

AUGUST RAW FOOD RECIPES 2010

DILL PICKLES

Brine:

$\frac{1}{4}$ cup kosher salt
1 cup distilled vinegar
 $4 \frac{1}{2}$ cup water

Mix this all together till salt dissolves...this makes about enough to fill 3 quart jars of pickles

The following is for each jar:

Apx. 6-7 fresh pickling cucumbers....quartered or sliced/chunked or if small left whole
1-2 heads Fresh dill...chopped
 $\frac{1}{4}$ tsp dill seed
12 black peppercorns
1 pepper (banana, jalapeno, green chili) optional....the pepper taste will get hotter the longer the pickles "marinate"
4-6 cloves peeled and chopped fresh garlic

Tightly pack the pickles, garlic, dill, peppers and peppercorns into the sterilized jars

Pour brine into the jars to within $\frac{1}{4}$ head space. Seal with lids and rings.

Let jars set 24-48 hours on counter and then refrigerate

OR

Process jars in hot water bath for 5 minutes...get water fairly hot and then put the jars in (don't want it boiling hot or jars might crack since they are cold). Water should be and inch or two above tops of jars. Bring to a full boil and boil 5 minutes. Remove jars from canner and cool on counter. You don't want pickles to get soft, so want minimal processing time...just enough for jars to seal.

BLUEBERRY DESSERT

CRUST:

1 cup raw cashews
1 cup pecans
4-6 medjool dates

Pulse chop above till crumbly and add the following:

$\frac{1}{4}$ cup coconut
pinch salt

Mix together and press into the bottom of an 8x8 or 7x11 baking dish

2ND LAYER:

4 cups FRESH blueberries (blueberries must be fresh for pectin to make it thicken)
1 ripe banana
1 Tbsp raw honey or agave nectar

Blend till smooth. Pour over crust. Blueberries have a lot of natural pectin in them and this will set up really nicely.

Top with additional 1 cup of fresh berries

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
Toss all together and mix well.

Kelp Noodle Primavera

1 large tomato, chopped
3 strips sun dried tomato, chopped
1/2 large bell pepper, diced
3 Tbsp minced sweet onion
4-6 shiitake mushrooms, finely chopped
1 large sprig rosemary
1/2 tsp dried basil
1 tsp sea salt
1 tsp olive oil
1 pkg kelp noodles, cut up
Toss all together and serve

Zucchini Hummus

3 cup zucchini
4 Tbsp Tahini
4 Tbsp lemon juice
1 tsp minced garlic
1/2 tsp cumin
1/2 tsp paprika
1/4 tsp salt
Blend all together

Spiced Zucchini Chips

2 sliced zucchini
Sauce: blend in food processor the following:
1 jalapeño pepper
2 tomatoes
Salt and pepper to taste
Dip zucchini slices in sauce, place on dehydrator trays and dehydrate 18-24 hours

Just Plain Corn

Cut desired amount of corn off of cob
Place corn in bowl
Top with halved pieces of grape tomatoes
Serve

Garden Onion Bread

3 large sweet onions (peel and roughly chop)

1 cup sunflower seeds, ground

1 cup golden flax seed, ground

1 med zucchini chopped

1 apple chopped

1/3 cup olive oil

2 Tbsp Bragg's Aminos

2 Tbsp black or white sesame seed

Place chopped onion, zucchini, apple in processor till minced very fine.

Put in bowl and add all other ingredients.

Stir well and add water if needed.

Spread thin (apx 1/4 inch) onto onto 3 teflex sheets.

Dehydrate at 110 F. Flip after 6 hours. Continue to dehydrate 2-4 hours.

Store in airtight container in frig.

I mixed more sesame seed into the batter and really liked the taste and effect...or you can just sprinkle sesame on top of bread. Bread will be pliable.

