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6

Nov

2008

## Pesto & Caramelised Onion Pizza

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From Issue 11 of [News From The kitchen](#)

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### **For the base**

500g (approx 3c) buckwheat, sprouted for a few days until it has a small 'tail'  
2 avocados or 1/2 cup almond butter  
1/4 cup olive oil  
1/4 cup fresh basil  
3 tablespoons Italian seasoning  
1/2 cup sun-dried tomatoes  
3 tablespoons lemon juice  
1/2 teaspoon salt  
3 medium tomatoes

- Grind all ingredients in a food processor until you have a paste consistency.
- Spread onto a Paraflexx sheet in a circle and dehydrate for a few hours or until you are able to turn it upside down onto another dehydrator tray and peel off the plastic Paraflexx sheet.
- Dehydrate for another 8 to 10 hours or until base is dry enough to hold together.

### **For the caramelised onions**

5 large onions, sliced thinly (use a mandoline if you have one)  
1 cup soft dates  
3 tablespoons tamari  
2 tablespoons olive oil  
1/4 cup water

- Blend all ingredients except the onions in a high-speed blender, until smooth.
- In a bowl, hand-mix the date mixture with the onions until they are thoroughly covered.
- Dehydrate on a Paraflexx sheet for 2 to 3 hours, so they soften and take on a cooked appearance.

### **For the pesto**

2 cups basil

1/4 cup pine nuts  
1 tablespoon olive oil  
1/4 teaspoon salt  
2 teaspoons lemon juice

- Pulse all ingredients in a food processor until broken down, but leaving some texture to the finished pesto.

#### **For the tomato sauce**

10 basil leaves  
1 cup sun-dried tomatoes  
1 cup tomatoes  
2 teaspoons lemon juice  
1/4 of a medium onion  
1 soft date

- Blend all ingredients in a high-power blender until smooth.

#### **For the cheese**

1 cup macadamias  
1 1/2 tablespoons lemon juice  
1/4 teaspoon salt  
1/4 cup water  
1 tablespoon nutritional yeast

- Grind all ingredients in a food processor until you have a fluffy consistency.

To serve, spread the tomato sauce onto the base then sprinkle the pesto, macadamia cheese and caramelised onions evenly to produce a beautiful layered and textured pizza.



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Terriwood2007

Russell,

This receipe looks amazing and I can't wait to try it.

The buckwheat expands durring the sprouting process and I'm not sure if the 3 cups are measured before or after the sprouting for the recipe?

Thank you,

Terri

[5 days ago](#)

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Theresa

I love all of your amazing creations. I see that many of them are extremely high in fat. Raw or not, do you really believe that all that fat is what the body thrives on? Is there a section in your books where you ever do low fat recipes?

I thank you just the same for sharing because you are a true artist! :)

[4 weeks ago](#)

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Russell James Raw Food, Russell James | The Raw Chef

It seems some people are able to eat more fat than others and it really comes down to what suits you best.

I try to offer the most visually appealing and exciting recipes that I can, which doesn't mean that I'm making chocolate tortes, nut cheeses and raw tacos for myself every day, it just means that I like to show what is possible and that you can make really exciting food.

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I love to drink juices and smoothies that are almost entirely fruit and vegetables, and I like to eat simple salads too.

[4 weeks ago](#) [in reply to Theresa](#)

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**Kathy**

Certainly sounds awesome ...thank for sharing :)

[2 months ago](#)

[Like](#) [Reply](#)



**Teniel Moore**

Hi, I made this pizza. It was yum. The caramelised onion made enough for 2 pizzas. Can you freeze the onion mixture for another time? Or if not how long will it keep in the fridge? I used brown onions. Is this what you use?

[2 months ago](#)

[Like](#) [Reply](#)



**Russell James Raw Food, Russell James | The Raw Chef**

I guess the onions would freeze OK. It doesn't really matter which onions you use though.

[2 months ago](#) [in reply to Teniel Moore](#)

[Like](#) [Reply](#)



**Johnnak30**

Russell i love this pizza, thank you. One thing...i used 4 onions (recipe calls for 5) and there was an inch thick layer of onions on the pizza. Are you sure you meant 5 onions? It was still delicious but i am a huge onion lover. Others who tried the pizza thought it was a bit too many. I ask because the picture you have posted has WAY LESS onions on it then my pizza did.

Thanks :)

Jnana

[5 months ago](#)

[Like](#) [Reply](#)



**Russell James Raw Food, Russell James | The Raw Chef**

Yes, you don't necessarily want to use all the onions - having some leftover for a salad is the way to go :)

I'll adjust the recipe to explain this though, thanks so much for your feedback.

