

# Module 4

## BASIC PREPARATIONS

### Nut or Seed Milk



#### Ingredients



- 1 cup of nuts, previously soaked
- 3 cups of filtered water
- Pinch of pink Himalayan salt

#### Method

1. Once soaked, rinse and drain the nuts thoroughly in a strainer under fresh tap water.
2. Measure one cup and place them in the jar of the blender along with 3 cups of water and a pinch of salt.

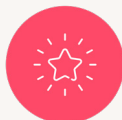


*To make milk I follow a 3:1 ratio (triple the amount of water to nuts or seeds). To make cream (which I use in some recipes) the ratio I use is 2:1 (two cups of water for each cup of nuts).*

3. Blend for 45-60 seconds until no pieces of nuts are left.
4. Place a nutmilk bag over a large bowl and pour the content of the blender inside.
5. Close the bag tightly so the liquid doesn't spill, and drain the milk by squeezing with your hands from the top downwards until there is just pulp left.
6. Pour the milk into a glass bottle (preferably with a tight lid to preserve it longer), label it with the date and store it in the fridge until you need it.



**3 days in the fridge. If you add 1 teaspoon of lemon juice you can extend its shelf life up to 5 days**



*After a few hours, it's normal that milk separates into two layers due to sedimentation. Just shake the container before using the milk. If you wish to prevent the milk from separating you can add half a teaspoon of lecithin.*

# Nut or Seed Butter

## Ingredients



- 2 cups nuts or seeds of your choice (raw, sprouted or toasted)
- 1-2 tsp extra virgin coconut oil, melted (if needed)
- A pinch of pink Himalayan salt

## Method

1. Add the nuts and a pinch of salt to the bowl of your mini-size food processor.
2. Start by processing the nuts until they turn into flour and keep processing for about 5 minutes.



*If your food processor is not powerful enough, and especially if you are using raw nuts, the blending process will be longer and require adding small quantities of oil in order to obtain creamy consistencies.*

3. Stop the food processor and scrape the sides of the jar with a spatula. Allow the mixture to rest for at least 10 minutes to help the nuts or seeds to release their natural oils, so the mixture becomes increasingly creamy.
4. Continue blending, alternating with resting times, until you get the consistency you want.
5. Transfer the freshly made butter into an air-tight glass container labeled with the date.



**Up to 2 months in pantry, placed in a cool, dry place away from direct sunlight.  
During the summer months it's better to keep them in the fridge**



*Before using them, it's always a good idea to stir the butters with a spoon to reincorporate the oils, which tend to rise to the surface.*



## Dehydrated Citrus Wheels

### Ingredients

→ 3-4 organic citrus (lemons, limes, oranges, grapefruits, kumquats...)

### Method

1. Start by washing and drying the citrus using a clean a kitchen towel.
2. Use a very sharp knife or a mandolin to cut each citrus into thin, even slices (2 mm-thick approximately).



*It is very important to choose organic, local and seasonal fruit to guarantee that they are loaded with nutrients and flavor.*

3. Place the citrus fruit slices on the dehydrator trays, making sure they don't touch so that they dehydrate evenly.



*It is best to use mesh trays so that the fruit dehydrates more quickly, but you could also line your trays with teflex or silicone sheets.*

4. Combine a small amount of maple syrup and lemon juice in a small bowl and use a brush to paint the citrus slices with a thin coat. It will give them a nice bright and shiny coating, making the dried slices more beautiful.
5. Place the trays in the dehydrator and let them dehydrate at 46 °C (115 °F) for at least 12 hours.



*The dehydrating time will depend on the type of citrus, and the size and thickness of the slices. While little kumquats can be ready in 4 hours, grapefruit slices can take up to 16 hours to dry completely.*

6. After about 8 hours, flip the citrus wheels and give them a few more hours until they are completely dry and brittle.
7. Take the trays out of the dehydrator and let the citrus slices cool down completely before storing them in an airtight container.
8. Keep them in a cool and dry place of your pantry, until you need them to decorate your desserts or to infuse drinks.



*If you don't have a dehydrator, you can also use your oven, set at the lowest possible temperature. Time will depend on the thickness of your fruits and also the temperature of your oven, so keep an eye on them and flip them often to avoid they get too dry. It's also recommended to cut the slices a bit thicker if you plan to use the oven.*

# Powdered Raspberry

## Ingredients

RAW



→ 2 cups of fresh organic raspberries

## Method

9. Add the raspberries, previously washed, in a the jar of the blender and blend for a few seconds until you get a purée.
10. Pour it into a fine-mesh strainer to remove the fruit seeds and get a very fine, smooth puree.



*The best moment to make fruit powders is when the fruits are in season and ripe, so they are at its peak of flavor. Use those fruits that are over-ripe or bruised and don't look good anymore.*

11. Line a dehydrator tray with a teflex or silicone sheet.
12. Pour the fine purée and spread it evenly with a spatula to form a thin layer.
13. Tap the tray to distribute the purée evenly and place it in the dehydrator to let it dry at 46 °C (115 °F) for about 12 hours or until you get a dry but still pliable fruit leather.
14. Peel the sheet off carefully, flip it upside down directly onto the mesh tray and let it dehydrate for a couple more hours.



*Before powdering the dried fruit leather, it's important to let it cool down at room temperature for a few minutes until it gets very dry and crispy. If it's still soft and pliable, you will need to dehydrate it for 1 or 2 extra hours. Otherwise, you will end up with a red sticky paste instead of a fine powder.*

15. Cut the dried raspberry leather into pieces, add them in the jar of the blender and blend until they are completely powdered.
16. Pour the powder in an airtight glass container.



**Dehydrated fruits (sliced or powdered) can be stored for months in airtight glass containers, if they are kept in a cool, dark spot of your pantry, away from direct sunlight**