

# Refresh

## ENTERTAINING MENU 3

# RICE PAPER ROLLS

MAIN COURSE

CASUAL ENTERTAINING IDEA

## RICE PAPER ROLLS

### INGREDIENTS

Makes 4 servings

- 2 carrots julienned
- 2 cucumbers julienned
- 2-3 spring onions cut length ways
- 1 red capsicum cut length ways
- 2 avocados sliced thinly
- 6 shitake mushrooms
  - (*marinated in tamari overnight*)
- 16 rice paper sheets
- 1 cup of basil or mint

### MISO GINGER TAHINI SAUCE

- 1/3 cup unpasteurized miso paste
- 1/2 cup of tahini
- 1 small knob of ginger
- 2-3 tbs. tamari
- 1/3 coconut nectar
- 1 1/4 cups of warm water
  - (*not boiling*)



### METHOD

Lay the rice paper out following the instructions listed on the packet. Make sure to have your raw ingredients out and ready to go before you start, as rolling out the rolls can get messy.

### DIPPING SAUCE

Place all the ingredients and half the water into a blender and blend until smooth. If the texture is too thick or the consistency isn't right, slowly add small increments of water until the desired consistency is reached.

# RAW LASAGNA

MAIN COURSE

HIGH ENTERTAINING IDEA

# RAW LASAGNA

## INGREDIENTS

Makes 4 servings

2-3 zucchinis, sliced thin lengthways

### CASHEW CHEESE

- 1 cup of raw cashews soaked for 2 - 4 hours
- 1/3 cup of nutritional yeast
- 3/4 tsp. sea salt
- 1/3 cup water (or more as necessary)

### NAPOLI SAUCE

- 6 medium tomatoes
- 1/2 cup of green capsicums
- 1 small red onion
- 2 garlic cloves
- 1 tsp. himalayan salt
- 1/2 cup fresh basil leaves
- 6 sun dried tomatoes
- 1 tsp. mixed italian herbs
- 2 soaked dates

### WALNUT PARMESAN CHEESE

- 1 cup walnuts
- 2-3 tsp. nutritional yeast
- pinch sea salt



### METHOD

Add the soaked cashews, nutritional yeast, sea salt and water to a food processor or blender and puree ingredients, scraping down the sides as necessary until the cashew cheese is smooth and creamy.

Put walnuts into a food processor and blend until a crumbled consistency has been achieved - **do not over process** as walnuts have a high oil content and will turn to butter if overprocessed. Add the additional yeast and salt and process again until well mixed. Sprinkle over the top for a parmesan cheese topping.

Using a mondolin, slice the zucchini thinly length ways and store on a plate while the sauces are being made. Spread the cashew sauce across each of the zucchini slices and roll with the cashew cheese on the inside, using a toothpick to secure the lasagna roll and set on a serving plate. Spread the napoli sauce over the top of the lasagna rolls and top with the wanut parmesan cheese before serving.

# CURRY VEGETABLE PIE

MAIN COURSE

HIGH ENTERTAINING IDEA

# CURRY VEGETABLE PIE



## INGREDIENTS

Makes 4 servings

1 serving of pastry

2-3 cups of chopped vegetables (*broccoli, corn, capsicum, carrot, spinach, etc.*)

### CURRY PIE FILLING

1 clove of garlic

1 tsp. sea salt

1/4 - 1/2 cups of olive oil

1-2 cups of water

2 tbs. curry powder

1 cup of soaked cashews

### PASTRY INGREDIENTS

1/2 cup of golden flax

1/2 cup of dry cashews

3/4 cup of water

1 tbs. coconut flour

1/2 tsp. salt

2 tbs. psyllium

## PASTRY

Grind the cashews and golden flax into a meal in a high-speed blender or coffee grinder and transfer into a large mixing bowl. Add the salt and psyllium to the flaxseed/cashew meal and mix well with a spoon. Slowly adding water, knead the dough until a somewhat sticky texture has been achieved. Split the dough into two, and between two sheets of baking paper use a rolling pin to flatten the dough to around 3mm thick in the size and shape of your chosen container. You will have to roll the dough a little larger in size than the container and trim the edges once set in place. Repeat for the top layer of pastry if wanted.

## METHOD

Line the pie tin with plastic wrap and press the pastry into the dish working right up to the sides. Leave aside to dehydrate (roughly 30mins - 1hr) and start work blending all remaining ingredients **except the chopped vegetables and psyllium** until a smooth creamy texture is achieved. Prepare the vegetables and in a mixing bowl combine the chopped vegetables with the pie filling mixing well to make sure fully combined. Spoon the curry vegetable filling into the dehydrated pie case and return to the dehydrator for another hour or two at 42 degrees (115F). Serve warm.

# BLUEBERRY LEMON LAVENDER TART

DESERT

SWEET DESERT IDEA

# BLUEBERRY LEMON LAVENDER TART

## INGREDIENTS

Makes 4 servings

### SWEET CRUST

- 1 1/2 cups of walnuts
- 1 cup of dates
- 1/4 cup of coconut oil
- 1 tsp. vanilla extract
- pinch of sea salt

### BLUEBERRY FILLING

- 1 cup of cashews
- 1 cup of dates
- 2 tbs. melted coconut oil
- 1/4 cup coconut nectar  
*(or sweetner of choice)*
- 2 cups frozen blueberries
- 1 banana
- 1/4 cup of lemon
- zest of 1 lemon
- 1 tsp. vanilla extract
- 1/2 - 3/4 cup of water
- 4-6 drops of culinary lavender



### VANILLA WHIPPED CREAM

- 1 cup of cashews soaked for 2-4 hours
- 1/2 cup of young coconut meat
- 1 cup of water
- 1 tsp. vanilla extract
- 2 tbs. coconut nectar  
*(or liquid sweetner of choice)*
- 1 tsp. cinnamon
- 2 tbs. maple syrup

### SWEET CRUST

Pulse the nuts in a food processor until crumb-sized. Add dates and continue to pulse until well combined. Press into the bottom of a tart shell or spring form pan and place into the freezer to set the base.

