

CREATIVE

REALLY
RAW

CULINARY



INTRODUCTION

1 WHAT IS RAW FOOD CUISINE?

Raw food cuisine is usually based on a vegan diet. Moreover, at least 80% of foods consumed are not processed or cooked to the temperature above 108 °F (42 °C).

Cooking raw means using possibilities of flavor, color and texture of raw foods and it surprises! Everyone is good in preparing a salad, but there are also sophisticated plant-based dishes and complicated cooking techniques. You can learn it from world-renowned vegan chefs, such as Matthew Kenney and Vito Cortese, for example. (We learned a lot from them!). Experimenting and exploring new ways of cooking raw, we tried lots of different dishes and then collected our recipes in this book!

2 WHY WE CHOOSE TO EAT RAW?

Nowadays nobody will be surprised if we say that by going vegan you make a healthy choice without depriving yourself of any important nutrients. There is also a wide range of vegetal foods one usually overlooks. And we are sure that plant-based raw diet is the way to our well-being, to the life full of energy, joy and inner ease (from all points of view!).

It should be mentioned that, first, heat from cooking destroys some enzymes, minerals and vitamins. Eating raw people get all the nutrients from a vegetable or a fruit. Second, more fibre is consumed and it keeps the digestive system clean and healthy. Third, the raw vegan diet is highly effective in combating an overly acidic bloodstream, the reason why we get ill (you can learn more about the balance between acidity and alkalinity from books or Internet).

Obviously, you should choose natural, organic, fresh, seasonal produce from your own garden or area where you live. To avoid pesticides you can learn the "Dirty Dozen" list and apply your knowledge when shopping.

With plant-based cooking, people are blessed by nature! It aligns with the philosophy of promoting health and environmental sustainability.

From the very beginning a plant-based lifestyle seems unreachable and tough but it requires time to get used to it. Quit your bad eating habits. Include more fresh produce in your diet. Add fresh fruits to your meals (half an hour before you lunch or dinner eat a fresh apple, for example). Choose healthy snacks (nuts, fruits or seeds). Make gradual changes replacing cooked foods by fresh ones and exclude processed foods such as white sugar and bread, refined oils and animal products.

3 WHY REALLY RAW?

If you follow the plant-based raw diet for a longer period of time you start to feel how every product you consume affects your body. That is why we want you to know that some products are wrongly considered as raw or their harm is undervalued. You can decide it yourself to exclude them or not from your meals. Though we omitted them from all the recipes:

- cashews (they are toxic and cannot be consumed raw. The toxins are destroyed once the nuts are heated enough)
- salt (it is addictive and stimulates the brain cells just like cigarettes and hard drugs)
- rice paper, tamari and soy sauce, vinegar (it is heated to high temperatures for use)
- animal products

4 RAW FOOD BASICS OR WHAT TO REMEMBER WHEN USING OUR RECIPES

Raw food diet includes a selection of fruits and vegetables, nuts and seeds, legumes and whole grains. All the produce must be washed well and the process of soaking in order to "activate" the nut/seed is required (you can leave them soak in water overnight). As for the oils and syrups make sure you use raw, not processed products: cold pressed oils, agave, date syrup or topinambur syrup. If you want to add sugar to a recipe we suggest you to use unrefined raw sugar (coconut sugar, grape sugar or cane sugar).

5 CREATIVITY IN THE KITCHEN AND EQUIPMENT

Creativity is a very important part of raw food culinary. We encourage you to view our recipes as flexible guidelines. Explore, experiment and create your own modifications! Also you can find various recipe constructors in our book. It will help you to find many possible variants of one dish and to create your own!

Beside that, every recipe has keys to help you to understand if it is convenient enough for you at the moment.

RECIPE ICONS



Difficulty level. The first level is for those who have just started their cooking journey. The higher level is, the more difficult preparing of a dish is.



Cook time. For those, who have not much time to spend in the kitchen. It does not count soaking, dehydration or freezing time.



Video recipes on our website
www.allvegannet.com/reallyraw



Special kitchen equipment. To recreate some dishes you would probably need special kitchen tools: a food processor, immersion blender, spice grinder.



Dehydration time. This icon shows you that you will need to remove moisture from some produce or some ready dishes (at a temperature not higher than 42°C).



Soaking time. You will need to soak nuts (8-12 hours) or seeds (4-6 hours) to neutralize the anti-nutrients that naturally occur in these plant foods or to soften dry fruits. The time of soaking changes according to the type of nuts or seeds.



Freezing time. You will need to store your dish in a refrigerator or freezer to obtain a desired form or temperature.



Comfort of a dish. Any dish we eat influences our condition. After eating we can feel some heaviness and it changes our mood and state of mind. Remember not to consume too many seeds or nuts and eat more fresh vegetables and fruits.



Unicorn horn icon. It indicates the products you would probably spend some more time to find.

