts and seeds, and any other goodies that will last for the week to give you some options. If even half a day per week is unrealistic try half a day every other week or whatever suits your schedule. By using this course to improve your kitchen skills you'll start surprising yourself as to how much food you can make in half a day.
2. The freezer is your friend – use it. You will lose some of the nutrition when freezing but if it's needed to help you stay on track then just go for it anyway! What would you normally eat if you didn't have some raw stuff available in the freezer? This means you can freeze things like tart cases, bread and even pizza bases so you only have to make the toppings when you fancy a pizza.
3. Make more than you actually need...and freeze the rest. This is great for things like cheesecake or torte recipes that will usually have you making a 9" cake. Once it's set, cut it up and freeze as slices so you can defrost one piece at a time.
4. Don't overload yourself with an impossible prep 'to-do' list that saps your energy. Only attempt 1 or 2 complicated, adventurous or more involved recipes in a week. Also remember that your definition of 'complicated' or 'more involved' will probably be different from anyone else's, so work to your current level, knowing that you'll improve over time.
5. Learn to make 2 recipes that you know will hit the spot every single time. Get to a point that you can shop for them, make them and enjoy them without a shopping list or a recipe. They might be 2 really simple recipes; for me it's kale and tahini salad, and a juice that consists of tomato, carrot, ginger, apples, lemon juice all blended with avocado.

Module 4
Super Sexy Salads



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4. Super Sexy Salads

I live on salads most of the time, which is what most people expect of a raw foodie. Have you found the same thing? What most people don't expect though is just how good a salad can be.

This is one of the most important modules in the course because I'm going to give you tools that will allow you to make your everyday raw food experience taste amazing without spending hours looking for recipes. Once you know how to make amazing salads and dressings you can then punctuate that with the occasional more 'recreational' dish, like a pizza or a torte.

Everyone knows how to make a good salad base; as much of your favourite leaves as you can eat and then maybe some tomatoes, cucumber, celery, grapes, bell peppers, and so on. This is really simple to put together and will form a quick and simple base for what's to come. And what is to come is an amazing dressing plus some what I call salad 'extras'. These extras can be made ahead of time; some a week ahead and some a few days ahead. Once they are made, correctly stored, they are then on hand to turn your salad into a super sexy salad!

Here's a few ideas to get you going, but remember you don't have to make ALL of these, just one to start with and have to use will make a huge difference to how you feel about your salad.

Spicy Sunflower & Pumpkin Seeds

1 cup pumpkin seeds & 2 cups sunflower seeds, soaked overnight and rinsed

¼ cup tamari

½ teaspoon cayenne

1 tablespoon agave nectar

2 tablespoons cumin

3 teaspoons garlic powder

3 teaspoons onion powder

2 tablespoons lemon juice

❖ Mix all ingredients in a bowl by hand then dehydrate on a dehydrator sheet for 24 hours, or until the sunflower seeds are crunchy. Store in a sealed container.

4. Super Sexy Salads



Caramelised Onions

5 large onions, sliced thin on a mandoline

1 cup dates

¼ cup tamari

3 tablespoons olive oil

- ❖ Blend the dates, tamari and olive oil in a blender and mix with the onions in a large bowl.
- ❖ Marinate for 2 hours or overnight and then transfer to a dehydrator sheet to dehydrate for 2 to 3 hours.

Dehydrated broccoli

3 cups broccoli, cut into small florets

3 tablespoons tamari

2 tablespoons lemon juice

3 tablespoons olive oil

- ❖ Mix all ingredients in a bowl and marinate for 2 hours or overnight.
- ❖ Dehydrate on a Paraflexx sheet for 2 to 3 hours at 105°F.

Dehydrated Baby Corn

3 cups baby corn, sliced

2 tablespoons olive oil

3 tablespoons lemon juice

1 teaspoon salt

- ❖ Mix all ingredients in a bowl and marinate for 2 hours or overnight.
- ❖ Dehydrate on a Paraflexx sheet for 2 to 3 hours at 105° F

4. Super Sexy Salads

Salad Dressings

“Your ability to stay on the raw food diet will great depend on your ability to make a great salad dressing” Anon

In module 3 we spoke about the ‘chef’s table’ method of creating out recipes. This method of ensuring we have a well-rounded recipe with each of the fat, acid, salt and sweet elements works particularly well for salad dressings too, with an emphasis on fat and acid.

So to the Chef’s Table method in place we’re now to add a very loose formula that absolutely can be broken.

So why am I giving it to you if it can be broken?

Because you may feel like you need a starting point to work from and the following formula is that place. It looks like this...

When starting your dressing recipe go with these proportions:



5 parts acid



1 part fat



Salt to taste



Sweet as an option

So with real ingredients that might look like this:

5 tablespoons lemon juice

1 tablespoon olive oil

Pinch salt

½ teaspoon agave

As I said this is just a starting point and quite often you’ll want to make a bigger volume so you can scale up and start to swap out a fat for a fat, and acid for an acid etc.

You can then use the seasons as inspiration for your other ingredients to add flavour to the dressing. For example in the autumn (fall) you could add pear and mint, these two flavours work really well and came from a situation where I had some pear and mint in the fridge on a course I was catering – it’s been a favourite ever since.

That’s another way to get inspiration for new dressings; just use this formula to work with whatever you have in the kitchen and fridge. Here’s 4 example dressings based on the seasons to start you off.

