

The Raw
Chef's Recipe
Series



The Raw Chef's 5 most popular Recipes



www.therawchef.com

The Raw Chef's Recipe Series

© Copyright Russell James, The Raw Chef.

No part of this book may be produced by any means, nor transmitted, nor translated into a machine language, without the written permission of the publisher.

The right of Russell James to be identified as the author of this work has been asserted in accordance with sections 77 and 78 of the Copyright, Designs & Patent Act 1988

CONDITIONS OF SALE

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form of binding or cover other than that in which it is published and without a similar condition, including this condition, being imposed on the subsequent purchaser.

First Published by Russell James, The Raw Chef, in Great Britain in 2008

This (first) edition published in July 2008 by Russell James

russell@therawchef.com

www.therawchef.com

DISCLAIMER

The techniques and advice described in this book represent the opinions of the author, based on his experience. The author expressly disclaims any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a result of using any of the techniques, recipes or recommendations suggested herein. If in any doubt, or if requiring medical advice, please contact the appropriate health professional.



introduction

THESE five recipes are all very dear to me. They represent an early part of my career as a raw chef, and all have stories attached to them. Of course, as I've learnt new things I've updated and improved them, so they're even more satisfying then when I first served them.

The tomato and mozzarella linguine was first served as a starter at a raw food dinner party I hosted in conjunction with The Fresh Network, in Soho, London. We hired a little vegan restaurant called Vita-Organic and sold out the 35 seats very quickly – seems people were ready to eat raw food in a restaurant setting in London. It went down a storm and I even had one person come up to me a couple of months ago saying how she remembered that dish as, “the best raw food dish I had ever tasted”. Praise indeed considering it was one of those recipes that just came together at the right time on the night. And the best thing is you don't need a dehydrator to make it!

That night we also served lasagne, for which you'll find the recipe in this eBook. I've added an extra layer to the original recipe, giving it a meaty walnut layer, but you can leave that out if you think it's going to be too 'nut-heavy' for you. This is such a great recipe to make for friends, raw or not, and will last for a few days in the fridge. It's also great for making in a big lasagne dish and taking to pot-lucks, if that's your thing.

I'm particularly happy with the buckwheat bread as it's helped so many people stay raw and, I believe, provides a real alternative to bread that will enable you to feel like you're really eating a proper sandwich. It's also great for getting a couple of slices and raiding the fridge for leftovers to make a sandwich Scooby Doo would be proud of. Some of my favourite meals have come from throwing together leftovers to create something that would have otherwise not been created.

The wilted kale and chipotle salad is a bit of a classic. It was created whilst working at The Plant in Brooklyn, NY. The owner of The Plant, Matthew Kenney, and his team couldn't get enough of this spicy and slightly sweet dish that'll allow you to actually enjoy eating lots of dark greens. Just as a little tip: try substituting one avocado for a few tablespoons of tahini...delicious.

Finally we have the chocolate torte. What can I say about this little dessert that hasn't already been said? The recipe has changed very little since serving it at the very first Fresh Network raw dinner party in Cambridgeshire and it still continues to keep people up into the night if eaten too late, so beware!

Enjoy these recipes, whatever stage you're at with raw foods. There's something for everyone here, so get stuck in, don't be afraid to experiment, and I hope to be able to meet you personally one day.

In service,
Russell James
4th August 2008



what is raw food?

WHEN I first heard about people that ate only raw food, I couldn't get my head round it. It seemed really extreme, like some fad diet or some totally unnecessary extension of the idea that fruits and vegetables are good for us.

Then, through various means, I started to hear about raw foods more and more and realised there was a whole lifestyle based around it that isn't so extreme at all. Contrary to what I thought, it didn't mean I had to stop washing, join any kind of cult, grow my hair long or become a 'hippy'.

It also didn't mean I even had to give up all my cooked food and eat completely raw; I realised I could just start bringing more and more raw foods into my diet as I felt comfortable. I mean, everyone knows that fruits and vegetables in their natural state are good for you, so any extra I could get in would be a bonus.

What actually happened though was that as soon as I started experiencing the benefits, tied with the fact that I had started meeting some really wonderful people in the raw food world, I really felt as if I wanted to go 'all raw'.

You'll sometimes hear raw food called the 'raw food diet', but as I've alluded to here, it's not so much of a diet in the traditional sense, as it is a lifestyle. Sure, lots of people are able to lose weight, but it's quite unique in that many people come to it for all sorts of reasons, including a variety of health concerns, because they want extra energy, or they are simply curious about what effects they will experience by eating food the way nature intended.

So back to the original question: what is raw food?

The easiest way to describe it is to say that raw foods are free from animal products and haven't been heated over the critical temperature that it's thought most of the enzymes are lost (around 118 degrees F). When we heat food even higher, we then start to lose other nutrients such as the vitamins, minerals and other proteins.