[4 months ago](#) [in reply to Johnnak30](#)

[Like](#) [Reply](#)



**Whitedove Apple**

Seriously impressed with this new way of eating. Love raw and do it about 2-4 days a week. Would do more but hubby been out of work for 4 months. so eventually will get some CDs from you but just wanted say thank you for sharing some

recipes online. I have lost almost 30 pounds since Sept and my hubby ( who was a trucker at 299 is now 265. slow but steady Thank again and God bless Whitedove Apple

[5 months ago](#)

[Like](#) [Reply](#)



**Tesafor**

Beautiful! One question though...my son is intolerant to dates. What could I substitute in this recipe?

[5 months ago](#)

[Like](#) [Reply](#)



**Russell James Raw Food, Russell James | The Raw Chef**

Figs would work.

[5 months ago](#) [in reply to Tesafor](#)

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**Beautifulmonster4u**

Russel your recipes are soo delicious!! i have a question: Can you freeze the crust (base)? If yes, for how long will it keep and how would you defrost it? i know asking "how" to defrost it may sound silly but what i mean is would it be soggy or after it's defrosted would it need to be placed in the dehydrator again?

Thank you,

[5 months ago](#)

[Like](#) [Reply](#)



**Russell James Raw Food, Russell James | The Raw Chef**

Yes you can freeze it and it'll keep for a couple of months easily. You may have to put it back in the dehydrator when it's defrosted if it's a little wet again.

[5 months ago](#) [in reply to Beautifulmonster4u](#)

[Like](#) [Reply](#)



**Veganburg**

Any pizza lover would beg, jump, and roll over for this.

I made it today.

I cannot keep my hands/paws off it....this was also my dogs dinner.

Who are also raw vegans.

So good and filling and still light . no indigestion as with regular pizza.

The dogs are sitting by the dehydrator as I write this.

deb 'veganburg

[5 months ago](#)

[Like](#) [Reply](#)



**Annie Welsh**

Dear Russel,  
Thanks so much for this mouth watering recipe, anything with onions and I am sold.  
How ever I have not purchase a dehydrator as yet what can I do.  
Be blessed  
Annie

[5 months ago](#)

[Like](#) [Reply](#)



Russell James Raw Food, Russell James | The Raw Chef

You can use the oven on a very low temperature, with the door open and you'll get similar effects to a dehydrator.

[5 months ago](#) [in reply to Annie Welsh](#) [1 Like](#)

[Like](#) [Reply](#)



Joannhicks777

Russel, where can I find the recipe or a demo for your "mini pizza bites"?  
This is a great idea... I'm truly enjoying your work.  
Divine health always.  
Joann

[6 months ago](#)

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Russell James Raw Food, Russell James | The Raw Chef

Hi Joann,

If you look at the top of the page there's a menu bar -- click on 'raw food recipes' and you'll see the links to all recipes. :)

[6 months ago](#) [in reply to Joannhicks777](#)

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Julia

This is delicious but I think there's one serious omission: no garlic in the pesto!! I added garlic to the pesto and the tomato sauce.

[10 months ago](#)

[Like](#) [Reply](#)



Selene

Hi Russell, or anyone else with sprouting experience. I sprouted buckwheat for the first time over the weekend to make this pizza. The tails are 5/8-1" in length and at the very tips of the tails there is some white fuzz. It's not on the seed coat or anywhere else on the sprout. Is that mold or normal sprout behaviour?

thanks for any help you can give!!



From Russell: That's normal, it part of the sprout, not mold :-)

[1 year ago](#)

[Like](#) [Reply](#)



**ben**

I love your food & think it's awesome. That said, I don't like the taste of buckwheat--very strong, and hard to mask. Would the pizza base work with almond flour instead of buckwheat?

From Russell: Yes, that would work.

[1 year ago](#)

[Like](#) [Reply](#)



**Toya**

You use flaxmeal in most of the bread or base recipes, is there a substitute that you'd recommend? I have a bad reaction to flax :/. Your bread and wraps are so amazing, and you give such inspiration to stay raw for new rawbies like myself, that I voted for you twice for Best of Raw 2009 awards. Keep up the great work, your dedication is not unappreciated!

From Russell: Thanks Toya :-) You could try ground chia seed instead of flax.

[1 year ago](#)

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**Ms Nedhari**

I just don't like the taste of flax in the dehydrator, but I've made bread with chia and its soo good texture is amazing

[8 months ago](#) [in reply to Toya](#) [1 Like](#)

[Like](#) [Reply](#)



**PaulinaS**

This looks delicious! Could you substitute something for the pine nuts?

From Russell: Yes, cashews or macadamias.

[1 year ago](#)

[Like](#) [Reply](#)



**WendyL**

Amazing once again - I just made the pizza recipe and everything was perfect. The treatment of the onions was just brilliant. Thank you again for sharing your talent! Yours in health, Wendy

[1 year ago](#)

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**HM**

Hola!

