**Recipes for Raw Food class May 2014**

**Thai Wraps**
2 cups walnuts
½ cup carrots, diced

½ cup zucchini, diced
½ cup Champignon mushrooms, diced
½ cup red bell pepper, diced
½ cup fresh cilantro, minced
½ cup scallions, minced (greens only)

**Sauce:**
½ cup raw wild honey
¼ cup nama shoyu or Braggs amino acid
1 clove garlic, minced
2 teaspoons fresh ginger, grated
2 Tablespoons sesame seeds, hulled
2 Tablespoons sesame Oil
2 teaspoons red pepper flakes

**Garnish:**
1 head of lettuce, Butter, Bib, or Romaine, 2 cups mung bean sprouts optional, 1 carrot

Gently pull-apart lettuce leaves wash and let dry on paper towel. Prepare the sauce in a food processor fitted with an s-blade by adding all ingredients and pulsing 3-4 times. Add walnuts to the processor and pulse 4-5 times until meat of walnut mimics consistency of ground meat. Then add diced vegetables to processor and pulse 3-4 more times until all ingredients are incorporated. Place 2-3 lettuce leaves on plate, scoop 2-3 tablespoons of walnut meat mixture onto each leaf. Garnish with mung beans, and grated carrot.

**Raw Ham**

Recipe is for a medium Ham, feel free to double recipe (soak nuts at least 4 hours and 10 hours in dehydrator)

Soak nuts **2 cups pecans, 2 almonds, 1 pine 1 cashews**

Other ingredients: **1 med onion, 6 garlic cloves** – mix all in juicer with blank screen or in food processor

Add 2 celery stocks sliced fine, 4tsp lemon juice, 1 Ts cumin powder, ½ tsp black pepper, 6 garlic cloves, 2 TS Rosemary, 6 Ts psyllium husk, 6 ts celtic or Himalayan Salt.

Mix well and sculpture the ingredients on a dehydrating tray into shape of turkey.

Baste the ham with a mixture of: 1/3 cup raw honey ,1 cup of olive oil, 1cuo if fresh pineapple, finely diced and to add color with some beet juice

Dehydrates for 10 hours, serve on silver platter and enjoy!

**Curry Coconut Cauliflower Soup with Pear Purée**

* 1 medium onion, sliced thin
* 3 tablespoons olive oil
* 1 tablespoon nama shoyu or gluten free soy sauce
* 1 tablespoon raw organic agave nectar, or sweetener of choice
* 1 large cauliflower
* 3 tablespoons olive oil
* Himalayan salt and pepper
* 2/3 cups cashews, soaked until soft in water, drained and rinsed.
* 2 cups filtered water
* 1 [young thai coconut](http://www.rawmazing.com/raw-food-all-about-young-coconuts/), flesh  from
* 1 teaspoon curry powder
* 1/2 teaspoon cumin
* 1/2 teaspoon turmeric
* 1 tablespoons agave nectar or sweetener of choice

1. Place sliced onions in a glass bowl.

2.  Whisk together 3 tablespoons olive oil, nama shoyu and agave.  Pour over onions, mix well and set aside while you are preparing the cauliflower.

3. Slice cauliflower into 1/2-inch slices. Toss with 3 tablespoons olive oil, pinch Himalayan salt and pepper.

4. Spread cauliflower onto mesh sheets. Dehydrate at 115 degrees for 8 hours.

5. At the same time, remove onions from marinade and place on mesh screen. Dehydrate with cauliflower until crisp.

1. Place cashews and 2 cups water in high-speed blender or food processor\* Blend until smooth.

2. Add coconut flesh, dehydrated cauliflower, curry powder, cumin, turmeric, and agave.

3. Blend until smooth and warm. Do not warm beyond 115 degrees if you want it to remain raw.

4. Pour in bowls and top with pear purée and crisp onions.

\*If you use a food processor, your soup will be chunkier.

Pear Purée

* 1 red pear, seeds and core removed.
* 1/4 cup water

Place pear and 1/4 cup water in blender and blend until very smooth.