### METHOD

Blend all the ingredients together except the lavender until a smooth consistency adding as little water as possible to keep the filling creamy. Add 2 drops of lavender and blend again, tasting afterwards. If not strong enough keep adding the lavender 1 drop at a time and always taste afterwards. Keep repeating the process until the desired flavour has been achieved. Take the crust from the freezer and pour the filling into the crust making sure the batter is spread evenly across the base of the tart. Place in the freezer again and leave it to set overnight. If making the vanilla whipped cream blend all the ingredients together and serve cold with the tart.

# VANILLA SLICE

DESERT

SWEET DESERT IDEA

# VANILLA SLICE

## INGREDIENTS

Makes 4 servings

1 serving of sweet pastry

1 serving of icing

## FILLING

2 1/2 Cups of cashews soaked for 2-4 hours

1 tbs. vanilla extract

1/2 tbs. turmeric powder

1 cup of coconut flesh  
(1-2 young coconuts)

1 1/2 cups of coconut water

1 cup of coconut nectar  
(or liquid sweetener of choice)

2 tbs. psyllium

1/4 cup of coconut oil

pinch of sea salt

## SWEET PASTRY INGREDIENTS

1/2 cup of golden flax

1/2 cup of dry cashews

3/4 cup of water

1 tbs. coconut flour

1/2 tsp. salt

2 tbs. psyllium

1 1/2 tsp. coconut sugar

## ICING

1/2 cup of cashews soaked for 2-4 hours

2-3 passionfruit

1/4 cup of coconut oil

1/4 cup of maple syrup

juice from 1/2 lemon



## PASTRY

Grind the cashews and golden flax into a meal in a high-speed blender or coffee grinder and transfer into a large mixing bowl. Add the salt, coconut sugar and psyllium to the flaxseed/cashew meal and mix well with a spoon. Slowly adding water and the coconut flour, knead the dough until a somewhat sticky texture has been achieved. Split the dough into two, and between two sheets of baking paper use a rolling pin to flatten the dough to around 3mm thick in the size and shape of your chosen container. You will have to roll the dough a little larger in size than the container and trim the edges once set in place. Repeat for the top layer of pastry if wanted.

## METHOD

Crack open the coconuts and drain the water into one bowl and scoop the flesh into another. Place all the ingredients, **except the psyllium**, in a high speed blender and blend until smooth and creamy. Add the psyllium and blend until combined. Pour into the slice container, making sure the batter is even and freeze. After 30 mins remove from the freezer and add the second sheet of pastry pressing down firmly. Set back in the freezer and start blending all icing ingredients **except 2 passionfruits** until smooth and creamy. Add the remaining passionfruit mixing it through gently with a spoon. Pour on top of the slice and spread it across evenly setting it in the freezer again to harden. Cut into squares and serve.

# CHOC BEET FUDGE CAKE

DESERT

SWEET DESERT IDEA

## CHOC BEET FUDGE CAKE

### INGREDIENTS

Makes 4 servings

#### FILLING

- 1 cup of brazil nuts
- 4 medjool dates  
*(6-8 dried dates soaked for 15 mins)*
- 1/2 cup of raisins
- 1/4 cup of coconut nectar  
*(or chosen liquid sweetener)*
- 1 medium finely grated beetroot
- 1 coconut desicated
- 2 tbs. cacao powder
- 1 tbs. psyllium husks ground
- 2-3 tbs. water

#### COCONUT FUDGE ICING

- 1/2 cup of cashews soaked for 2-4 hours
- 50g cacao butter melted
- 1/4 cup of coconut nectar
- 1 tbs. coconut palm sugar
- 1/2 cup of coconut meat
- 1/4 cup of water
- 1 tsp. lemon juice
- pinch of sea salt

#### RASPBERRY CHILI SAUCE

- 500g raspberries (frozen or fresh)
- 1/4 cup of coconut nectar
- 4-6 dates soaked for 15 minutes
- 1/2 birds eye chili  
*(or 1/4 tsp. chili powder)*
- 1/2 - 1 cup of water



#### METHOD

Grind the brazil nuts in a food processor then set aside in a bowl. Combine the dates, currants, and maple syrup in the bowl of the processor and pulse until smooth. Blend the date mixture, the ground brazil nuts and the grated beetroot in a large bowl before adding the coconut, cacao powder, and psyllium husks - stirring until fully blended. Line a cake tin with baking paper and spread the batter evenly over the bottom, refrigerating for 15 minutes or until firm to touch.

#### FUDGE ICING

Gently melt the cacao butter in a small bowl over warm water and set aside. Combine the soaked cashews, cacao powder, coconut nectar, lemon juice, coconut meat and salt in a blender and process until the mixture is smooth. Pour in the melted cacao butter and blend again until fully combined. Spoon the icing over the cake and refrigerate until the icing has set. If serving with the raspberry chili sauce place all the ingredients into a blender and pulse until a smooth consistency. If the mixture is too thick, slowly add small increments of water until the desired consistency is reached.