SOUPS



SOUP WITH MEATBALLS

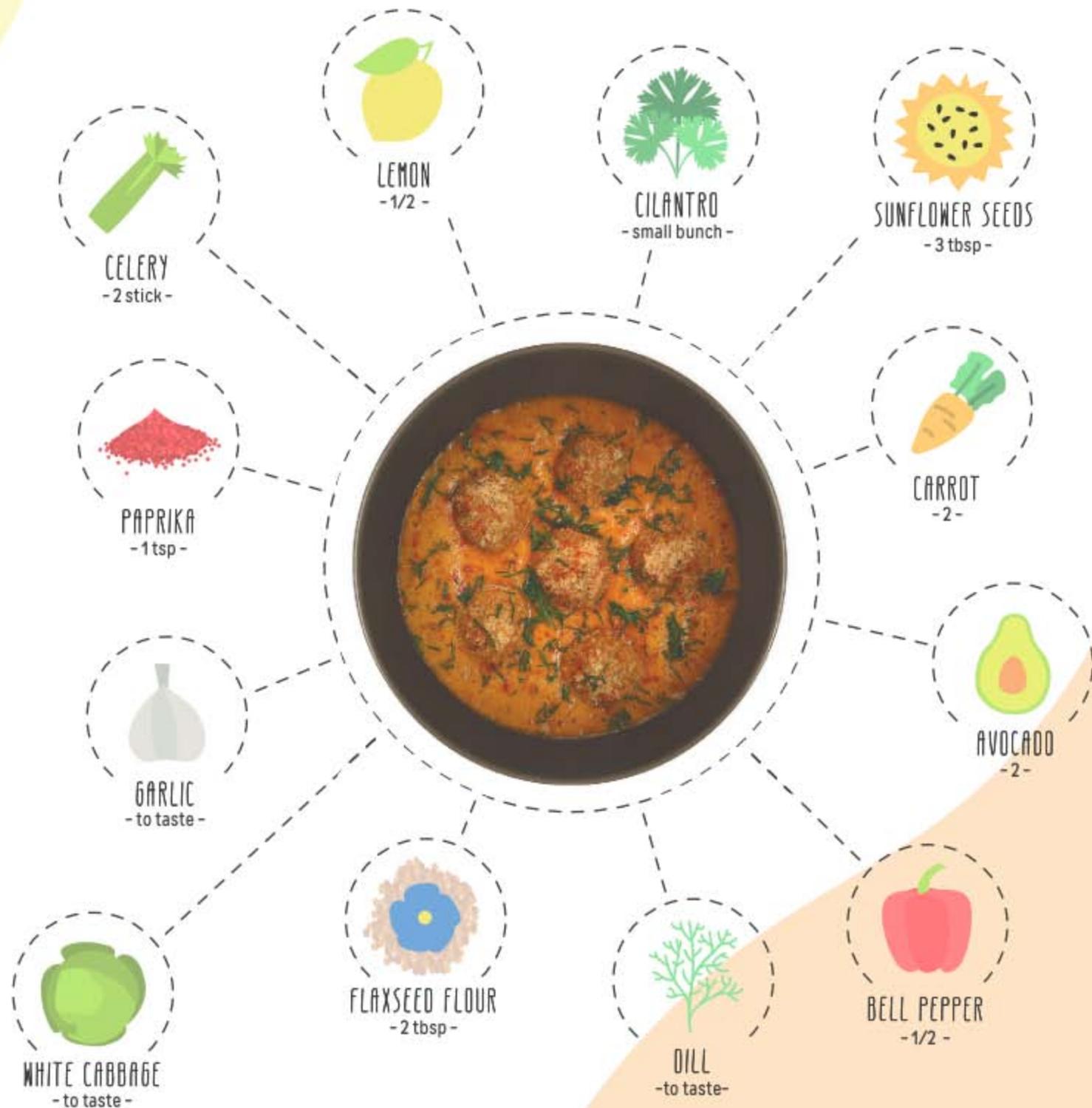


For the meatballs.

To make the meatballs place carrot pulp, sunflower seeds (soaked for 3-5 hours beforehand), lemon juice and cilantro into a food processor fitted with the S-blade and process until well combined. Scoop into balls. Coat the balls with the flaxseed flour mixed with paprika.

For the soup.

Blend together carrot juice, celery juice and lemon juice with avocado, bell pepper and garlic. Season to taste. Add cabbage, meatballs and garnish with dill.



PEA AND MINT SOUP



Blend together all the ingredients until the desired consistency is obtained.