4. Super Sexy Salads



Coriander & Mango Dressing

Summer Dressing

- 1 ripe mango
- 15g (small handful) fresh coriander (cilantro)
- ½ cup water
- 1 tablespoon apple cider vinegar
- ½ teaspoon salt
- ½ cup cashews
- 3 tablespoons olive oil

❖ Blend all ingredients in a high-speed blender

Pear & Mint Dressing

Autumn Dressing

- 2 ripe pears
- 15g (small handful) fresh mint
- ¼ cup water
- 1 tablespoon apple cider vinegar
- ½ teaspoon salt
- ½ cup cashews
- 3 tablespoons olive oil

❖ Blend all ingredients in a high-speed blender

Pineapple & Coriander Dressing

Winter Dressing

- ½ cup chopped pineapple
- 15g (small handful) fresh coriander (cilantro)
- ¼ cup water
- 1 tablespoon apple cider vinegar
- ½ teaspoon salt
- ½ cup cashews
- 3 tablespoons olive oil

❖ Blend all ingredients in a high-speed blender

4. Super Sexy Salads

Kiwi & Mint Dressing

Spring Dressing

Flesh of 2 ripe kiwi

15g (small handful) fresh coriander

½ cup water

1 tablespoon apple cider vinegar

½ teaspoon salt

1 cup brazil nuts

3 tablespoons olive oil

❖ Blend all ingredients in a high-speed blender

You can also do an internet search for good flavour combinations to use as inspiration. You'll see a few of the classics such as:

Tomato & basil

Lemon & tarragon

Garlic & mustard

Avocado & coriander (cilantro)

But you may also discover some exciting ones that you haven't thought of such as:

Basil & chocolate

Tamari, Ginger & Orange

Now it's Your turn!

If you have access to the internet search for 'unusual flavour combinations', 'classic flavour combinations', 'good flavour combinations' or any other terms you can think of.

If you see other flavours/foods in the combinations you find don't worry, just leave those out and use what you're left with. For example you might see lemon, tarragon and garlic paired with a meat as a good suggestion. So simply leave out the meat and you're left with a great combination of three ingredients.

You won't always need to do this, but what it will do is use flavour combinations and knowledge that has worked for years in traditional cookery and install that information into your mind for future reference when working with raw food.

4. Super Sexy Salads

Once you have your flavour combination (try and keep it to two or three flavours at the most) write in the the space below with the measurements, choose your remaining elements, and you have your first salad dressing... congratulations!

Fat

Acid

Salt

Sweet

Flavour 1

Flavour 2

Flavour 3 (if used)

Water

Notes:

- ❖ If one of your flavour elements has a fat, acid, salt or sweet in it then feel free to omit that element from the list without adding any extra.
- ❖ It works really nicely if one of your favour elements in a fresh herb.
- ❖ To get the dressing blend you may also need to add some water, but be careful not dilute the flavours too much.
- ❖ To show you just how easy this can be and how few ingredients you really need to use, here's one of my current favourite salads. Notice that the fat, acid, salt and sweet elements in the dressing are handled in just 4 ingredients. In fact, we could leave out the tamari and just use 3 ingredients whilst still having all the elements needed.

4. Super Sexy Salads

Alfalfa Sprout Salad

- 2 large handfuls alfalfa sprouts
- 2 cups sprouted buckwheat
- 1 avocado
- ½ a cucumber, diced small
- 1 stick celery, diced small
- 1 spring onion (scallion/green onion) finely chopped

For the dressing

- 1 cup orange juice (sweet and acid)
- 1 tablespoon tamari (salty)
- ½ cup almond butter (fat)
- ¼ cup light miso (salty and slightly sweet)

- ❖ Place the alfalfa sprouts and buckwheat sprouts together in a bowl and mix gently by hand.
- ❖ Sprinkle the cucumber and celery around the edge of the plate.
- ❖ Cut the avocado into a fan and place on top of the sprouts.
- ❖ Blend the dressing ingredients together and pour over the salad when ready to serve.



To finish this module off I couldn't let you go without an absolute staple of mine. Again, nice and simple and would be enhanced further by any of the salad 'extras'.

Kale and Tahini Salad

Serves 2 – 4 people

- 300g/10ozs kale
- 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
- 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.

Module 5
**Nut Cheeses
& Sauerkraut**



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Cashew Cheese

2 cups cashews
1 cup water
¼ teaspoon New Chapter All-Flora Probiotics
1 teaspoon salt
1 tablespoon nutritional yeast
2 teaspoons lemon juice

- ❖ Blend first 3 ingredients together in a high-speed blender until smooth.
- ❖ Transfer to a bowl and leave for 18 hours to culture.
- ❖ Mix in the salt, nutritional yeast and lemon juice by hand.
- ❖ Transfer to a fridge until ready to use.

Balsamic reduction

3 tablespoons balsamic vinegar
2 tablespoons agave

- ❖ Mix 2 ingredients together and transfer to a plastic squeeze bottle.

To serve

Cashew cheese round
Pesto
Balsamic reduction
Microgreens or shredded leaves to garnish
Italian seasoning

- ❖ Decorate the plate with some of the balsamic reduction
- ❖ Place the cashew cheese in the center
- ❖ Top with some pesto and microgreens
- ❖ Sprinkle with Italian seasoning



Sauerkraut

Cleanliness is the key for a great batch of sauerkraut. Always use a glass jar that has been sanitised by pouring in boiling water and leaving for 1 minute.