# Raw Italian Focaccia Style "Bread" with Basil

Raw bread recipe made with flaxseeds and sunflower seeds. This raw version of classic Italian focaccia bread is as comforting, delicious and prone to overeating as the original. The flavor is a 'live' ringer, and goes great with salads and raw soups.

* 1 cup flax seeds
* 1 cup sunflower seeds
* 2 cups yellow onion, quartered
* 1 1/2 cups tomato, chopped
* 1/4 cup olive oil
* 2 tablespoons nama shoyu (or substitute 1 teaspoon sea salt)
* 1 tablespoon fresh rosemary
* 1 tablespoon fresh thyme
* ½ cup fresh basil

1. Place the flax seeds and sunflower seeds in a food processor fitted with the S-blade. Process them on high speed for about 30 seconds or until they are finely ground (as close to a flour-like consistency as possible).

2. Add the remaining ingredients and process for about 10 seconds or until a rather chunky batter forms.

3. Spread the batter evenly over a Teflex-lined dehydrator tray. Dehydrate at 115°F for 12 hours, flip over and remove the Teflex sheet. Continue dehydrating for another 12 hours or until the bread is dried all the way through and has a slightly harder outer layer.

4. Cut into 12 pieces (3rows X 4rows) and store in an airtight container in the refrigerator for up to a week.

**Raw Pizza**

**Crust** – I used the Italian Focaccia Style "Bread"

Topping

1 serving of Nacho Cheese (see recipe)

1 serving of marinated Mushrooms

1 avocado

1 cup of sun dried tomatoes

½ cup fresh basil;

2 Ts of fresh oregano

½ cup of dehydrated marinated onions

On a fully dehydrated pizza crust, add a thin layer of Macho Nacho Sauce, avocado slices, sund dried tomatoes, marinated mushroom, dehydrated marinated mushrooms, basil, and oregano, ENJOY!

 **Marinated Mushroom for pizza**

5 Portabella mushroom, sliced

½ cup extra virgin cold pressed olive oil

½ cup Namo Shoyu (raw Soy sauce)

½ teapoon (ts) cayenne optional

Set aside and let marinate for a t least 30 min.

tomatoes, marinated mushroom, dehydrated marinated mushrooms, basil, and oregano, ENJOY!

 **Marinated onions for pizza**

1 medium onion sliced very thin

3 Tbs extra virgin cold pressed olive oil

1 Tbs cup Namo Shoyu (raw Soy sauce) or Tamari sauce

1 Tbs of raw agave or your favorite sweetener

Whisk together 3 tablespoons olive oil, nama shoyu and agave.  Pour over onions, mix well and set aside for at least 15 min, dehydrate until crisp (optinal).

**Macho Nacho Sauce (10min)**

In blender add:

½ water

½ red bell pepper

½ pine nuts or cashew nutsf

½ sunflower seeds

1 Tbs Miso (fermented say, full of enzymes, Spouts carries it)

1 clove garlic

1 tbs fresh lemon juice

1 Fresno pepper (red Jalapeno)

1 ts seal salt

Blend on high until creamy, serve on top of lettuce leaves, tacos or as a dip for “chips”

**Kale Chips**



Organic Baby Kale (I buy mine in Costco)

 1 clove garlic

1 C Cashews, soaked at least 8 hours, rinsed and drained

1/4 C Nutritional Yeast\*

1/3 C water

2 T Olive Oil

1/2 tsp Smoked Paprika or regular paprika

1/4 tsp Chipotle (spice)

Pinch Sea Salt

With processor running, drop in garlic and mince. Add the rest of the ingredients and process until smooth. Pour over kale chips in a bowl and massage until kale is coated. Dehydrate on screens at 115 for 4-6 hours or until crisp. \*Nutritional yeast is not raw but used frequently in raw food recipes.