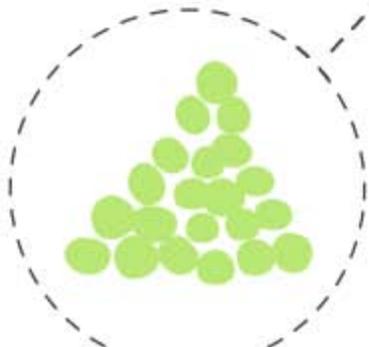
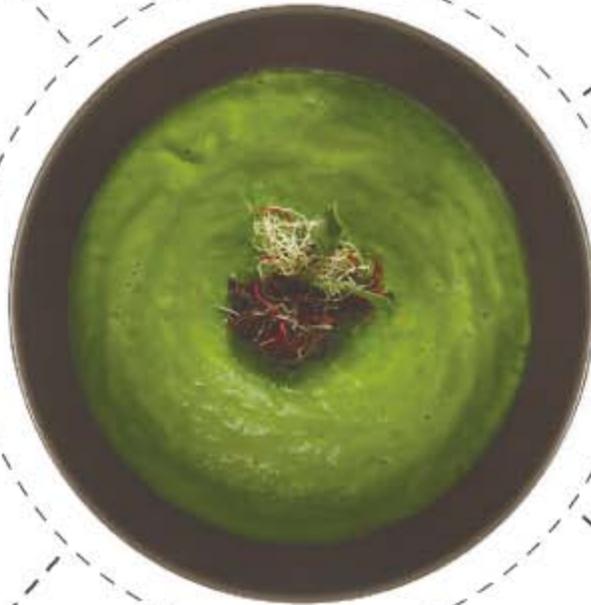
Serve with raw sauce or cold pressed oil. Garnish with microgreens.