3 large cabbages

3 tablespoons salt per 454g of cabbage

- ❖ Shred the cabbage with a mandoline or food processor. Then in a large bowl mix the salt with the shredded cabbage and massage well with clean hands until the cabbage is completely wilted.
- ❖ Pack the cabbage into the sterilised glass jar, pressing down each new layer as you go. When all the cabbage is in, make sure it is completely covered by the salt water it gives off.
- ❖ Place a weight on the top of the cabbage. I like to use another sterilised glass jar filled with water.
- ❖ Cover the top of the glass jar with Clingfilm (plastic wrap) and then a towel and tie into place. Do not remove these covers until sauerkraut is ready.
- ❖ Place somewhere dark and warm for 3 to 6 weeks. The amount of time needed will depend on temperature (the warmer it is the quicker it will ferment, but it should never be hot). 4 weeks is a good guide.
- ❖ Remove from glass jar and rinse in cold water then transfer to a sealed container in the fridge, ready to eat.

Note: Those of you with a sauerkraut crock can use that instead of a glass jar.

Module 6
**Milkshakes
& Drinks**



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6. Milkshakes & Drinks

The base of any great milkshake is good nut milk. My favourites are almond milk and the slightly sweeter brazil nut milk.

Nut milk is usually one of the first recipes that people learn when coming to raw food but I may have a few tips for you that might help speed things up a little.

A note on soaking nuts, at this point: I always, always soak almonds because they are so much more digestible, especially for people who can find themselves with an upset stomach after eating unsoaked almonds.

I've found that almonds will attract bacteria like no other nut so after soaking them overnight (about 6 to 8 hours) I like to wash them thoroughly and then use them from there. If I have any leftover I'll keep them in the fridge, even if I've dehydrated them to get them dry again.

The other benefits of soaking are that you start a process of germination which turns the nut into a truly living thing, so you benefit from all the transformation of nutrients that goes on.

Nut milk

1 cup of soaked almonds or brazil nuts

3 cups pure water

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

This will give you a basic nut milk base. As I just mentioned you can usually get away without sweetening brazil nut milk because it's naturally sweeter.

I find though that I always have to sweeten almond milk. That can be done with agave as I'm about to show you, or it can be done with dates.

The thing about blending dates into almond milk is that you'll sometimes get the dates settling at the bottom. So a better option would be to blend 2 or 3 soft dates, such as medjool, in with the water and nuts at the first stage. Then when you strain it you'll be left with the sweetness but none of the sediment.

So on to the milkshake base...

This is actually a great almond milk base on its own. You'll notice I've added lemon juice to take care of the acid element. Of course you could add a pinch of salt too, to get the full range of F.A.S.S

Most people don't use lemon juice in their nut milk and you'd be surprised how much of a difference it makes.

So the idea of this base recipe is that you can then add whatever ingredients you desire to make any flavour whatsoever.

Milkshake Base

3 cups almond milk

3 tablespoons agave nectar

2 vanilla pods

1 teaspoon lemon juice

❖ Blend all ingredients for a few seconds.

For mint chocolate milkshake add...

¼ cup chocolate powder

1 pack frozen acai

3 tablespoons fresh mint

For a strawberry milkshake add...

2 cups frozen organic strawberries

1 frozen banana

For a maca milkshake add...

1½ cups cashews (to thicken)

2 tablespoons maca powder

You get the idea! Now you have the base you can experiment with all sorts of fresh in-season fruits. Plus there's a whole world of other 'superfoods' out there to try, such as spirulina, lacuma, purple corn extract etc.

Tip: Make a batch of the milkshake base and freeze it so that when you come to make your fresh milkshake, if you need it a bit thicker, you can throw in some of the frozen stuff.

Superfood Smoothie

I tend not to use too many exotic ingredients in my recipes as I want to keep the recipes as simple as possible. However, I do think there's a place for superfoods and the place that I allow for them in my life is in the form of smoothies.

Here I'm going to share a chilled cacao smoothie with you and we'll be doing both a basic plus a more advanced version.

6. Milkshakes & Drinks



Basic Version

1 cup brazil nuts, soaked overnight

3 cups pure water

- ❖ Blend all ingredients in a high-speed blender.
- ❖ Strain with a nut milk bag.
- ❖ Clean out the blender and add...

3 tablespoons cacao powder or lucuma for a non-chocolate version

2 tablespoons raw honey, agave, yacon syrup or maple syrup

1 tablespoon tahini

1 tablespoon maca

1 tablespoon gojiberry

1 teaspoon crystal manna

½ teaspoon purple corn

1 small frozen banana (optional)

½ vanilla pod

Pinch sea salt

Optional: to make a creamier smoothie add a third of avocado, ¼ cup of Irish Moss paste or 2 tablespoons melted coconut oil.

Advanced Version

For this advanced version we're going to be brewing up a tonic tea to use as a base. Tonic teas and elixirs are a whole different course in themselves so I'll just cover a few of the basics here to get started.

If you want to find out more about this fascinating subject take a look at:

www.ElixirCraft.com

www.TheBestDayEver.com

Tonic tea

- 1 litre pure water
- Small handful reishi mushrooms
- ½ cup astaragulus root
- ½ cup nettle
- ½ cup horsetail
- 2 slices rehmannia root, chopped small
- 2 slices fo ti root, broken up small
- ½ cup ginseng
- ½ cup goji berries
- ½ cup schizandra berries

- ❖ Bring the water and the first 7 ingredients to the boil and then simmer for 2 hours to extract the nutrients.
- ❖ Add in the goji berries and schizandra berries and simmer for a further 15 minutes.
- ❖ You can then strain, drink and chill the rest. However we're going to use 1 cup of this tea to replace 1 cup of the water in the brazil nut milk making process. So...

- 1 cup brazil nuts, soaked overnight
- 2 cups pure water
- 1 cup chilled tonic tea

- ❖ Blend all ingredients in a high-speed blender.
- ❖ Strain with a nut milk bag.
- ❖ Clean out the blender jug, pour milk back in and then add...