I am making the pizza tonight. I soaked and supposedly sprouted the buckwheat since Sunday but there are no tails to be

I am making the pizza tonight. I soaked and supposedly sprouted the buckwheat since Sunday but there are no tails to be seen! Are they supposed to have tails like other sprouts? They are just moist, sitting on a mesh screen but not doing much for 3 days now (today is 3rd day). Should I toss them? Is the pizza plan for today lost?

From Russell: Yes, the buckwheat should show significant growth within 24hrs.

Just soak them for 15 mins then wash twice a day.

If you did this and they still don't sprout then, even if you've got un-roasted buckwheat (roasted is called kasha), sometimes when they are processed they are made inactive. So I would suggest changing your buckwheat supplier to one you know is good.

[1 year ago](#)

[Like](#) [Reply](#)



**Pam**

The pizza was amazing! Best raw food dish I have ever had!!!!!!

[2 years ago](#)

[Like](#) [Reply](#)



**kris**

wow I just am finishing off this recipe I decided to make half the recipe and it still seems like so much ... half looks like enough for me and my man.. can you include how many servings a recipe is for on future posts? thanks ooh looks and smells so yummy cant wait to dig in thanks for the dreaming

[2 years ago](#)

[Like](#) [Reply](#)



**Sarah**

This looks so amazing and I'm currently sprouting my buckwheat in preparation....can't wait!  
Thanks for being such an inspiration - all your recipes are wonderful.

[2 years ago](#)

[Like](#) [Reply](#)



**Melanie**

Hi Russell,  
Just made your Carrot Orange Cake and it is awesome! Thanks!  
I am making the Pesto & Carmelized Pizza now and was wondering if the amount is for one or two? I split the crust into two parts but I have a feeling it is suppose to be for one. Please inform.  
Thanks  
Melanie

From Russell: Yep, just for one pizza, spread across the whole Excalibur sheet :-)

[2 years ago](#)

[Like](#) [Reply](#)



Alex

I'm new to the raw eating/cooking. I'm confused about the buckwheat ingredient. What do you mean by "sprouted for a few days until it has a small tail"?

Sorry if this is a fundamental, but I want to make sure to get it right. Also, I'm going to buy a dehydrator, but don't know much about them (actually, I don't know anything about them :-/). I read that the base takes over 8 hours and then the onions need 2-3 hrs. Can these be dehydrated at the same time? If not, will base keep ok for a few hours?

Sorry about all the q's. I really appreciate you sharing your knowledge and amazing recipes (the pictures aren't bad either)

Alex

Orlando, FL (USA)

From Russell: Here's a great sprouting video - <http://www.youtube.com/watch?v...>

Dehydrating - you can do anything together in the dehydrator as they will go in at the same temp, just different timings. The flavours don't taint each other either so you can do sweet and savoury things at the same time. The base will keep for days, so you're good with that.

Thanks :-)

2 years ago

[Like](#) [Reply](#)



Tami

The onions are my favorite part of this pizza! I have extra when I make it with this recipe so they are saved to add to special salads -- or just eaten straight! But the entire pizza is so yummy -- what a treat!

From Russell: I know what you mean, Tami. Everyone loves those onions and they do work great to add to salads.

2 years ago

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trublu

I have to let you know that EVERYONE raw or SAD LOVES this pizza. I put it in a Pizza Hut box as a joke, and they all said "You don't eat pizza!!!!". Little do they know. I added hot peppers, red/yellow/orange bells, and portabellas.....SOOOO GOOD!!!! Thank you endlessly for your wonderful recipes. My friends say, "If this is eating raw....then count me in and show me how!!!!".

I am teaching Raw & Living Food Prep Classes, and I hope you don't mind me teaching your recipes, with ALL the credit going to you of course. I tell everyone about your website, it is the first one I go to for a new recipe.

Thanks again,

Jorn

New Bern NC

2 years ago

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Heather

What a dish! I don't think I've ever seen a more decant pizza! Thank you for sharing.

-Heather

[2 years ago](#)

[Like](#) [Reply](#)



Yaelian

Wow, your pizza looks beautiful!

[2 years ago](#)

[Like](#) [Reply](#)



Certified Master Chef

A different pizza, Its delicious too. rich with ingredients, I liked the caramelised onions.

Thanks for posting

Alice.

[2 years ago](#)

[Like](#) [Reply](#)



Veggie Wedgie

This looks amazing! That pizza slice picture is perfect

[2 years ago](#)

[Like](#) [Reply](#)



lisa

I have been looking for a tasty pizza dough! All the ingredients are delicious- I can't wait. I bet it will become one of my simple staples in my kitchen. By the way, I am just starting out raw!

[2 years ago](#)

[Like](#) [Reply](#)



Louise

Your recipes are amazing!

Thanks so much.

[2 years ago](#)

[Like](#) [Reply](#)



Nathalie

Always inspiring!! Great talent! Thanks

Always inspiring!! Great talent! Thanks.

[2 years ago](#)

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Lily

This looks SO delicious!! One of those 'can't believe it's raw recipes'!!

[2 years ago](#)

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