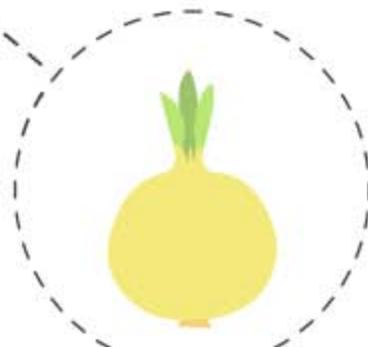
WATER
- 1 cup -



MINT
- 10 fresh leaves -



PEAS
- 1 cup -



ONION
- 1/2 -

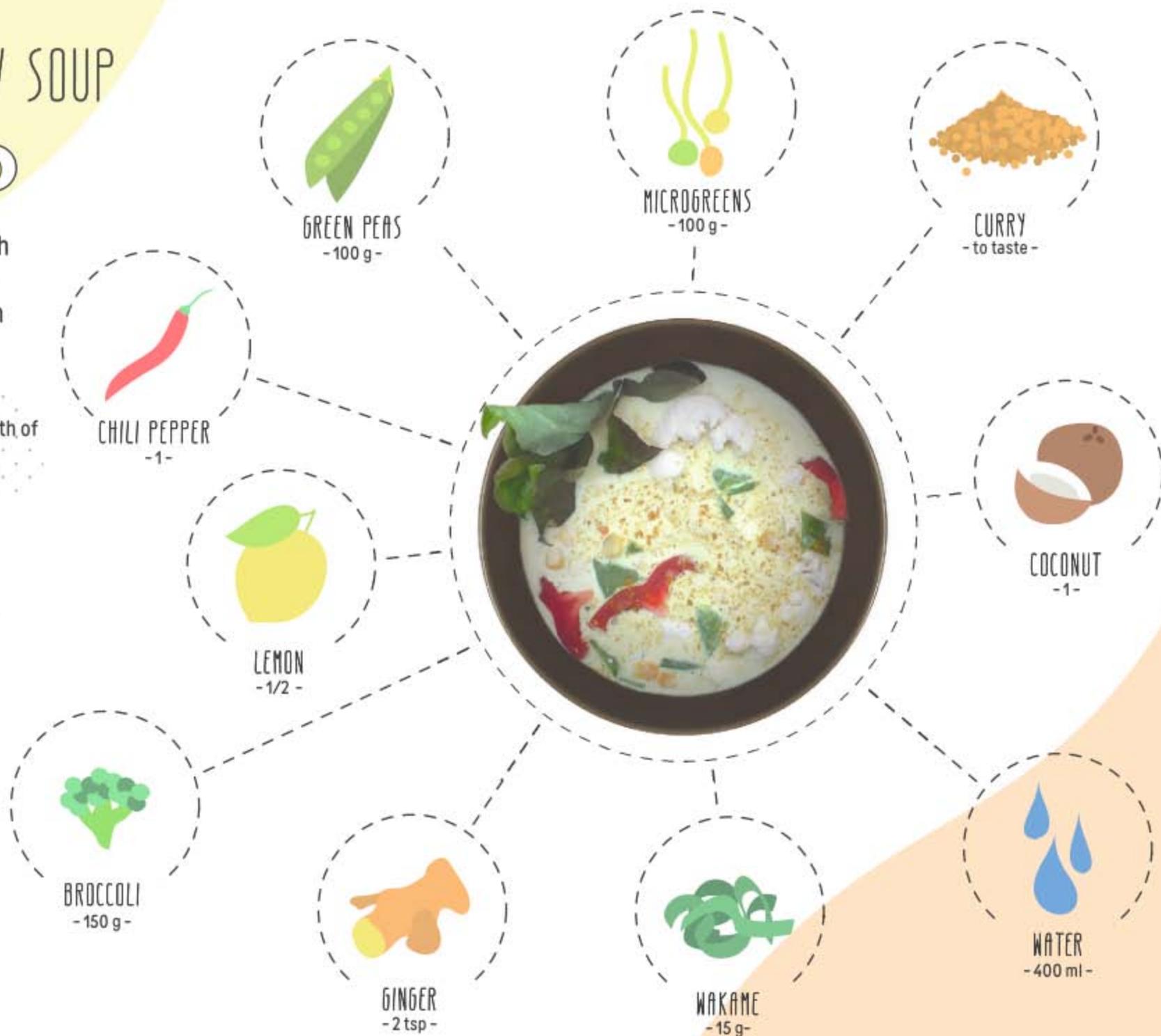
COCONUT CURRY SOUP



Fill a medium size bowl with the sliced vegetables (remember to soak wakame in water for 10-15 minutes).

Warm coconut milk on a water bath of temperature less than 42 °C

To prepare fresh coconut milk blend one coconut's water and flesh and strain with a nut milk bag or a cheesecloth.



BEETROOT SOUP

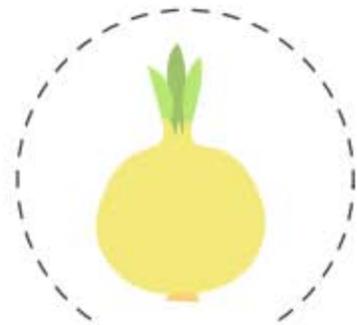


Juice beetroot and pomegranate. Blend the juice with all the other ingredients until desired consistency is achieved.

Garnish with microgreens, oil or crackers.



CARROT
-1-



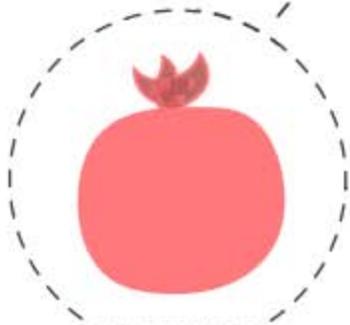
ONION
-1/4-



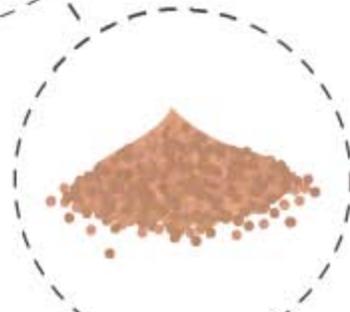
BEETROOT
-1-



RADISH
-1-

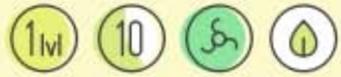


POMEGRANATE
-1-



GROUND CUMIN POWDER
-1/2 tsp -

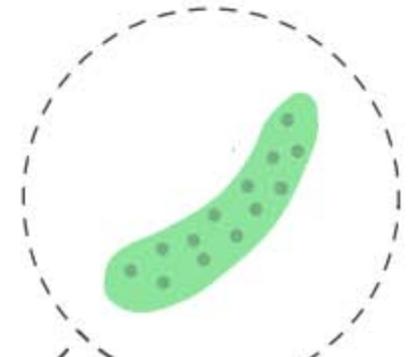
GAZPACHO



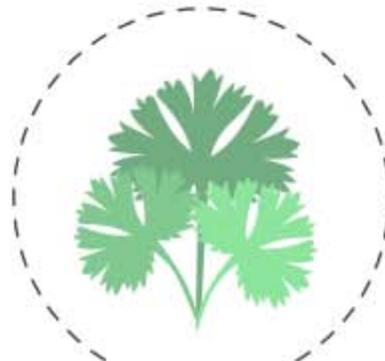
Juice cucumbers and then blend it with all ingredients (adding the herbs at the end) until desired consistency is achieved.