- 3 tablespoons cacao powder or lucuma for a non-chocolate version
- 2 tablespoons raw honey, agave nectar, yacon syrup or maple syrup
- 1 tablespoon tahini
- 1 tablespoon maca
- 1 tablespoon gojiberries
- 1 teaspoon crystal manna
- ½ teaspoon purple corn
- 1 small frozen banana (optional)
- ½ vanilla pod
- Pinch sea salt

6. Milkshakes & Drinks



For a super-advanced super smoothie, then also add:

2 teaspoons suma

1 teaspoon blue manna

2 tablespoons bee pollen

2 tablespoons shelled hemp seeds

1 tablespoon tocotrienols

Pinch cayenne

Don't feel you have to add all of those superfoods, I've just really gone to town with this and loaded it up. You could easily start with just one or two of those and see how you feel on them. If you're in the UK a great place to get your dried herbs and mushrooms from are: www.tree-harvest.com

Or in the US: www.mountainroseherbs.com

Anywhere else in the world, a quick internet search will help you find any of these things you may not even have heard of before.

Module 7
**Vegetable
Pasta**



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7. Vegetable Pasta

When I think back to my very first raw food eating experience I seem to remember it being making myself some courgette (zucchini) pasta with a spicy tomato sauce.

Writing about it now I can vividly remember that little bowl of food that started a change in my life that I could never have imagined would be so important. I can remember the tanginess of the sauce, the freshness of the ingredients and the feeling of having my hunger satiated without feeling stuffed.

In this module I'm going to show you all the different ways to prepare quick and easy vegetable pasta, plus some ways to make the whole thing a little more exciting by using beetroot (beet) juice to colour the pasta with stunning effects.

My favourite spiraliser

As mentioned in the kitchen equipment section I love to use the Spirali spiraliser – it's a home version of a piece of commercial equipment called a Japanese turning slicer. I like to stay away from the top-loading style of spiraliser as they tend to give very thin strands that will go soggy very quickly.

The Spirali will give you really nice thick strands of vegetables including butternut squash, parsnip, courgette (zucchini) and carrot.

The cheap (and even quicker) option

A peeler offers a great way to create ribbons of the vegetables mentioned above, is even quicker than the spiraliser and is extremely easy to clean.

I really like to use this method for carrots in Pad Thai because when mixed with the sauce, it gives the dish some nice texture and substance.

'Playing' on the mandolin

By slicing a whole length of courgette (zucchini) on a mandolin, stacking up the slices and then slicing them into ribbons, again lengthways with a knife, you can get some lovely pasta ribbons really quickly. These can then be softened with a little olive oil, salt and lemon juice.

Pretty Purple Pasta

I love this method for producing beautiful, colourful purple pasta. Simply cut your pasta in the desired manner and then leave in a little beetroot (beet) juice for 1+ hour. I really like to aim to leave it in there overnight for bright and vibrant pasta.

7. Vegetable Pasta

Purple Pasta & Pesto with Asparagus Spears in Avocado Butter



For the asparagus

6 spears of asparagus
3 tablespoons olive oil
2 tablespoons tamari
1 teaspoon lemon juice
½ teaspoon salt
1 ripe avocado

- ❖ Cut off the very ends of the asparagus spears as they can be a little ‘woody’ in taste. I also like to then take a zester to the skin to remove further woodiness and to allow the salt to penetrate deeper into the asparagus.
- ❖ Marinate the asparagus in the olive oil, tamari, lemon juice and salt for 1 hour +. It’s also a great idea to put the asparagus in a dehydrator at 115°F to help soften.
- ❖ Just before serving mash the avocado with a fork and massage into the asparagus.

For the Pasta

2 large handfuls of your favourite cut of vegetable pasta
2 medium raw beetroot, juiced
2 teaspoons olive oil
½ teaspoon salt

7. Vegetable Pasta

- ❖ Blend the beetroot juice, olive oil and salt and transfer to a bowl.
- ❖ Add the vegetable pasta to the bowl and leave for at least an hour, preferably overnight.
- ❖ Remove and leave to drain for a few minutes before serving.

For the pistachio pesto

- ½ cup pistachios
- 1 cup basil
- ½ teaspoon salt
- 2 teaspoons olive oil
- 1 teaspoon lemon juice
- 2 teaspoons nutritional yeast (optional)
- ½ clove garlic

- ❖ Pulse all ingredients in a food processor, leaving the mixture slightly chunky.

To assemble

- A selection of microgreens
- Dried Italian herbs

- ❖ On the plate lay 3 spears of asparagus in avocado side by side.
- ❖ Lay half the purple pasta on top of the asparagus spears.
- ❖ Top with some of the pesto and microgreens.
- ❖ Sprinkle with Italian herbs.

A much simpler and really satisfying way of doing vegetable pasta is to simply cut your pasta and then mix with the following sauce just before serving. Leaving it to the last minute to mix with the sauce really is the key to not getting soggy pasta here. As soon as the salt in the sauce hits the vegetables it's going to really start softening them up.

I've suggested using courgette (zucchini) again in the recipe but if you're using a root vegetable such as a parsnip, you'll get away with being able to add the sauce a lot earlier as it won't go soft anywhere near as quick as courgette would.

7. Vegetable Pasta

Tomato & Ginger Sauce Pasta



Serves 1-2

3 medium courgettes, made into your favourite cut of vegetable pasta

Sauce

5 medium tomatoes

1 cup sun-dried tomatoes, soaked at least 2 hours

½ a medium onion

2 soft dates

1cm cube ginger

2 tablespoons olive oil

1 teaspoon lemon juice

10 basil leaves

2 teaspoons Italian seasoning

- ❖ Blend all sauce ingredients in a high-speed blender.
- ❖ When ready to serve mix the pasta with the sauce.
- ❖ Serve on a bed of greens marinated in a little olive oil and lemon juice

Option: Top with some of the pesto in the previous recipe and/or stir in some of your favourite extras such as the spicy sunflower seeds from the salad module.

