

JUNE 2013 RAW FOOD MEET UP RECIPES

Garden Medley Broccoli Slaw

2 pkgs Garden Broccoli Slaw

¼ cup or to taste green onion chopped

¼ cup or to taste chopped walnuts

Chopped Kalamata olives to taste

Chopped capers to taste

14 or to taste raisins

(Option: Add other veggies if desired like tomatoes, red onions, cauliflower florets, peppers, etc.)

Creamy **Cucumber Dill Ranch Dressing** (recipe to follow)

Mix all ingredients together. Let set to wilt the slaw. Serve chilled.

Creamy Cucumber Dill Ranch Dressing

1 cup soaked sunflower seeds

1 cup chopped cucumber

2 tsp raw almond butter (more if desire a creamier texture. Can also use Cashew, or other nut butters)

2 Tbsp Extra Virgin Olive Oil

2 cloves chopped garlic or to taste

½ tsp Herbemare organic seasoning (or to taste)

2 Tbsp fresh squeezed lemon juice (add more for a tangier flavor)

2 tsp dried dill weed

3 Tbsp pure water

Optional: 1 Tbsp chopped onion

Blend all together in a blender till smooth and creamy. Use all or enough to dress the broccoli slaw.

Can use as a salad dressing by adding more water.

Will thicken when chilled and can use as a veggie dip for carrots, cucumbers, peppers, etc.

Option1: Great spread for wraps, sandwiches, topping for baked or steamed potatoes instead of sour cream.

Option 2: Omit the dill and add fresh basil and oregano for an Alfredo sauce for zucchini pasta or brown rice or quinoa.

Option 3: omit the dill and add 1-2 Tbsp nutritional yeast and ½-1 tsp turmeric for a “cheesy” dip.

Rhubarb Crumble Cake **(www.nouveauraw.com)**

Ingredients: 8x8 pan

Dry Ingredients:

- 1 cup rolled, gluten-free oats
- 1 cup raw almonds, ground
- 1/4 cup chia seeds, ground
- 3 Tbsp raw coconut flour
- 1 tsp ground cinnamon
- 1 tsp sea salt
- 2 cups packed, moist [almond pulp](#)
- 2 cups [rhubarb from Rhubarb sauce recipe below](#), divided



Rhubarb Sauce:

Ingredients: yields 4 cups rhubarb & 1 1/2 cups syrup

- 8 cups sliced rhubarb (roughly 13 stalks)
- 1/2 cup maple syrup

Preparation:

1. Wash and dry the rhubarb.
2. Slice into 1/4" slices, discard the leaves (they are toxic).
3. Place the rhubarb and maple syrup in a ziplock bag, close and shake, coating all the pieces.
4. Pour everything into a glass container that will fit inside of the dehydrator, cover with plastic wrap and slide the container into the bottom of the dehydrator. I use the Excalibur machine.
5. Dehydrate at 115 degrees for 8 hours. The rhubarb will soften and create extra sauce.
6. Use in recipes, eat alone or blend into a sauce and scoop over ice cream or your favorite porridge



Wet Ingredients:

- 1 cup Medjool dates, soaked in 1/2 cup hot water
- 3 Tbsp maple syrup
- 3 Tbsp raw honey
- 1 Tbsp lemon juice
- 1/2 cup [rhubarb liquid](#) from Rhubarb Sauce recipe above.

Crumble Topping:

- 1/2 cup raw almonds
- 4 Medjool dates, pitted

Rhubarb drizzle sauce:

- 1/2 cup [rhubarb](#) from [Rhubarb Sauce](#) recipe above
- 1/2 cup water
- 1 tsp chia seeds

Preparation:

Cake and crumble rhubarb topping:

1. In the food processor fitted with the “S” blade, process the almonds to small bits. Add the oats and process till they are broken down into a coarse meal.
2. Add the ground chia seeds, coconut flour, cinnamon and salt. Pulse together and pour into a large bowl. Add the almond pulp and 1 cup of rhubarb. Set aside.
3. In the same food processor bowl combine dates, maple syrup, honey and lemon juice. Process until creamy. Pour into the large bowl with the “dry” ingredients. Mix well with your hands, working all the ingredients together.
4. Lightly grease a 8x8 baking pan with coconut oil or line with plastic wrap. Press the batter into the pan, firm and even. Flip the pan over and allow the cake to drop to the teflex sheet that comes with the dehydrator.
5. Spread the remaining 1 cup of rhubarb over the cake top.
6. Polk holes into the cake top with a chop stick or skewer stick and drizzle the 1/2 cup of marinated rhubarb liquid over the holes and cake top. For the rhubarb liquid, I used the liquid that was created after the marinating process.
7. Dehydrate at 145 degrees for 1 hour. This will create a crust on the outside and warm up the dessert.
8. While the cake is in the dehydrator make the crumble and drizzle sauce.



Crumble topping:

1. Place the almonds and dates in the food processor and process until it is broken down into small bits. Set aside.

Rhubarb drizzle sauce:

1. Place the rhubarb, water and chia seeds in the blender and process until creamy. Set aside.

Assembly:

1. Remove the cake from the dehydrator and sprinkle the crumble topping on top of the cake.
2. Drizzle the rhubarb sauce over the cake in a zig-zag pattern. You can save some or make for if you want additio<http://www.rawfor30days.com/blog/raw-vegan-sushi-recipe>nal sauce when serving. It's so yummy!

