



www.rawsomelivingfoods.ca

May Newsletter

May 2009



"The creation of a thousand forests is in one acorn."

- Ralph Waldo Emerson

Hello Dear Friends,

We're back from Japan – excited and hopeful about the future of raw food in Japan. Our friends Masae and Makiko worked hard to make the tour successful. I am grateful to them for inviting me to demonstrate "Raw/Living Foods". We were treated like celebrities in every city we went to. It was so heartwarming to be greeted so openly and warmly. The Japanese are gracious hosts and made us feel comfortable and welcome.

Raw in Japan

Traditional Japanese cuisine is lovely and seasonal, grounded in celebration and tradition. However, traditional food is usually hot and contains rice, as well as meat and fish. Finding raw food to eat proved a challenge and on more than a few occasions we sampled the local cuisine, trying to stick to as raw vegan diet as we could. It was difficult to order a salad, as the vegetables, broccoli and cauliflower were steamed. Pickled foods are very popular. Sushi, which is primarily a raw fish dish, is available everywhere. We went with Kapa Maki;

cucumber and rice rolled in nori. With the help of a phrase book we were able to try pickled plum, eggplant, chestnuts, and fermented soybean. Rice and soba noodles became staples in our diet. We were able to buy salads at the supermarkets and there was an abundance of fresh fruit. Organic produce is becoming more common.

When asked about not eating raw, I learned the Japanese word for sometime - "tokidoki". I explained that eating healthy is often about making the best choice of the options with which you are presented: steamed veggies are a "better" choice than pan fried, cold soba is more healthy than hot soba in pork or fish broth, rice is "better" than bread.

I said that I was a guest in their country and the Japanese had centuries of tradition around food. The Japanese eat seasonally and much of the local cuisine reflects this. We were invited out to dinner one evening and while we ate a raw meal, our companions were served a menu of delights (mostly seafood) that is only served in April. At another dinner created in our honour, the hostess emphasized that one of the dishes was a seasonal favourite for spring – bamboo shoots. I believe we have lost our connection to food in North America. We eat too much, too fast, too over processed, without consideration of the seasons or celebrating the local fresh springtime harvest.

One must do what feels good and provides optimum health (emotional as well as physical). I try to tell people who are making the shift to raw to go slow and enjoy the transition. Food is nourishment for the soul as well as the body. Eat what you enjoy, but do it in moderation, **combined with lots of leafy greens!**

Photo links to Japan

This link is from Ms. Kimura in Osaka, who was the hostess of the Osaka demo. If you scroll down into her website, you will see some of the photos of that event.
<http://soulcolor.jugem.jp/>

This link is an edited 'glimpse' (of my hundreds of photos) capturing a memorable 30 days in Japan.
<http://www.facebook.com/p.php?i=812282304&k=32125ZW6WYZM5EACYC23U3>

Vitamix Affiliate Program

My personal favourite blender for all around versatility and dependability is the Vitamix. I highly recommend it and decided to become an affiliate to pass on savings to you. Contact me for more information about the program.

Kitchen Tips

Types of Kitchen Knives

Every knife has a specific use and you should use the proper knife for every cutting task. To get the best use out of your knives you need to keep them very sharp, handle your knives properly and practice. A sharp knife is much safer than a dull knife. Selecting good quality knives is very important. A knife should fit your hand, be comfortable and should only be used for its intended task.

Choosing a knife is very personal and probably the most important tool in your kitchen. It's better to spend a little more for quality than to buy a cheap knife that won't feel good in your hand, won't perform well in the kitchen and won't provide years of service.

1. Chef's Knife (French Knife)

This is the cook's most important and versatile cutting tool. This all-purpose knife is used for a variety of cutting and chopping work, as well as slicing and mincing. It is an essential tool when cutting vegetables. The blade length can range from 6" to 12", but you should buy the biggest chef's knife that you are comfortable with (I like a 10" knife).

A good chef's knife in the hands of a skilled cook can be more accurate and faster than a machine.

Santoku Knife (my favourite knife!) - The Japanese style chef's knife is similar to a traditional chef's knife in that it is used for the same tasks as a chef's knife. "San" is the Japanese word for three and "toku" is the Japanese word for good things, which means that the knife possesses three good virtues in that it can slice, dice and chop. The santoku blade is typically thinner which allows for a smoother and more precise cut and can have either a tapered edge or a granton edge.

2. Paring Knife

Used to trim, cut and peel vegetables, fruits and to decorate other smaller foods that can be held in your hand. Additionally, it serves for mincing herbs; scoring meats and scoring baked goods. The blade is usually 4" or shorter.

3. Utility Knife

This is an all-purpose knife that is able to handle any job, which is too big for the paring knife and too small for the chef's knife. It is used for light cutting and slicing jobs, often on fruits and vegetables. The blade is typically 4" to 7" long. They are available with either a tapered edge blade or a serrated blade.