7. Vegetable Pasta

Some people find kelp noodles a little crunchy but I love them marinated in a sauce to soften them slightly (they'll always be a little crunchy).

Pad Thai



Serves 2–3 people

- ¼ cup baby corn, thinly sliced
- 1 carrot, cut into ribbons with a peeler
- ½ a red pepper, cut julienne
- 1 cup red cabbage, thinly sliced on a mandoline
- 1 large courgette (zucchini), sliced into 'noodles' in a spiral slicer
- ¼ cup sugarsnap peas, thinly sliced
- 2 spring onions (green onion), sliced thin
- ½ a shallot, sliced thin
- ½ cup mung bean sprouts
- 5 basil leaves, cut chiffonade
- 2 tablespoons coriander (cilantro), roughly chopped
- 10 mint leaves, cut chiffonade

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

7. Vegetable Pasta

1 cup kelp noodles
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
½ cm cube ginger
½ clove garlic
1 tablespoon lime juice
½ a chipotle chili, soaked until soft
2 tablespoons chipotle chili soak water

* See instructions for making tamarind paste in the ingredients section page 27.

- ❖ Blend all ingredients except kelp noodles in a high-speed blender until smooth.
- ❖ Place a few tablespoons of the mixture and mix in a bowl with the kelp noodles. Marinate for 1 hour or preferably overnight.
- ❖ Transfer the marinated noodles to a bowl with rest of the sauce and the prepared ingredients from the first section and mix well by hand.
- ❖ Serve with lime wedge, sliced chili, chopped almonds and your favourite greens.

Module 8
Desserts



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A Cheesecake For Every Season

In this module I'm showing you how to make use of the seasons as an inspiration for your recipes. I've given you 4 different cheesecake recipes here so you can see my methodology when creating new recipes. All it involves is taking a recipe you know works and then substituting the flavours. Working in this way you'll build confidence and increase your knowledge of what works in a safe way that allows you to learn from your successes.

If you look at these recipes you'll see this in action; the base always remains the same but the flavours change each time.

Pineapple cheesecake

For the crust

- 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 9" fluted cake pan, covered in cling film (plastic/saran wrap) and place in freezer whilst working on filling.

For the filling

- 3 cups cashews, soaked
- 1 cup coconut oil
- ¼ cup lemon juice
- 2 teaspoons vanilla extract
- 2 cups fresh pineapple
- ¼ teaspoon salt
- ½ cup agave nectar

- ❖ Blend all ingredients in a high speed blender under smooth.
- ❖ Pour on top of the base.

8. Desserts

❖ 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.

Lime & passion fruit cheesecake

For the crust

- 1 cup cashews
- 1 cup pecans
- 1 tablespoon agave nectar
- 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 9" fluted cake pan, covered in cling film (plastic/saran wrap) and place in freezer whilst working on filling.

For the filling

- 3 cups cashews, soaked
- 1 cup coconut oil
- ¼ cup lime juice
- 2 tablespoons vanilla extract
- 8 passion fruit, inner flesh & seeds only
- ¼ teaspoon salt
- ½c agave nectar

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

❖ Pour on top of the base.



8. Desserts

❖ 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.

Raspberry Cheesecake

For the crust

- 1 cup cashews
- 1 cup pecans
- 1 tablespoon agave nectar
- 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 9" fluted cake pan, covered in cling film (plastic/saran wrap) and place in freezer whilst working on filling.

For the filling

- 3 cups cashews, soaked
- 1 cup coconut oil
- ¼ cup lemon juice
- 2 tablespoons vanilla extract
- 2 cups raspberries
- 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.

Lemon Cheesecake

For the crust

- 1 cup cashews
- 1 cup pecans
- 1 tablespoon agave nectar
- 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 9" fluted cake pan, covered in cling film (plastic/saran wrap) and place in freezer whilst working on filling.

For the filling

- 3 cups cashews, soaked
- 1 cup coconut oil
- ¼ cup lemon juice
- 2 tablespoons vanilla extract
- 2 teaspoons lemon zest
- 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.

8. Desserts

This chocolate torte always goes down really well with raw and non-raw people alike. In the context of this course it's good to notice what we're doing with the base in relation to the last recipe.

This time we're going just for cashews in the base as we want to think about colour as well as taste. The lighter colour achieved just using cashews works really well with the darkness of the chocolate. But it also shows you we can essentially just substitute nuts as we see fit. The only nuts you perhaps wouldn't use in a dessert recipe is pine nuts.

Vanilla Chocolate Torte with Ginger & Strawberry Cream

Makes a 9" Torte

For the crust

1½ cups cashews
3 tablespoons agave nectar
3 tablespoons coconut butter
½ teaspoon vanilla extract
1 teaspoon lemon juice
Pinch salt

- ❖ First process all dry ingredients.
- ❖ Add coco butter and vanilla extract and process again.
- ❖ Press into the bottom of 9" springform pan and place in fridge whilst working on filling.



Note: Before making the following chocolate you should place 1½ cups of grated or chopped cacao butter in the dehydrator at 125°F to melt. Alternatively you can melt it in a bowl over another bowl of hot water.