What are enzymes?

Enzymes are made up of various proteins and are part of every one of your body functions, including sight, hearing and, most importantly in this case, digestion. Simply put, without enzymes we don't function.

We have enzymes that our own body produces and we also get enzymes from the food we eat. And this is the critical point: if you eat food with the enzymes still intact then your body doesn't have to overwork to use the enzymes it produces to digest that food. There are many different types of enzymes so nature has done a wonderful job by placing within each type of food exactly the type of enzymes that are needed to digest that particular food.



I'm not a nutritionist so what I've learnt is through my own research; there's so much more information out there about why raw food is nutritionally superior and suited to our bodies, and will give you much more information and insight than I can in this short space – I urge you to go out and read plenty of it.

So raw doesn't necessarily mean that the food hasn't been heat treated – it just hasn't been cooked in the traditional way. By using processes such as dehydrating, juicing, sprouting, blending and food processing it's possible to eat an exciting and varied raw food diet; you may even attract some positive interest from your friends and family!

If you're looking for a great introduction to raw food, I really recommend you check out The Raw Food Coach's 'How To Get Started With Raw Foods'. It will definitely get you off to a flying start if you're new to all this, but will also teach you a thing or two even if you've been around a while. [Click here](#) to check it out.

It's part of my mission to bring recipes and food to the world that helps present raw food in a way that seems exciting, mouth-watering and accessible. It's all really about moving towards what you want, not away from what you don't want.



tomato & macadamia mozzarella pasta



Makes 5 starter-size portions

Linguine

- 500g carrots (4 medium-sized), peeled
- 500g parsnip (4 medium-sized), peeled
- ½T salt
- 15 large basil leaves, cut chiffonade
- 2T Italian seasoning
- 2c baby plum tomatoes, cut into small sections

Macadamia Mozzarella

- ¾c macadamias
- ¾c cashews
- 1T Nama Shoyu or Tamari
- 2t lemon juice
- ¼c water
- 1T nutritional yeast (optional)

Red Pepper Sauce

- ½c pine nuts
- 1 red pepper
- ½T lemon juice
- 1T Nama Shoyu or Tamari
- 1T agave

Method

- ❖ Turn the carrot and parsnip into thin strips with a mandoline, then cut lengthwise with a knife to achieve linguine strips. Alternatively you can make spaghetti with a spiral-slicer.
- ❖ In a bowl combine the vegetable pasta (linguine) you have produced with the salt and mix well by hand. Leave to stand whilst preparing the mozzarella.
- ❖ Combine all mozzarella ingredients in a Vita Mix or food processor (a Vita Mix isn't a food processor, it's more of a blender but no other blender that I know of is suitable to make the cheese so an 'ordinary' processor is the next best thing). Blend until a creamy texture is achieved, you may need to add a couple of tablespoons of extra water to get it all to mix. Set aside.
- ❖ Mix all Red Pepper sauce ingredients in a Vita Mix or blender until smooth (blender is ok for this at the mixture is saucier :-)) than the cheese). Again, you may need to add water to get a 'sauce' consistency.
- ❖ Go back to the linguine and you should find that it has released it's water and is now softer and has a cooked 'al dente' feel about it. Wash the salt off and dry with kitchen towel or a salad spinner.
- ❖ Transfer linguine to a clean, dry bowl and add the remaining linguine ingredients. When thoroughly mixed add the macadamia cheese and mix again by hand to coat all linguine in the cheese mixture.
- ❖ Serve with the Red Pepper sauce.

Tip: You can build the pasta up in a metal ring available from most cookshops and then remove the ring so you get a pasta 'tower', drizzling the sauce around the edge of the plate.



lasagna



Serves 9

Nut Cheese

2c macadamias

1c pine nuts

2T lemon juice

2T nutritional yeast

2 yellow peppers

2T fresh parsley

1T fresh thyme

2t salt

½c water as needed

❖ Process all ingredients together adding as little of the water as possible until a fluffy consistency is achieved.

Walnut Meat Layer

1 ½c walnuts, soaked 1 hour or more

1c sun-dried tomatoes, soaked for 1 hour or more

2T dark/brown miso

2t dried oregano

2t dried sage

5T nama shoyu

½t cayenne pepper

2T olive oil

1T agave nectar

1t sea salt

❖ Grind all ingredients in a food processor, leaving the mixture slightly chunky.

Tomato sauce

1 ½c sun dried tomatoes, soaked for 1 hour or more

2 soft dates

2 cloves garlic

2c tomato, seeded and chopped

1 ½T dried oregano

1t salt or to taste (depending on how salty your s/d toms are)

3T olive oil

2T lemon juice

❖ Process in a food processor until smooth.

