

The Raw Chef

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January 23, 2007

Lasagne Recipe



Ok, so I've received quite a few emails asking for this recipe since putting the photo on my [flickr](#) account. I really love this dish, it's great to take to potlucks or give to your non-raw friends and doesn't need any expensive kitchen equipment other than a knife, a chopping board and an inexpensive food processor. A mandoline would be an advantage, and is also very cheap in terms of kitchen equipment.

Lasagne

Serves 9 large portions. Can be made in a 33 x 27 cm -(or similar size) lasagne dish, or made as individual portions on the plate.

Nut Cheese

2c macadamias
1c pine nuts
2 T lemon juice
2 T 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

2 soft dates
2 cloves garlic
2c tomato, seeded and chopped
1 ½T dried oregano
2t salt (depending on how salty your s/d toms are)
1/3c olive oil
2T lemon juice

- Process in a food processor until smooth.

Green pesto

2 c 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
5T dried oregano
3T olive oil
2t sea salt

- Place all ingredients in a bowl to marinate 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 (zucchini), cut lengthwise and marinated in 2T of salt and 3T olive oil for 10 minutes.
Pinch black pepper

Assembly 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.

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5 Comments



How much lemon juice is in the Nut Cheese layer? It's listed twice: first as 2 Tablespoons and then again as 3 Tablespoons. I can't wait to make this dish!!

Thanks

Posted by: Becky | January 23, 2007 at 05:53 PM



Hi Becky,

Thanks for that, I've adjusted the recipe to the correct quantity of 2T now.

Posted by: Russell James | January 23, 2007 at 09:27 PM



Russell, that lasagna looks amazing!! I absolutely love your blog and am always waiting anxiously for your next update. :) Where I am in Canada, macadamia nuts are crazy expensive, would cashews or pine nuts sub okay for them in the nut cheese layer? Or would it make a big of a difference in taste? Thank you so much, your blog is such a raw inspiration! :) Debra

Posted by: Debra | January 24, 2007 at 02:21 PM



Hi Debra,

Thanks for your comments.

Cashews and pine nuts would be fine to substitute, don't be afraid to experiment!

Hope that helps.

Posted by: Russell James | January 24, 2007 at 02:30 PM



This looks fabulous! I love the color. I'll try something similar although I'll use something besides nuts. They make me sleepy. :-)

Posted by: Opal | February 13, 2007 at 07:30 PM

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NEXT POST

Welcome to 2007 Hello and a happy new year to all. I trust I find you well, having had a great Christmas and looking forward to the year ahead. I'm really excited about 2007 as I've got lots of great stuff coming up that is sure to further our mission to raise awareness of raw food in the UK mainstream. Next week I'm off to Lanzarote for 2 weeks to consult for Living Earth at their Winter Sun Retreats. If you want to start your year in the best possible way, with some sun, pure raw food, chlorine free swimming pools, ionized water,...

PREVIOUS POST

Alissa Cohen on Tyra Banks' Diet Wars When I met Alissa in November she was really excited about going back on Tyra Banks' show because of the results one of her 'team' was getting for the Diet Wars feature. If you didn't get to see it, check out the video below... Useful Links: Alissa Cohen's website

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