Chunky Bruschetta (Herbal Legacy)

1 tomato diced

1 pint cherry tomatoes slice in half

1 cucumber diced

2 garlic cloves minced

1 handful fresh basil chopped

1/4 cup red onion minced

1/2 tsp crushed red pepper

Drizzle balsamic vinegar and plenty of extra virgin olive oil over veggies. Stir all the ingredients together and enjoy over gluten-free bread or cracker.

Cilantro Lime Veggie Salad (Herbal Legacy)

1 cup fresh cilantro

1 chopped tomato

1 chopped avocado

1 chopped cucumber

4 cups mixed baby greens

3 TBSP fresh lime juice

2 TBSP flax seed oil

1 clove minced garlic

1 tsp powdered kelp

Chop veggies

Combine rest of ingredients and toss until well coated.

Mediterranean Kale (yield 1 serving) (Raw Food Made Easy)

4 Kale leaves, stems removed

1 ½ tsp extra virgin olive oil

1 ½ tsp fresh lemon juice

1/8 tsp salt

¼ red bell pepper, diced

1 Tbsp raw pine nuts

1 Tbsp slice black olives

Dash black pepper (optional)

Chop kale into small short pieces

Mix oil, lemon juice salt and pepper together and massage this into the kale

Add the remaining ingredients and toss.

Marinate 10 min at room temp before serving. Store in frig or eat immediately.

Garlic Rosemary Raw Mashed “Potatoes” (Grazia)

2 ¼ cup raw cauliflower cut in pieces

¼ cup raw cashews

¼ cup extra virgin olive oil

Pressed garlic, Herbamere seasoning, fresh rosemary (cut in small pieces with kitchen scissors), fresh ground black pepper....all to taste. Can add dulce if desired

Put all ingredients into a food processor and blend till smooth, scraping down the sides frequently till the consistency of creamy mashed potatoes.

Can top with Flax Seed Gravy if desired.

Grazia's Flax Seed Gravy

2 oz. golden or brown flax seeds

5 oz. alkaline water (can use purified)

Soak till seeds become gooey

Add to blender and blend till turns into a thick ball.

Add ¼ tsp barley miso (or to taste)

1 tsp olive oil

2 tsp Braggs Aminos

2-4 Tbsp Alkaline water (or purified) to reach desired consistency

½ tsp nutritional yeast

Blend till smooth and desired consistency. Use to top raw mashed potatoes.

Chocolate Cake with Cashew Crème Frosting

Cake:

3 cups walnuts

1 tsp sea salt

1 tsp natural vanilla

20 pitted deglet dates...less if using medjools

2/3 cup raw cocoa

1-2 Tbsp pure maple syrup

Blend walnuts and salt until slightly coarse, don't over-blend.

Add remaining ingredients and blend well until soft

Line a pie plate with plastic wrap and pour walnut mixture in and pat firmly. Inver over a plate and remove the plastic

Top with Cashew Crème Frosting.

Top frosting with coconut, slivered almonds and berries or fruit of your choice.

Cashew Crème Frosting (yields 1 1/2 cup...6 servings)

1/4 cup pure maple syrup

1 cup raw cashews, soaked 2-4 hours

1/2 cup water

Dash sea salt

Blend cashews, maple syrup, salt and water till smooth. Be sure to start with 1/4 cup water and add more in small amounts as needed so that it's not too thin.

Chill for 1 hour before using. Store in a sealed glass jar in the refrigerator for up to one week.

Mike's Pecan Pie Bars

4 cups raw pecans chopped

1 cup raw cashews chopped

1 cup sprouted buckwheat ground

3/4 cup maple syrup

1 1/2 cup water

1/2 tsp sea salt

1/2 tsp cinnamon

1/2 tsp ground ginger

1 tsp vanilla

Chop pecans and cashews in food processor fairly fine and add ground buckwheat (can grind in vita mix or electric coffee grinder), spices, vanilla and syrup.

Mix all together and spread about 1/2 inch thick onto dehydrator tray lined with parchment or teflex sheets

Dehydrate 8 hours. Flip over and continue to dehydrate another 8 hours. Should be crisp and crunchy. Store in air tight container.