Green pesto

2c tightly packed basil leaves

¾c pine nuts or walnuts

½c olive oil

1t salt

1 clove garlic

1T lemon juice

❖ Process all ingredients, leaving plenty of chunkiness!



Spinach Layer

6c torn spinach

3T olive oil

2t sea salt

❖ Place all ingredients in a bowl to marinade and wilt for 1 hour or longer; putting the covered bowl in a dehydrator will help this process but it's not essential.

For the assembly

5 medium Courgettes, cut lengthwise and marinated in 2T of salt and 3T olive oil for 10 minutes.

Black pepper

Method:

- ❖ Line the base of your dish with a layer of the courgette strips that slightly overlap
- ❖ On top of this put down a layer of the walnut meat, then the cheese, then tomato sauce and finally the pesto on top. Finish this with another layer of slightly overlapping courgette strips.
- ❖ Repeat step 2 but before adding the final layer of courgette, take your wilted spinach and create an additional layer with that.
- ❖ Placing the whole dish in the fridge for several hours will firm it all up slightly which will make it easier to cut into portions.
- ❖ Garnish individual portions with black pepper and a sprig of basil.

Tip: For slightly more impressive looking lasagna; build individual portions on the plate instead of assembling in a large dish. This is what I did to create the lasagna in the photo.



buckwheat bread



Makes 18 'slices'

1/2c olive oil
1 1/2c soaked sun dried tomatoes
3c sprouted buckwheat (2 1/2c dry & unsprouted)
1 1/2c flax meal
3 1/2c peeled courgette, roughly chopped
2c apple, cored and roughly chopped
3T lemon juice
2 avocados
1 large onion
1/2c minced parsley

❖ In a processor grind the olive oil, sun dried toms (removed from the soak water), sprouted buckwheat, courgette, apple, lemon juice, avocados, onion and herbs until thoroughly mixed.

❖ In a bowl mix the batter with the flax meal by hand. The reason you do this separately (not in the processor) is that you are likely to have too much mixture for the size of the processor at this point, and when you add the flax meal it will become quite heavy and sticky and overwork your machine.

- ❖ When mixed, process the whole batter in the machine again, in small batches to achieve a light fluffy texture.
- ❖ Divide the mixture in 2 and place on Paraflexx sheets, on dehydrator trays.
- ❖ Use a spatula to spread the mixture evenly to all 4 sides and corners of the Paraflexx sheet. If mixture is too sticky you can wet the spatula to make things easier. With a knife score the whole thing into 9 squares.
- ❖ Dehydrate for 2 hours and then remove the Paraflexx sheets by placing another dehydrator tray and mesh on top and invert so that your original sheet of bread is upside down. That will allow you to peel the Paraflexx sheet off and continue to dehydrate the underside of the bread.
- ❖ Dehydrate for approx 8 hours more (do this overnight so you're not tempted to eat it before it's ready) or until bread feels light in your hand. If the pieces don't fully come apart where you scored, use a knife to cut them.

Cashew Mayo

1c cashews
2T lemon juice
1/2t salt
2T chopped onion
1/4c water
1/2t agave

❖ Blend all ingredients in a high speed blender until smooth.

For the mushrooms pictured...

- ❖ Cut portabello mushrooms into thick 1cm wide strips. Marinade them for a couple of hours or overnight in equal parts of tamari and olive oil.
- ❖ Arrange them on a dehydrator sheet and dehydrate overnight.



wilted kale salad with a creamy chipotle dressing



For the wilted kale

2 heads kale

2t salt

2c baby tomatoes, sliced

1c hulled hemp seeds

For the dressing

2 avocados

1 chipotle peppers

3T olive oil

2t agave

2t lemon juice

❖ Remove the stems and then wash and cut the kale into small pieces. Place into a bowl, add salt and start to massage the kale until it wilts and takes on a 'cooked' texture.

❖ Add the tomatoes and hemp seeds to the bowl and mix in by hand.

❖ Blend all remaining dressing ingredients in a high-speed blender until creamy and mix into kale by hand.



vanilla chocolate torte with ginger & strawberry cream



Makes a 9" Torte

For the crust:

1 1/2c pecans
3/4c raisins roughly chopped
2T coconut oil/butter
1t vanilla extract
1t cinnamon
Pinch salt

- ❖ First process all dry ingredients, being sure not to over-process nuts.
- ❖ Add coco butter and vanilla extract and process again.
- ❖ Press into the bottom of 9" springform pan and place in fridge whilst working on filling.

Note: Before making the following chocolate you should place 1 1/2c of grated cacao butter in the dehydrator at 125 degrees F to melt. Alternatively you can melt it in a bowl over another bowl of hot water.

