

August Raw Recipes 2009

Corn Chips (Ellen from Dr. Christopher's Herbal Legacy)

6 cups corn fresh or frozen (unthawed)

1 cup flax seed soaked in 2 cups water until all water absorbed

2 Tbsp Bragg's Aminos

Process all ingredients in food processor till thick dough...add only enough water to mix.

Spread 1/4 inch thick on dehydrator teflex sheets (or parchment paper)

Dehydrate for 12 hours @ 105 degrees. Flip over and remove sheets after 6 hours. Cut into shapes...score

By using pizza cutter. After total of 12 hours or so, break into pieces.

Variations: Add: #1 1-2 jalepenos

#2 1/2 cup red pepper

#3 1/2 tsp cayenne pepper

#4 1-2 cloves garlic

Hempseed "Couscous" Salad (Ellen from "My Raw Recipe Collection" by Brenda B)

1 cup hemp hulled seeds (kernels)

1/4 tsp saffron (I used turmeric...didn't have saffron)

1 Tsp extra virgin olive oil

3 scallions, thinly sliced, or 1/4 cup sweet, diced onions

2 plum tomatoes, seeded and diced

1 cup seeded and diced cucumber

1/3 cup chopped dried apricots or currant or a little of both (I used currants)

1 Tbsp minced fresh parsley

2 Tbsp minced fresh mint

Juice of 1/2 orange

3/4 tsp sea salt

Combine all ingredients in bowl and toss to mix well.

Stuffed Celery (Ellen from "My Raw Recipe Collection" by Brenda Bruner)

PIGNOLI SAUCE: 1/2 cup pine nuts

1 1/2 tsp fresh lemon juice

1/4 tsp sea salt

1/8 tsp lemon rind

1 small clove garlic

1/4 cup water

1/2 cup raw sunflower seeds

Process everything except water and sunflower seeds in food processor until ground up, then drizzle in water in and process until fairly smooth. Add sunflower seeds and process to make a chunky thick filling. Pulse in 1 1/2 tsp lemon juice and about 1/4 cup fresh minced parsley. Stuff celery and garnish with more minced parsley. Makes enough for apx. 4-5 stalks celery

Take it with you Bar (Susan Lovell)

1 cup almonds (soak overnight, then rinse)

1/2 cup raisins, soaked for 20 minutes

2 apples, cored and chopped

Combine all ingredients in a food processor and puree. Shape into blocks (about the size of a traditional granola bar) on solid dehydrator sheets and dehydrate for 6 fours. Remove the sheets, flip over onto the tray and continue dehydrating for another 6 hours or until bars are dry on both sides. (Susan said her bars didn't hold together and therefore her treats were in shape of little clusters instead of bars...still very yummy!!!!)

Celery Soup (Penny Dahler)

Yields 2 servings

4 stalks celery, chopped

1 cup water

1 avocado, pitted and peeled

1 tomato

Juice of 1 lemon or lime

1 tsp kelp

A handful of chopped fresh cilantro

Place the celery in a bowl. Combine the remaining ingredients in a blender and blend until smooth. Pour the puree over the chopped celery and stir to mix,

Banana Ice Cream (Jeff and Jennifer Kirk)

Freeze pieces of banana in sizes that will fit through your juicer.

Use blank plate in your juicer and put the bananas through...they will come out like soft serve ice cream.

Other fruits can be frozen and made into ice cream also.

Top with chopped celery, chopped dates, nuts, carob sauce, fresh fruits or sauces, etc, etc, etc! Very, very scrumptious!!

Buttered Zucchini (Connie Burke)

4 cups shredded zucchini

1/4 cup raw pumpkin seeds

1/4 cup raw sunflower seeds

1/4 cup minced onion

1/8 cup olive oil

1 Tbsp dried basil

1/4 tsp turmeric powder

1/2 tsp sea salt

Combine all ingredients and stir well. Let stand to blend flavors

Mayo (Connie Burke)

2 cups raw cashews

3 stalks celery

1/4 cup chopped onion

1/2 cup chopped green bell pepper

1/4 cup chopped tomato

2 Tbsp fresh parsley

1/4 tsp dried thyme

1 large clove garlic

1/4 cup lemon juice

Combine all in food processor and process till pretty smooth. Can be used in cabbage mixture or as dip for crackers, celery, etc. Great as mayo on "sandwich" of lettuce, tomato, veggie-burger, onion bread, etc.

KALE CHIPS (Susan Grate from "Raw"some Delights by Brenda Bruner

2 large bunches kale, remove stems and tear into large, bite-sized pieces

1 Tbsp fresh lemon juice

1 tsp sea salt

3 Tbsp olive oil

Mix ingredients very well so that the kale is well coated. Place on teflex or parchment sheets on trays and dehydrate until very crisp, about 7-8 hours at 105 degrees.

Blueberry Pie (Debby Pontecorvo)

Crust: 2 cups raw cashews- grind in blender

2 Tbsp lemon juice

1/4 cup agave nectar

Mix and press into pan

2nd layer: 4 cups FRESH blueberries

1 ripe banana

1 Tbsp raw honey or agave nectar

Blend and pour over crust.

Top with 1 cup fresh blueberries

This pie is absolutely delicious!!!! Must use fresh blueberries so that filling will thicken properly.

Mediterranean Sunflower Seed Dip (Gwen from Recipes on the Light Side)

1 cup sunflower seeds

2 sun-dried tomatoes

1 Tsp freshly squeezed lemon juice

2 Tbsp red bell pepper, diced

2 Tbsp kalamata olives, diced

1 Tsp green onion, minced

1 Tbsp fresh basil, minced

1 Tbsp fresh parsley, minced

1 tsp nama shoyu

1/2 tsp garlic, minced

1/4 tsp freshly ground black pepper

1 Tbsp nutritional yeast

1 Tsp olive oil

Soak sunflower seeds in water to cover for 2 hours to overnight.

Soak sun-dried tomatoes in water to cover for at least 30 minutes.

Strain seeds and tomatoes and place in food processor. Add lemon juice, red pepper, olives, green onion, basil, parsley, nama shoyu, garlic, oregano, pepper, nutritional yeast, and olive oil. Process on high speed for 20 seconds or until smooth. Scrape down the sides as necessary to ensure flavors are evenly distributed. Allow Pate' to sit for at least 20 minutes, covered, in the frig before serving to enhance the flavor.

Serve with fresh cucumber slices, flax crackers, or as part of a salad.

Variations: Alternate the herbs and/or the veggies as you like. You can also use pumpkin seeds instead of sunflower seeds. Or try substituting spices with Indian or Mexican spices.

Jalapeno Burgers (Gwen)...this was not on buffet, but came highly recommended.

1 cup walnuts soaked 4 hours

*1/4 cup sun-dried tomatoes soaked until very soft (reserve 1/8 cup soaking water)

1 jalapeno finely chopped

1/2 onion finely chopped

1 Tbsp Nama Shoyu

1/2 tsp black pepper

1/2 tsp sea salt

1 clove garlic minced (optional)

Process walnuts, tomatoes and soaking water till meat consistency.

In mixing bowl lightly mix this with remaining ingredients. Shape into 6 patties and serve.

(I dehydrate them for 4-6 hours)

*I soak the tomatoes in the Nama Shoyu and minced garlic with a touch of olive oil and water to cover.