PINEAPPLE
-1-



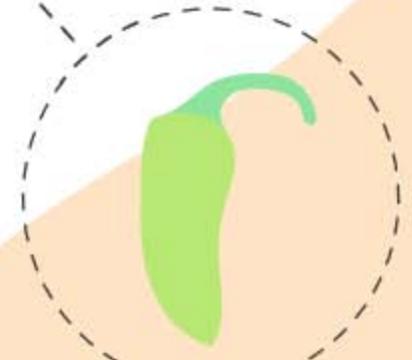
CUCUMBER
-2-



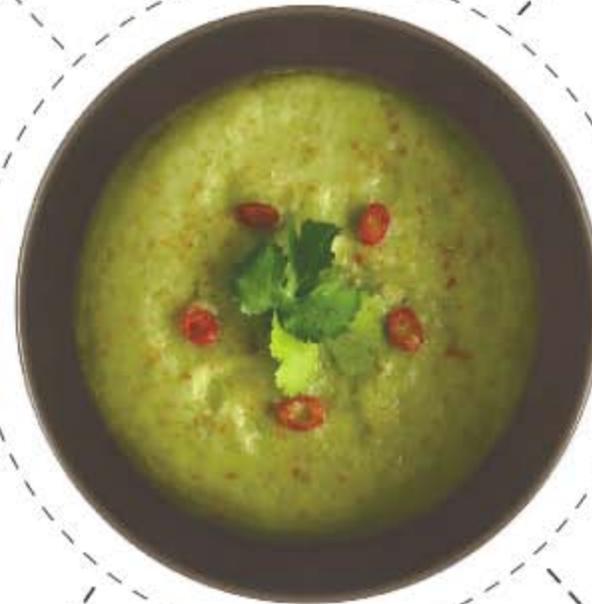
FRESH CILANTRO
-to taste-



FRESH MINT
-to taste-



CHILI PEPPER
-1/4-



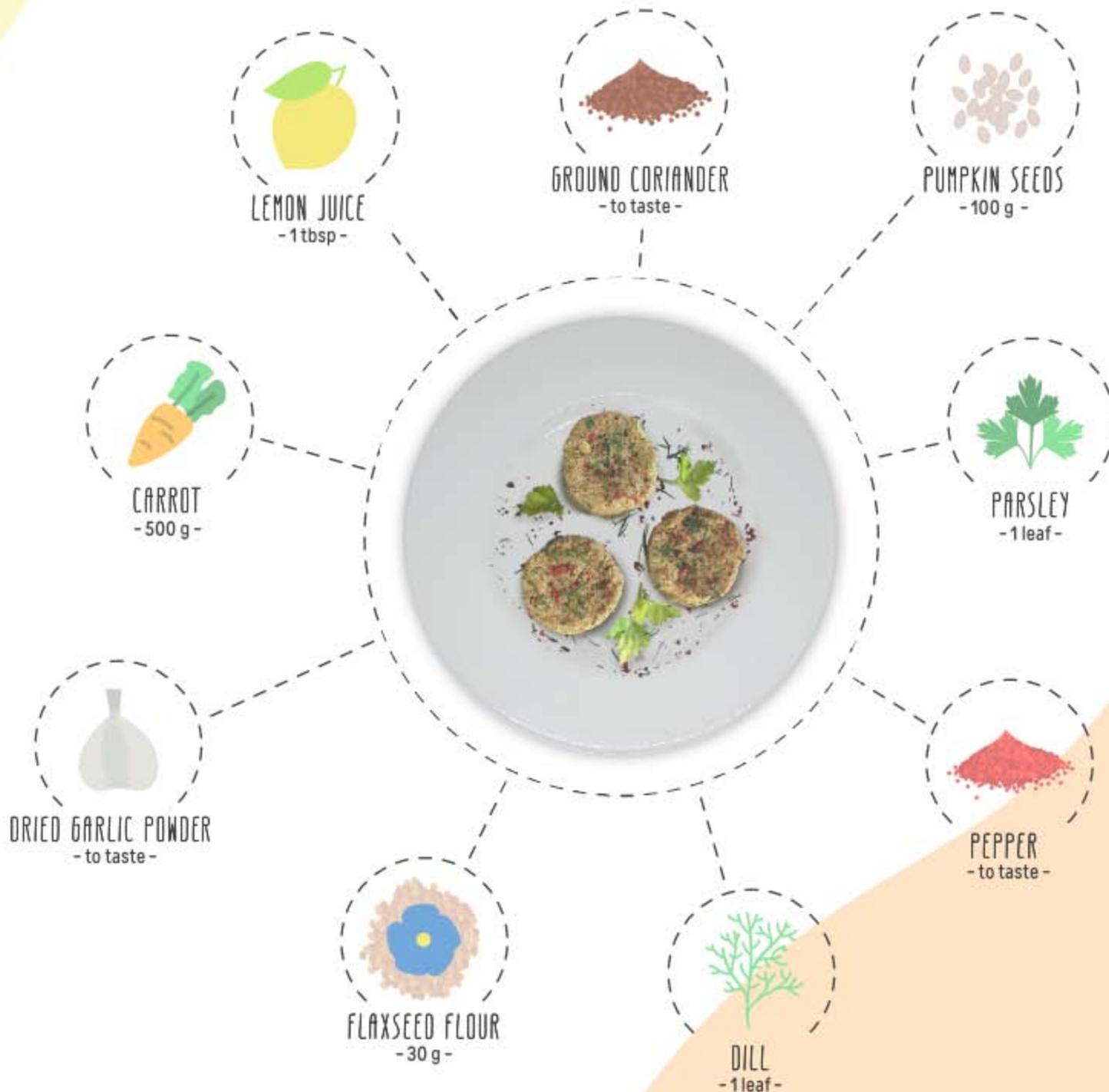
MAIN COURSE



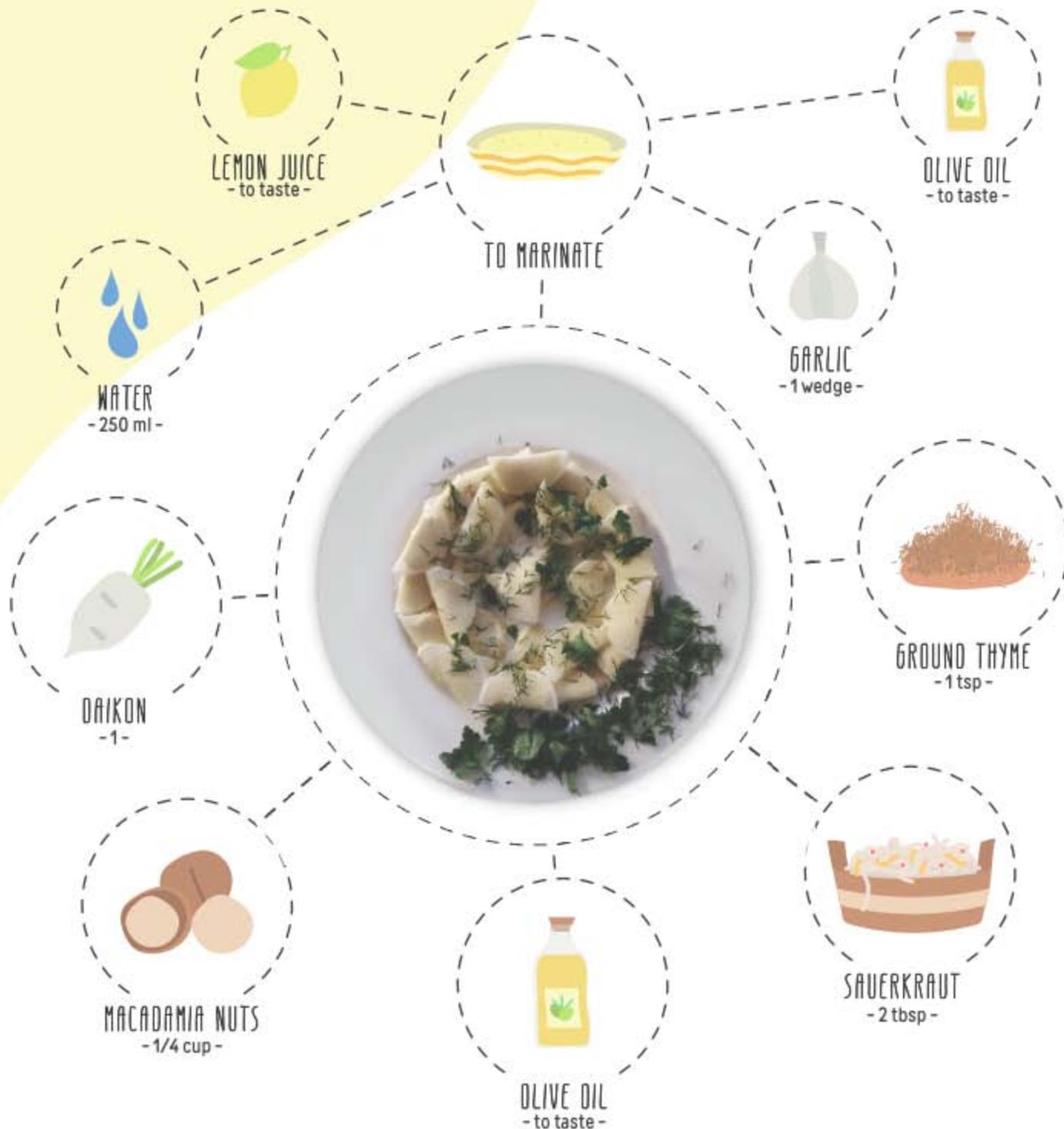
CARROT PATTIES



Make carrot juice and mix the pulp with all the ingredients in a food processor. Shape into patties and dehydrate at 108 °F for about 3-4 hours, flip, and keep dehydrating for another 3-4 h, or until they have the texture you like. Enjoy!



RUSSIAN RAVIOLI



The ravioli shell can be made from turnip, daikon, beetroot or any other root vegetable. We made them from daikon. Slice a daikon super thin (preferably by a mandoline). Toss the slices with the lemon juice, olive oil, garlic and marinate them in water for 30 minutes. Meanwhile prepare the filling placing all of the ingredients (sauerkraut, macadamia nuts and thyme and olive oil) in a high powered blender or food processor. Blend on high speed until a smooth paste has formed. Assemble ravioli. Fold the daikon over until the sides meet. Squeeze the edges together and the filling will hold it together. Or you can lay a slice of daikon down on a serving plate, place a small dollop of the filling in the middle, and then top with another slice of daikon, if your slices are not thin enough to be fold. Continue until you have used up all of the daikon.