For the filling

2 cups cashews
1 cup water
1 tablespoon vanilla extract
½ cup agave nectar
1 teaspoon lemon juice
1 teaspoon tamari (optional)
1½ cups cacao powder
1½ cups chopped/grated cacao butter

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8. Desserts

- ❖ Blend the cashews, water, vanilla (incl. pods), agave nectar, and lemon juice in a vita-mix until smooth.
- ❖ Add cacao butter and cacao powder, and blend again.
- ❖ Pour chocolate mixture onto base and use a spatula to achieve a level surface.
- ❖ Place in fridge for 3 hours to set.

For the ginger cream

- 1 cup cashews
- 2 teaspoons coconut oil
- ¼ cup agave nectar
- 1 tablespoon fresh ginger
- Pinch ground clove
- 1 vanilla pod

- ❖ Place all ingredients in a processor and blend.

For the berry sauce

- 2 cups strawberries/raspberries
- 1 tablespoon agave nectar (optional)
- 2 teaspoons lemon juice
- Pinch cinnamon
- Pinch nutmeg

- ❖ Place all ingredients in a processor and blend.
- ❖ Strain mixture through a sieve and then transfer into a plastic squeeze bottle.

Dairy-Free Ice-Cream

Ice-cream & Gelato

Usually made with dairy products such as milk and cream and sometimes undergoing pasteurisation. We can easily mimic these qualities by using almond milk and cashews combining to give a creamy, dairy feel.

Sorbet

Sorbet is very easy to make raw as it's essentially just frozen fruit that has been homogenized.

What I'm showing you how to do here is create a base ice-cream recipe very easily to which you can add the extra suggested ingredients, or think of your own, to produce virtually any flavour you wish.

The base ice-cream recipe

1½ cups cashews
3 cups almond milk*
½ cup agave
Pinch salt
1 tablespoon lemon juice

- ❖ 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.



**Almond milk is made by blending 3 cups water with 1 cup almonds, then straining off the pulp. The pulp can be dehydrated and turned into flour or it can be frozen.*

Then it's up to you as to what flavours you want to add to the base, some suggestions would be:

Coconut Ice-cream

Add:

½ cup desiccated coconut
¼ cup coconut butter

Vanilla Ice-cream

Add:

1–2 vanilla pods

Strawberry Ice-cream

Add:

2 cup strawberries

Mint Chocolate Ice-cream

Add:

½ cup chocolate powder
¼ cup fresh mint leaves

Module 9
**Truly Raw
Sushi**



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9. Truly Raw Sushi



Background

I've lost count of the amount of times that someone has asked me if I eat sushi when I tell them I eat raw food. Sushi, contrary to popular belief, does not mean raw fish; it actually refers to the seasoned rice. So anything rolled with the rice could become sushi.

Of course, the raw food lifestyle we're talking about here is vegan, so fish is off the menu and is replaced with other plant-based delights such as marinated mushrooms and avocado. In raw food we use a bit of 'artistic licence' to take that one step further, substituting the rice with a parsnip mixture that is packed full of flavour and prepared in a way that makes it look 'rice-like'.

How To Eat

Sushi is much more fun with chopsticks! Give it a go and you might find yourself using chopsticks for other foods as well. This can be a godsend if you're like me and get excited about your food and eat too fast. Chopsticks will help you slow down, enjoy and savour your food more.

When using the dips always pour yourself a small amount as needed and remember a little goes a long way. There are health benefits to only using a small amount of sauce as well because they often contain high salt content ingredients such as miso and tamari.

The pickled ginger is used between pieces of sushi to cleanse the palette and will aid with digestion. It also make a really addition inside the sushi roll itself if you prefer.

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9. Truly Raw Sushi

The sushi we're rolling here is going to contain the following:

- ❖ Black sesame seeds
- ❖ Preserved lemons
- ❖ Marinated shiitake strips
- ❖ Parsnip sushi 'rice'
- ❖ Julienne spring onion & cucumber
- ❖ A selection of green leaves
- ❖ Alfalfa sprouts
- ❖ Avocado strips

Preserved Lemons

10 organic un-waxed lemons

250g Himalayan salt

10 peppercorns

2 star anise

2 bay leaves

- ❖ Juice the lemons and set the juice aside. Cut the lemons into quarters and rub a little of the salt into each piece of lemon.
- ❖ Sterilise a glass jar with some boiling water, leaving the water in the jar for one minute. Empty the water from the jar and start to pack in the lemon quarters, layering with more salt, star anise, peppercorns and bay leaves as you go.
- ❖ Pour over the lemon juice from earlier so it completely covers the lemons. If it doesn't completely cover the lemons you can juice more or weigh the lemons down with a glass jar.
- ❖ Leave for 4 to 6 weeks, moving the lemons around every now and then to redistribute the salt.
- ❖ Will keep for up to a year. Before using, you may like to rinse under water to remove some of the saltiness.

9. Truly Raw Sushi



Marinated Shiitake Strips

- 5 shiitake mushrooms, cut into strips (or substitute or favourite mushroom such as portabello)
- 3 tablespoons olive oil
- 1 tablespoon tamari

❖ Mix all ingredients in a small bowl for 1 to 2 hours or just until mushrooms have softened.

Sushi Parsnip Rice

Makes enough for 4 nori rolls

- 3 medium parsnips, peeled
- 3 tablespoons macadamia or cashew nuts
- 3 tablespoons pine nuts
- 2 tablespoons apple cider vinegar
- 2 teaspoons agave nectar
- 1 tablespoon sweet white miso

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

Pickled Ginger

- 100g peeled fresh ginger
- 1 large beetroot bulb, roughly chopped
- ¼ cup apple cider vinegar
- 2 large soft dates, stones removed
- ¼ cup lemon juice
- 1 tablespoon salt

❖ Slice the ginger thinly, preferably using a mandoline, and then mix in a bowl with the salt and massage with your hands for a few minutes and leave for a further 10 minutes to soften.