**Sabine’s Raw German Chocolate Cherry Pie**

I just read some research on how anti-inflammatory tart cherry are and thought I should come up with a delicious Raw desert with tart organic cherries

**Crust:** mix 2 cups hazelnuts 1 to 11/2 cups dates presoaked, (optional add beneficial 1 TBS coconut oil), 2 Tbs of raw cacao, pinch of Himalayan salt, 2 Tsp of raw honey or agave

**Vanilla Cream Filling:**

1 cup soaked raw cashews, 1 pinch Himalayan salt, 1 Ts real vanilla, 3 TBS raw agave or raw honey, 1 – 2 Tbs lemon juice, 2 to 3 Tbs coconut oil, a little hot water to make it blend easier

Put all ingredients into Vitamix and blend until very creamy.

**Chocolate Filling:**

In a processor add: 2 large or 3 small avocados, optional one ripe banana

1 cup raw cacao powder (or carob)

1 cup maple syrup or your favorite sweetener (raw honey…)

Blend until creamy.

Put the crust into pie shell, add the tart cherries, add the Vanilla cream layer, out in freezer to harden, and add the chocolate layer one the vanilla layer is firmed up. If desired once can repeat the different layers for a thicker pie.

Place into freezer for a few hour and serve (hint, do not use glass pan, in glass pan the crust will stick to it). This pie can be stored in freezer for several months.

**Raw Chocolate Macaroons**

* 1 cup almond flour (or ½ cup raw almonds)
* 2 cups dried organic unsweetened coconut flakes
* 1 1/4 cups raw cacao powder (or [carob powder](http://macrobiotic.about.com/od/glossary/g/Carob.htm) if you don’t want to use cacao)
* 1 cup maple syrup, agave or raw honey
* 1/3 cup coconut butter (you can substitute with coconut oil or I have left it out before too)
* 2 teaspoons pure vanilla extract
* Pinch of sea salt

If you are using raw almonds instead of almond flour, place them in the bowl of a food processor and grind them until they are very finely chopped. Or if you make your own almond milk you can dehydrate the left over almond.
Add the coconut to the ground almonds or almond flour, along coconut butter, maple syrup (or your choice of sweetener, vanilla extract and pinch of salt. Process until the mixture is well blended but still has plenty of texture.

Form mixture into balls and place the macaroons on a cooling rack and dehydrate for a few hours – depending on your preferred texture. You can also refrigerate them until they are firm.

**Raw Chocolate Covering**

Melt raw cacao butter in double boiler (not over 112 F), add raw agave, maple syrup, or sweetener of your choice and raw Cacao powder and stir until everything is melted and mixed. Pour over the coconut macaroons and refrigerate and ENJOY! (If you don’t have much time or have no raw ingredients, you can melt dark chocolate chips, add a little coconut cream to it and use that as the chocolate cover)

**Variations:**
For **Chocolate Orange Macaroons:** add 2 teaspoons of finely grated orange zest.
**For lemon or orange scented macaroons:** add 1 ½ teaspoons grated lemon or orange zest to the mixture.

**Coconut Dark chocolate Fudge**

* 1. **Easy Non Raw Version**

1 can of extra thick coconut cream (I use trader Joes 13.5 oz), ½ cup of sugar (I like to use coconut Sugar), ¼ coconut oil, 2 (12 oz) packages of semisweet chocolate chips.

Place coconut cream, coconut oil and sugar in Sauce pan and simmer over medium heat. Take of the burner and add in chocolate chips and stir until everything is melted. Use an electric blender on med high for 3 min to mix it all up. Pour in pan (line with parchment paper or aluminum foil for easy removal of fudge) and sprinkle with toasted coconut flakes. Refrigerate until firm or at least for 8 hours and cut into 36 small pieces (mine are big pieces so it’s more like 18)

* 1. **Healthiest Part Raw Version**

I am passionate to make desert as healthy as I can make them without losing the amazing taste, So instead of using the chocolate chips, I melt raw cacao butter and mix it with raw cacao powder and raw agave and vanilla extract or powder. I think the fudge tastier and much higher in antioxidants…

**Peanut or Almond Butter Variation**

Add a layer of Peanut butter or almond butter between the fudge

I used peanut butter, raw cashews, and raw honey and a little of water and made it creamy in Vitamix.