3. Cover any leftovers with plastic wrap and keep in the fridge for up to 3 days.

Raw Vegan Sushi (www.rawfor30days.com/blog/raw-vegan-sushi-recipe)

Ingredients:

- 1 Head Green Cabbage – finely chopped
- 1 Medium Red Onion – finely chopped
- 2 Cloves Garlic – minced
- 2 Ripe Mangos – cut into long strips
- 2 Lemons – juiced
- 1/2 cup Spring Water
- 1/3 cup Fresh Ginger – minced
- 2 Avocados – cut into long strips
- 1 cup almond butter
- 1 Package of 10 Nori Sheets

- Wasabi Paste or Powder
- Pickled Ginger
- GF Organic Tamari Soy Sauce



Preparation Instructions:

Part I. Making the filling

- In a large stainless steel or ceramic bowl, combine the finely chopped cabbage, red onion, and sea salt. With your hands, mix the contents together, really squeezing the cabbage to soften it up.
- In your Vitamix (or other blender of choice), add the garlic, ginger, almond butter, lemon juice, and spring water. Blend on the highest setting for 2 minutes. Once the texture is nice and creamy, pour the contents of the blender into the main bowl with the other ingredients.
- Stir everything together vigorously for about 5 minutes.
- Cover the bowl with a towel and place in the refrigerator for 2 – 3 hours.

Tip: Over the course of 2 to 3 hours, the lemon juice will soften the fibers in the cabbage and make it much easier to digest! This makes lemon juice an essential part of this recipe.



Part II. Creating the Rolls

(For this part you will need a large cutting board, sharp knife, and a small bowl full of water.)

- Remove your big bowl of filling from the fridge and lay out one nori sheet on your cutting board. Using a table spoon, scoop 3 or 4 spoonfuls of filling in a line across the bottom third of the nori roll – about an inch from the bottom edge, closest to you.
- Next, lay 2 or 3 strips of mango and avocado along the top of the strip of red cabbage filling. Use these 2 ingredients sparingly.. you don't want to run out!
- Dip your finger or a small brush into the small bowl of water and moisten the top edge of the nori roll.
- Using your index finger and thumb, gently roll the the nori from the bottom edge. You should end at your moistened edge, which will seal the roll kind of like an envelope.
- Place this first roll on a plate.
- Repeat these steps for all of your rolls. Once you've finished rolling, place your stack of delicious nori rolls back in the refrigerator for 30 minutes. (I find this helps solidify the structure of the rolls so they're easier to cut!)

Part III Serving up the deliciousness

- Remove your plate of nori rolls from the fridge and place on the cutting board – one at a time. With a very sharp knife, cut the rolls in to 6 pieces each and place on a large serving platter. Get artistic with this part!!
- As a garnish, scoop out some pickled ginger and wasabi into 2 separate bowls, as well as the gluten free organic soy sauce.

That's it!! I think you're going to like this one 😊

Stay curious,

Nick Polizzi

Sorbet

2 mangos

4 peaches

2 pints red raspberries

4 bananas

Small handful of raisins

2 Tbsp honey

Blend all ingredients till smooth and freeze...pour into ice cube trays or make popsicles, etc.

Delicious!!!

Kale Chips

2 large bunches of 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 and massage into kale so that it is well coated. Place on parchment paper on trays and dehydrate until very crisp, apx. 7-8 hours @ 105F.

Krispy Kale Chips (CHI)

3-4 large heads of kale, washed, de-veined (save veiny leaves for green smoothies)

1 cup sesame Tahini (I ground sesame seeds in my coffee grinder and added a little olive or flax oil to make a nut butter consistency)

½ cup raw soy – Nama Shoya (I used Bragg's Aminos)

¼ cup raw apple cider vinegar

½ cup water

½ small yellow (or red) bell pepper

1 whole lemon juiced

½ cup nutritional yeast

3 cloves garlic

1 Tbsp onion powder of 1/8 small onion

1 tsp Himalayan salt

Wash kale, tear off leaves and strip off middle vein

Blend ingredients until smooth, will be thick, but pourable. Add water or Rejuvelac as needed.

Pour mixture into a bowl and combine with kale.

Massage the mix into the kale so kale is coated on both sides.

Cover dehydrator tray with parchment paper or Teflex sheets

Make a single layer of the "chips" on each dehydrator tray

Place in dehydrator for 8-10 hours @ 105-110F

Remove from dehydrator when chips are crisp.

Store in air-tight container.

ONION BREAD

2-3 sweet onions -slice thin and then chop up (can use other onions also if sweet not available)

1 cup ground flax seed

1 cup sunflower seeds –grind

2 Tbsp olive oil

1 tsp Himalayan salt

Mix ingredients and spread 1/8-1/4" thick onto parchment lined dehydrator tray. Dehydrate at 105F for 20-24 hours

Cheezy Kale Almond Crackers

1 cup ground flax seed
1 cup water
2 cups almonds, soaked overnight, drained and rinsed
1 bunch kale
1 cup Raw coconut flour
¾ cup nutritional yeast
1 tsp chipotle
1 tsp smoked paprika
Himalayan salt and pepper to taste

1. Mix together ground flax, and water. Set aside.
2. Place almonds in food processor and process until finely chopped. Remove to large bowl.
3. Finely chop kale. I do this in food processor, also.
4. Add nutritional yeast, coconut flour, smoked paprika and chipotle to the chopped almonds. Mix well.
5. Stir in kale.
6. Add flax/water mixture. Blend well. I use my hands at this point.
7. Spread ¼ inch thick on non-stick sheet. I used a rolling pin. Score into cracker sized pieces and dehydrate at 145F for 30 minutes. Decrease heat to 118F and continue to dehydrate until done (approximately 8 hours) turning once or moving to dehydrator screens halfway through dehydration. You want these very dry.