

[www.rawsomelivingfoods.ca](http://www.rawsomelivingfoods.ca)

## February Newsletter



*Kate's Strawberry Shortcake*

Hello,

It was my daughter's birthday on the 17<sup>th</sup> and I decided to make her a special cake. Chris had given me a book for Christmas, *Sweet Gratitude: A New World of Raw Desserts* by Matthew Rogers and Tiziana Tamborra. Wonderful folks from **Café Gratitude**. Quite a lovely book. I want to try the Tiramisu next.

### **Making the move to RAW:**

#### **Setting Up Your Kitchen**

Inspired by Best of The Raw  
[www.thebestofrawfood.com](http://www.thebestofrawfood.com)

Making the transition from cooking to preparing raw food requires you to take a look at your kitchen appliances. Choices of equipment should be guided by the following criteria:

- Easy to operate
- Easy to clean
- User friendly
- Not too big (counter space is premium real estate)
- Not expensive
- Practical and Fun!

## Setting Up Your Kitchen (continued)

When it comes to getting your kitchen appliances together, ask yourself, "Will I actually use them?" Think about what kind of recipes you're likely to make most and that should help guide your decisions.

In raw food preparation there are some basic tools that will make preparing food quick, fun and a lot easier. Some kitchen appliances you could use a lot or hardly at all, depending on your favourite recipes, available time and budget.

Your first choice is a high-speed blender. This is to a raw foodist, what a stove is to a cook. It's used to make smoothies, shakes and soups in minutes and you'll use it several times a day. The two most recommended brands of blenders are the Vitamix and Blendtec. They're equally good. The Blendtec is easier to find and more economical in Canada. It has a bigger motor and is programmable.

The best raw food juicer depends on what you expect to be juicing most. Carrots are easiest in a centrifuge juicer, whereas green leafy vegetables are best in a twin gear juicer. If you buy a centrifuge juicer, make sure you'll buy one where you can juice whole apples and carrots (so no precutting). The best centrifuge juicers are Breville and Solis and the best twin gear is the Greenstar Juicer (which will juice Wheat Grass). The Greenstar is great for making bread.

A dehydrator is a useful tool, but you can get by without it when you're just starting out. The appliance is big and takes up space. So select a size that works for you. As a last resort, you can use an oven. Turn it to its lowest setting and try to keep it at 115F/45C and the door left slightly ajar. It takes a bit of monitoring and turning it on and off (electricity cost). For intermediate to advanced raw foodists, the dehydrator is necessary and used to make "breads", crackers, cookies, and travel snacks. The Excalibur dehydrator is the most popular brand.

A water purifier is a must and more economical than buying bottled water. You can buy a good tap filter, have a water system installed, or a buy a water distiller.

If you have a good blender, then a food processor is not really necessary. Cuisinart is a good brand.

A coffee grinder is great for finely grinding nuts, seeds and cacao beans in smaller quantities. A grinder is small and relatively inexpensive. This way you don't have to clean the Blendtec or Vitamix blender for just grinding nuts.

### **Other Great Tools**

You should have the basics such as a good 10" Chef's knife and a cutting board. Once you have the basics, you might consider a Mandoline and a nut milk bag.

## Culinary News:

### Sprouts are ALIVE!

**If you purchase alfalfa sprouts in the supermarket**, rinse them well, drain them thoroughly and then place them in a large jar covered with screen or cheesecloth. Nurture them by keeping them on the kitchen counter in the light for a day and allow them to develop more chlorophyll. You will see the leaves increase in size and become deeper green in colour. Do **not** put them in direct sunlight! Rinse them once in the morning and again in the evening, draining completely each time. After a day in the light, you will notice that they have more vitality. Rinse them thoroughly and store in the refrigerator. They are best when used within a few days.

**Asian (mung) bean sprouts should be rinsed well and drained until nearly dry**, then stored on the lower shelf of the refrigerator. They do not appreciate the top shelf, since it is often too cold and they may freeze.

**Check the sprouts you have stored in the refrigerator each day** and rinse them if necessary. Drain them well and store in their sprouting jar, covered with a screen for easy rinsing.

**If you can purchase seeds for sprouting, it can be fun and rewarding. Sprouts are easy to grow** and delicious in salads. Children enjoy sprouts more when they have been involved in soaking, rinsing and watching them grow. Almost any grain, seed or nut will benefit from soaking and allowing time to germinate.

## February Workshops:

6PM – 8:30PM every Thursday  
\$35 per person

Space is limited to 6 people per session

### ***Raw Italy***

Simple substitutions allow you to enjoy this classic cuisine.

February 5<sup>th</sup>

### ***Divine Desserts***

You can make any dessert you can imagine-- cookies, cakes, or candies-- without refined carbohydrates, sugars, dairy products, or unhealthy fats

February 12<sup>th</sup>

### ***Flavors of the Mediterranean***

Now you can enjoy all your favourites, even hummus and falafel, in the raw.

Feb 19<sup>th</sup>

### ***Forget Cooking!***

Eating healthy foods has never been so delicious and easy.

February 26<sup>th</sup>

Visit [www.rawsomelivingfoods.ca](http://www.rawsomelivingfoods.ca) for more detail

## Recipe of the Month:

### Malini's Pesto Pizza



*Any cracker recipe, such as "Pizza Flax Cracker", can be used for a crust. Experiment with different spices. Add vegetable pulp from juicing to the "batter". Replace buckwheat with almond "flour" from making almond milk. Use a favourite raw marinara in place of pesto. This is a fun recipe to play with. Be brave!*

#### **Crust**

2 cups buckwheat, soaked overnight and sprouted for a 2 days (see note)

2 avocados or 1/2c almond butter

¼ cup olive oil

¼ cup fresh basil, or 1 tablespoon dried basil

3 Tablespoons Italian seasoning

½ cup sun-dried tomatoes, soaked until softened

3 Tablespoons lemon juice (fresh squeezed is best)

½ teaspoon salt

3 medium tomatoes

- Process all ingredients in a food processor until you have a paste-like consistency.
- Spread onto a Teflex sheet and dehydrate for 2 hours at 135°. Then turn down to 105°. Flip crust over when you are able to turn it upside down onto another dehydrator tray and peel off the Teflex sheet.
- Dehydrate for another 8 to 10 hours or until base is dry and holds together.

### ***Pesto***

2 cups basil  
1 Tablespoon olive oil  
¼ teaspoon salt  
2 teaspoon lemon juice

- Place all ingredients in a food processor and pulse. Finished pesto should have some texture to it.

### ***Tomato sauce***

10 basil leaves  
1 cup sun-dried tomatoes soaked for about 2 hours  
1 cup tomatoes  
2 teaspoons lemon juice  
1/4 onion  
1 date

- In a blender, blend all ingredients until smooth.

### ***Serving,***

Spread the tomato sauce onto the base then sprinkle the pesto, add any veggies of your choice to produce a layered and textured pizza.

ENJOY!

Note: Buckwheat is a seed and will be tolerated by people with wheat intolerance. It is very mucilaginous and needs to be rinsed really well. When sprouting, watch for a small 'tail'.

"My mission is to be inclusive, non-judgmental and welcoming; ready to engage anyone interested in Living Food to strive for a more healthy lifestyle. The struggle with health concerns can be daunting. My goal is to convince anyone struggling with health opportunities to be passionately patient with yourself."