❖ Blend the beetroot, apple cider vinegar, dates and lemon juice in a high speed blender until smooth. Wash the salt from the ginger slices then mix the beetroot, vinegar and date mixture in with the softened ginger.

❖ Store in the fridge and use when required. Can also be added to salads.

9. Truly Raw Sushi



Ponzu

- ½ cup tamari
- ¼ cup olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- ¼ teaspoon kelp powder
- 1 shiitake mushrooms with stem removed
- 3 tablespoons fresh coriander

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Serve in a small bowl garnished with fresh coriander leaves and sesame seeds.

Tahini, Miso & Orange Dip

- ¼ cup raw tahini
- 2 tablespoons sweet white miso
- ½ cup orange juice

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Serve in a small bowl garnished with black sesame seeds.

Chili Cashew Mayo

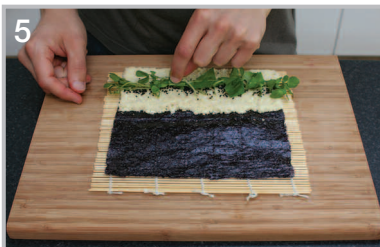
- 1 cup cashews
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- 1 tablespoon chopped spring onion (scallion) white part only
- ½ cup water
- 1 teaspoon agave nectar
- 1 teaspoon apple cider vinegar
- ½ a small chili de-seeded

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

9. Truly Raw Sushi

To Assemble

Follow the instructions below for construction and rolling of your sushi roll. You don't have to use all of the ingredients here, just select a few to get started. You don't even have to stick to what I've suggested; you could substitute any of these ingredients for any other of your favourite fillings such as carrot, celery, sun-dried tomatoes and fresh tomatoes.



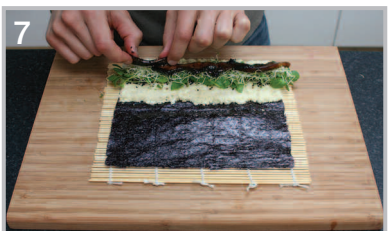
How To Roll Sushi

1. Start with your piece of nori shiny side down on the rolling mat with the edge of the nori and mat closet to you lined up so they are level.
2. Using a spoon, start to spread out an even amount of parsnip rice onto the nori sheet on the part closet to you, covering about a third of the sheet.
3. Use your hands to flatten down the parsnip and spread it all the way to the edges.
4. Sprinkle on black sesame seeds down the centre of the parsnip.
5. Then a line of greens, again, along the length of the roll in the middle of the parsnip.

9. Truly Raw Sushi



6. Top with a line of alfalfa sprouts.



7. Next arrange a line of marinated mushrooms on top of the sprouts.



8. Then a line of thinly-sliced avocado.



9. To finish, add strips of preserved lemons, julienne cucumber and spring onions (scallions).



10. Now for the rolling! Get both thumbs underneath the edge of the rolling mat that's closest to you.



11. Then holding all the filling ingredients in with your fingers use your thumbs to roll the mat forward

9. Truly Raw Sushi



12. Continue to roll, keeping the filling in with your fingers.



13. The use the mat to apply some downward pressure whilst pulling the leading edge in towards you so that it creates a nice tight roll.



14. Still apply very light downward pressure start to peel away that leading edge of the mat.



15. As you're doing that keep the nori rolling in the mat whilst taking that leading edge away.



16. Now you can take away the mat and roll with your fingers.



17. Dip your fingers in clean, filtered water.

9. Truly Raw Sushi



18. Apply a small amount of water along the edge of the nori that's furthest away so it will seal.



19. Roll the final bit by hand.



20. The most important part of cutting these rolls is using a sharp knife. Traditionally sushi knives are extremely sharp. If it's sharp enough you shouldn't have to apply too much pressure and therefore the roll will keep its shape.



21. Cut pieces to your desired size. They should be able to be eaten in one bite.

Module 10
**Snacks, breads
and wraps**



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10. Snacks, breads and wraps

I've left this module to the end but let's be clear here, what you'll learn in this chapter will most likely end up being an absolute staple of your every day raw food experience.

I'm going to show you how to make snacks that can be made ahead of time, so you've got them on-hand for those moments when you need something quick and a salad just won't cut it. These come in the form of chocolate macaroons and chocolate cookies.

I've shown you the chocolate recipes here but there's nothing to stop you taking these recipes and making your own versions; perhaps a lemon macaroon with no chocolate? Or a cookie with some of the superfoods from the drinks chapter? The possibilities are huge once you have these base recipes down.

Then, as well as the truly decadent, scrumptious and easy stuffed mushrooms (a favourite of mine when enjoying a night in with a DVD) I'm going to show you how to make bread, which can be frozen for the ultimate snack made ahead of time. Once you have this bread on hand it's so easy to whip up a filling.

I'm also going to show you how to make tortilla wraps which are great for any filling, but as an added extra I've showed you how to make one of my favourite fillings: falafel and macadamia hummus.

Chocolate macaroons

- 3 cups desiccated coconut
- ½ cup almond pulp*
- 1 cup cacao powder
- ¾ cup agave nectar
- ½ cup tahini
- 1 tablespoon vanilla extract
- 2 teaspoon lemon juice
- Pinch salt

**Almond pulp is what's left when you've made almond milk. If you don't have any you can simply grind 1/2 cup of almonds in a food processor.*

- ❖ Combine all ingredients in a bowl and mix thoroughly.
- ❖ Use an ice-cream scoop to shape equal-sized macaroons onto a Paraflexx sheet.
- ❖ Dehydrate at 105°F for 8 to 10 hours.