BROCCOLI FALAFEL

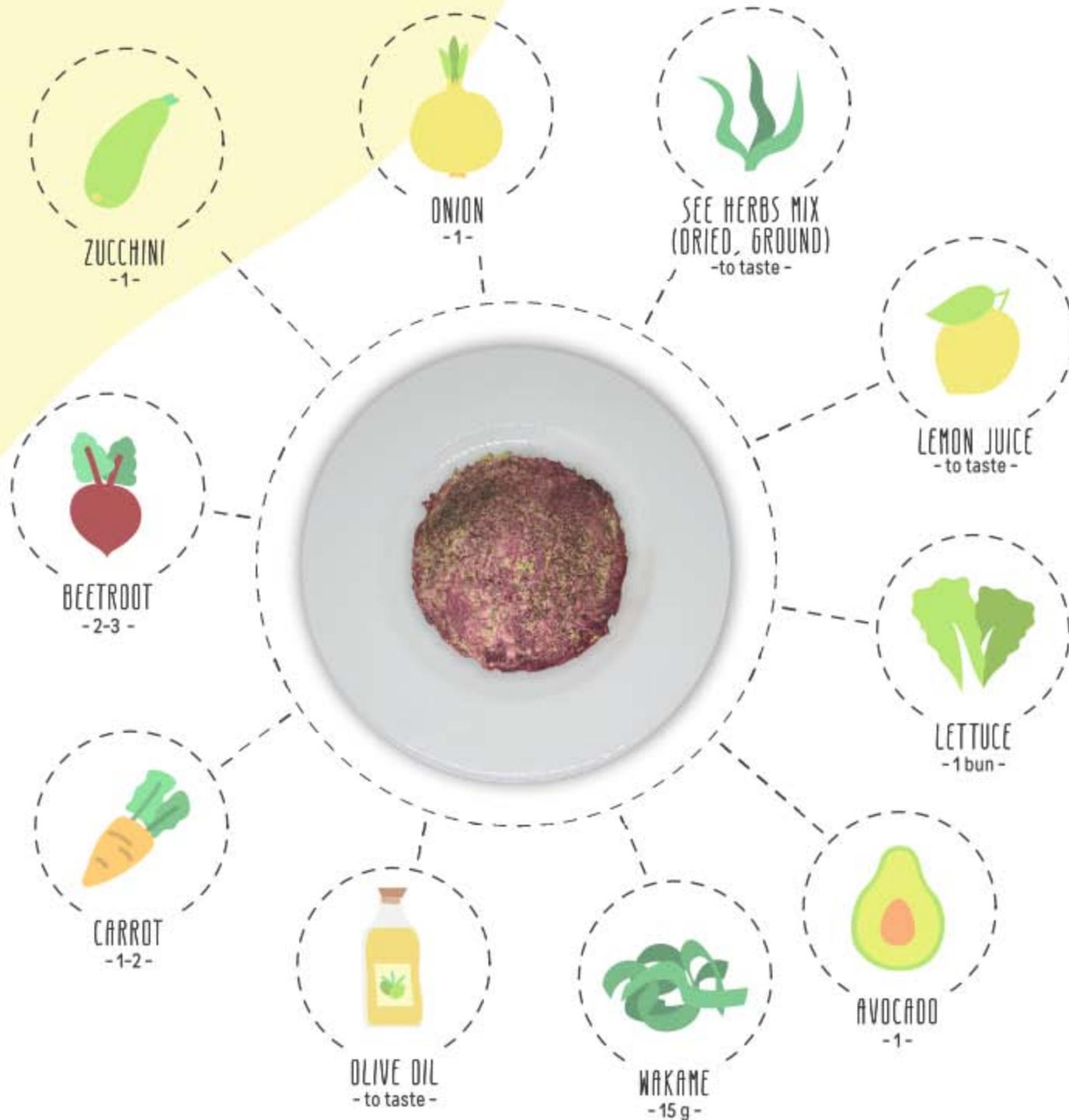


Chop a broccoli head. Preferably use the florets. Blend all the ingredients on high speed (except flaxseed flour). Shape into falafel balls, roll them in flaxseed flour and then place directly onto the dehydrator sheets and dehydrate for 2-6 hours depending on how moist you prefer them on the inside. The longer you dehydrate, the more crisp they will be on the outside.

You can add sundried tomatoes if you prefer.