4. Bread Knife

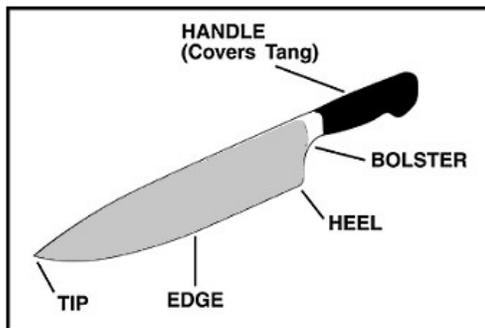
The bread knife has a serrated edge which helps to cut through the hard crust on bread. The blade length can range from 8" to 10". A bread knife does not usually require sharpening (and is not customarily seen in a raw food kitchen).

5. Tourne Knife (peeling)

A tourne knife is a paring knife with a curved blade, usually 2 to 3 inches long. It is often referred to as a "bird's beak" knife because the curved end resembles the tip of a bird's beak. This blade is best used for working on round fruits and vegetables, most commonly used to make a cut known as a "tournée" cut in vegetables such as carrots, potatoes, turnips and squash.

6. Serrated Knife

A multi purpose knife used for cutting smaller bakery items such as cakes, bagels, pies and breads. The blade is usually 5 inches long.



Typical kitchen knife

How to hold a Chef Knife



(from Chef's Depot <http://www.chefdepot.net/cookingtips.htm>)

May Workshops and Demos:

Takayama Nama (Raw Japanese Cuisine)
Thursday May 28th: 18:00 (6PM) – 21:00 (9PM)

Contact rawsome@shaw.ca for more information

Future Workshops

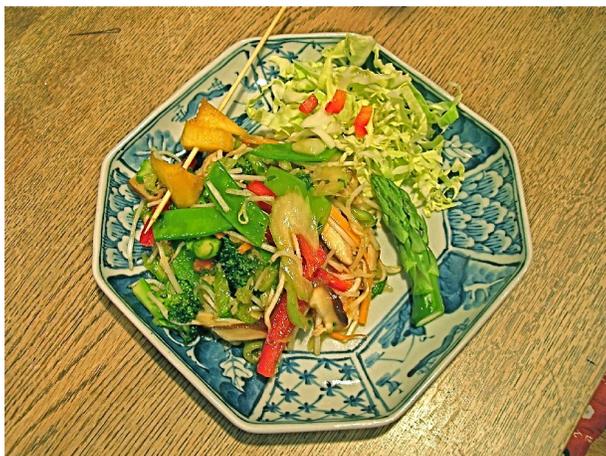
Breakfast on the Island (Starting your day raw and healthy)
"Why Raw" (An introduction to Raw Food and the nutritional benefits of a raw diet)
Forget Cooking
Summer Desserts
A demo at Ganges Village Market

Recipe of the month

Vegetable Teriyaki

Makes 6 servings

Inspired by Jennifer Cornbleet



Teriyaki Sauce

1/3 cup Nama Shoyu (Raw soy sauce)

1/2 cup sesame oil

1/4 cup agave nectar

3 tablespoons lemon juice

2 tablespoons onion powder

2 teaspoons grated fresh ginger

1/8 teaspoon cayenne

6 cloves garlic, crushed

Vegetables

1 1/2 cups snow peas

1 1/2 cups sliced shiitake mushrooms (sliced 1/8 inch thick)

1 1/2 cups thinly sliced baby bok choy

1 1/2 cups mung bean sprouts

1 cup broccoli, cut into small florets (the stems can be sliced thinly)

1 red bell pepper, finely julienned

1 cup thinly sliced celery (at a diagonal)

1 carrot, finely julienned

Pineapple Skewers

Skewers

1/2 large pineapple, peeled, cored, and cubed

- Place the ingredients for the sauce in a blender and process briefly until smooth. Do not over blend!
- Toss the pineapple cubes in a large bowl with the marinade and allow to sit at room temperature while you prepare the vegetables.
- You can add or subtract vegetables depending upon availability, but try to use fresh over frozen. You will have to adjust the amounts. Prepare the vegetables as directed and place them in a medium bowl.
- Place 4 to 6 pieces of pineapple on each skewer. **Reserve the marinade.** The end of each skewer will be used as a handle. Place the skewers on a Teflex sheet (nonstick) dehydrator sheet in a dehydrator set at 115 degrees for 1 to 2 hours. You can place the skewers on a glass baking dish in a warmed oven (preheated to warm and turned off) for 30 minutes. You will want to monitor the temperature to keep it less than 120 degrees F/50 degrees C. If you're not a purist, then just use the lowest setting and reduce the time to about 30 minutes.
- Add the vegetables to the marinade and toss well. Transfer the vegetables to a glass baking dish. Place the dish in the same warm dehydrator (set at 115 degrees F/45 degrees C) for 30 minutes to 2 hours, or in a warmed oven (preheated to warm and turned off) for 30 minutes prior to serving.
- Serve the warm pineapple skewers on top of the warm vegetables.