Chocolate cookies

2½ cup cashew flour*
1¾ cup oat flour**
½ cup cacao powder
¼ cup water
¾ cup agave
1 tablespoon vanilla extract
1 teaspoon salt

- ❖ Mix all ingredients in a bowl, by hand.
- ❖ Form into cookies and dehydrate on a Paraflexx sheet at 105°F for 8 hours.



*Cashew flour is cashews that have been ground in a food processor for a few second until broken down.

**Oat flour is oats that have been turned to a fine flour in a high-speed blender.



Warm Pesto Stuffed Mushrooms

20 chestnut mushrooms or other similar medium-sized mushrooms
¼ cup olive oil
¼ cup tamari

- ❖ 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 dehydrate at 105°F for 1 to 2 hours.
- ❖ Serve warm from the dehydrator.

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Bread & Sandwich Making

For the bread

- ½ cup olive oil
- 1½ cups soaked sun dried tomatoes
- 3 cups sprouted buckwheat (2½ cups dry & unsprouted)
- 1½ cups flax meal
- 3½ cups peeled courgette, roughly chopped
- 2 cups apple, cored and roughly chopped
- 2 tablespoons Italian seasoning
- 3 tablespoons lemon juice
- 2 avocados
- 1 large onion

❖ Combine all the ingredients in a large bowl and mix by hand.

❖ In small batches grind the mixture together in a food processor until completely mixed into a dough.

❖ Divide the mixture in 2 and place on Paraflexx sheets, on dehydrator trays.

❖ Use a spatula to spread the mixture evenly to all 4 sides and corners of the Paraflexx sheet. If mixture is too sticky you can wet the spatula to make things easier. With a knife score the whole thing into 9 squares.

❖ Dehydrate for at 105°F for 2 to 3 hours and then remove the Paraflexx 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 Paraflexx sheet off and continue to dehydrate the underside of the bread.

❖ Dehydrate for approx 8 hours more 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.



Cashew Mayo

- 1 cup cashews
- 2 tablespoons lemon juice
- ½ teaspoon salt
- 2 tablespoons chopped onion
- ¼ cup water
- ½ teaspoon agave nectar

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

10. Snacks, breads and wraps

For the mushrooms

Portabello mushrooms

Tamari

Olive oil

- ❖ Cut portabello mushrooms into thick 1cm wide strips. Marinade them for a couple of hours or overnight in equal parts of tamari and olive oil.
- ❖ Arrange them on a dehydrator sheet and dehydrate for 2 hours (optional).

Tortilla Wraps with Falafel & Macadamia Hummus

For the tortilla

3 cups peeled courgette (zucchini)

3 tablespoons olive oil

2 teaspoons lemon juice

Pinch cayenne

1 teaspoon ground coriander

½ teaspoon salt

½ cup flax meal*

- ❖ Blend all ingredients in a high-speed blender until smooth.
- ❖ Add flax meal and blend again until smooth.
- ❖ Pour mixture onto 2 dehydrator sheets and spread evenly into a circle on each. Dehydrate for 8 hours at 105°F, or until able to peel of the sheet.
- ❖ Once the dehydrator sheets are removed, return to the dehydrator for 30–60 mins, until both sides are dry to the touch but still pliable.

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



10. Snacks, breads and wraps

For the falafel

- 1 cup pumpkin seeds
- 2 tablespoons fresh dill, finely chopped
- 1 teaspoon ground coriander
- 2 teaspoons cumin
- 8 sun-dried tomato halves, soaked and chopped
- 3 tablespoons fresh coriander (cilantro)
- 1 clove garlic
- 2 shallots
- ¼ cup olives, stones removed
- 2 tablespoons tahini
- 2 teaspoons oregano
- Pinch cayenne
- Pinch pepper
- ½ teaspoon salt
- 1 tablespoon lemon juice

❖ Form into 10 evenly-sized balls and dehydrate on the mesh tray for anywhere between 2 and 10 hours, depending on how much time you have and how dry you want them. Even after 10 hours you should find they'll still be moist inside.

For the hummus

- ½ cup macademia nuts
- 3 tablespoons lemon juice
- 3 tablespoons tahini
- ¼ teaspoon salt
- ¼ cup water

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

Optional “roasted” Mediterranean vegetables

- ½ cup courgette (zucchini), sliced
- 1 red bell pepper, sliced thin
- ½ a medium red onion, sliced
- ½ cup fresh tomatoes, sliced
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon salt

❖ Marinate all ingredients for a couple of hours, then place on a dehydrator sheet and dehydrate at 105°F for 1-2 hours, until soft.

❖ You could just miss out the marinating and dehydrating part of this recipe to save time, and eat the veg crispy.

10. Snacks, breads and wraps

To assemble



1

1. Start with your tortilla on a chopping board.



2

2. Arrange a selection of your favourite salad leaves at the bottom of the tortilla, so it covers half the tortilla, leaving a small gap at the bottom.



3

3. Arrange the vegetables in a line along the salad leaves.



4

4. Place 3–4 falafel along the top of the vegetables.



5

5. On top of the falafel, spoon over a generous helping of the hummus.



6

6. Fold up the left and right hand sides of the tortilla.

10. Snacks, breads and wraps



7. Bring the bottom of the tortilla up over the two sides that have already been folded up.



8, 9 and 10. Using your thumbs, and keeping the sides and bottom rolled up, roll over the main part of the wrap towards the top so it starts to form the wrap and keep everything tightly packed together.



11 and 12. Cut at a slightly diagonal angle.