For the filling:

2c cashews
1c water
2c cacao powder
1 1/2c grated cacao butter
2T vanilla extract
1/2c agave nectar
1/2T lemon juice

- ❖ Blend the cashews, water, vanilla, agave nectar, and lemon juice in a vita-mix until smooth.
- ❖ Add cacao butter and cacao powder, and blend again.
- ❖ Pour chocolate mixture onto base and use a spatula to achieve a level surface.
- ❖ Place in fridge for 3 hours to set.

For the ginger cream:

1c cashews
2T coconut oil/butter
1/4c agave
1T fresh ginger
Pinch ground clove
2t vanilla

- ❖ Place all ingredients in a processor and blend.

For the strawberry sauce:

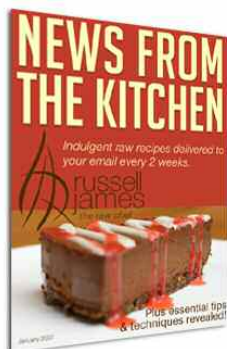
1c strawberries
3T agave
2T lemon juice
1/2t cinnamon
1/4t nutmeg

- ❖ Place all ingredients in a processor and blend.



further information

For more information, free recipes and to see what other services I offer visit
www.therawchef.com



Whilst there you can sign-up for my eZine 'News From The Kitchen', it's published every other Thursday – delivered straight to your inbox – and contains a free raw recipe with full detailed instructions and a photo. It also contains a really useful kitchen tip, a Q&A where I encourage you to send in your own questions, and a featured ingredient section where I showcase the health benefits and uses of a key ingredient from the featured recipe. Many people have commented that they can't believe I give this stuff away for free, so I advise you get yourself on the list and see what you think.

For more regular updates about what's going on in my world, some simpler recipes that don't make it to the eZine and general updates about what's going on at The Raw Chef HQ, you can visit my blog at www.therawchefblog.com. You can just drop by there whenever you feel like it, or you can sign-up to receive updates from that via email or RSS feed.

Live Raw Food Class & Chef Trainings

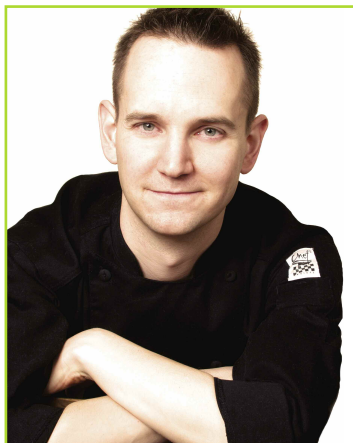
If you're interested in hosting a raw food dinner party for your friends you may be interested in attending my class 'The Raw Chef's Dinner Part Training Experience', where I'll take you and the rest of the group through every stage of running a raw food dinner party. Best of all, you'll get to have a raw food dinner party at the end of the day with your new friends. This is a great course for new and more experienced people alike.

The second class I do is a 2-day class on how to become your own raw food chef. It's called 'How to Be Your Own Raw Food Chef and Still Have Time to Eat'. Run at the weekend, this class has proved to be very popular with people wanting to further their knowledge and skill level, enabling them to bring in a larger percentage of raw foods into their diet. Again, it's great whether you've been into raw foods for a while, or if you're just getting started, and it includes being very well fed all weekend.

Further details on both courses can be found at www.therawchef.com by clicking on 'Classes'.



about Russell



Russell James has been hailed as 'the UK's leading raw chef' by The Times. He has honed his natural ability to create incredible raw cuisine by training with the top raw chefs in the world.

This includes regular visits to the US to raw food 'hot-spots' such as California and, most recently, New York where he worked with the author of upcoming books *Everyday Raw* and *Entertaining in The Raw*, co-author of *Raw Food Real World* and co-creator of the restaurant *Pure Food & Wine*, Matthew Kenney...

"Russell James joined our team at The Plant for an extended visit last fall – on every level, he is a true professional; talented and creative, and a pleasure to work

with. I particularly admire his dedication to raw food cuisine, and his unwavering interest in its forward movement. We continue to miss him (and his kale salad!) – Matthew Kenney 2007.

Russell has also worked with the UK's raw and living food organisation The Fresh Network in the execution of monthly raw dinner parties in Cambridgeshire and London during 2006. He has also regularly appears in their quarterly publication *Get Fresh*.

Russell is a personal raw chef, provides raw catering for small and large scale events, and runs raw food classes. His blog continues to inspire people with recipes, pictures and advice on living a sexy raw life.

His mission is to show you that far from feeling restricted on a raw food diet, you have an abundance of options; whether that's being able to eat raw sandwiches all week or to put on a show-stopping dinner party for friends.

You can also connect with Russell here:

facebook

www.facebook.com/people/Russell_James/876520262

myspace.com
a place for friends

www.myspace.com/therawchef

twitter

twitter.com/russelljames