WAKAME SALAD



Soak wakame in tepid water for 10-15 min. Drain and trim tough central spine. Make the avocado sauce, combining in a food processor avocado, some sea herbs mix, lettuce, olive oil and lemon juice, blend until very smooth. Use water to adjust consistency as required. In a deep, round, clear bowl, layer the following ingredients using the sauce between all of them: wakame, shredded zucchini, shredded carrots and shredded beetroot. Top with a layer of sauce. Season with sea herbs mix and let it soak up into the sauce for a couple of hours.

MUSHRAWBURGER



Prepare a carrot burger. Peel and de-stem mushrooms and place them in a dehydrator for 3-5 hours. Slice the tomatoes and onion. Spread the sauces of your choice on the underside of each mushroom, add tomatoes, onion, lettuce and serve!



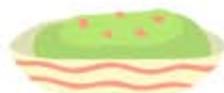
PORTOBELLO MUSHROOM
-2-



LETTUCE
-1 leaf-



CARROT PATTIES
-the recipe is in this book-



GUACAMOLE
-the recipe is further in this book-



ONION
-1/4-



MAYONNAISE
-the recipe is in this book-

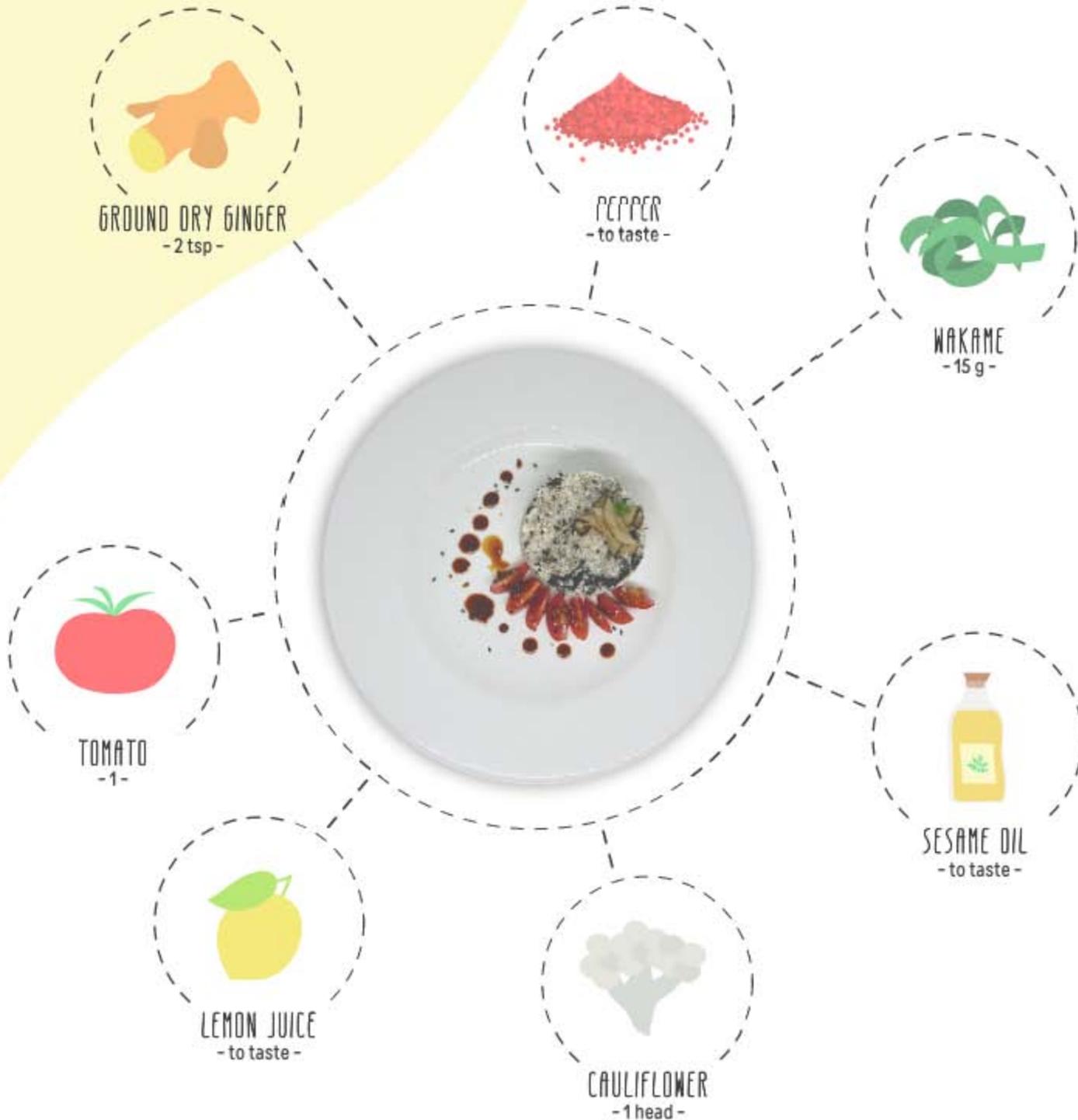


TOMATO
-1-

SEAFOOD RICE



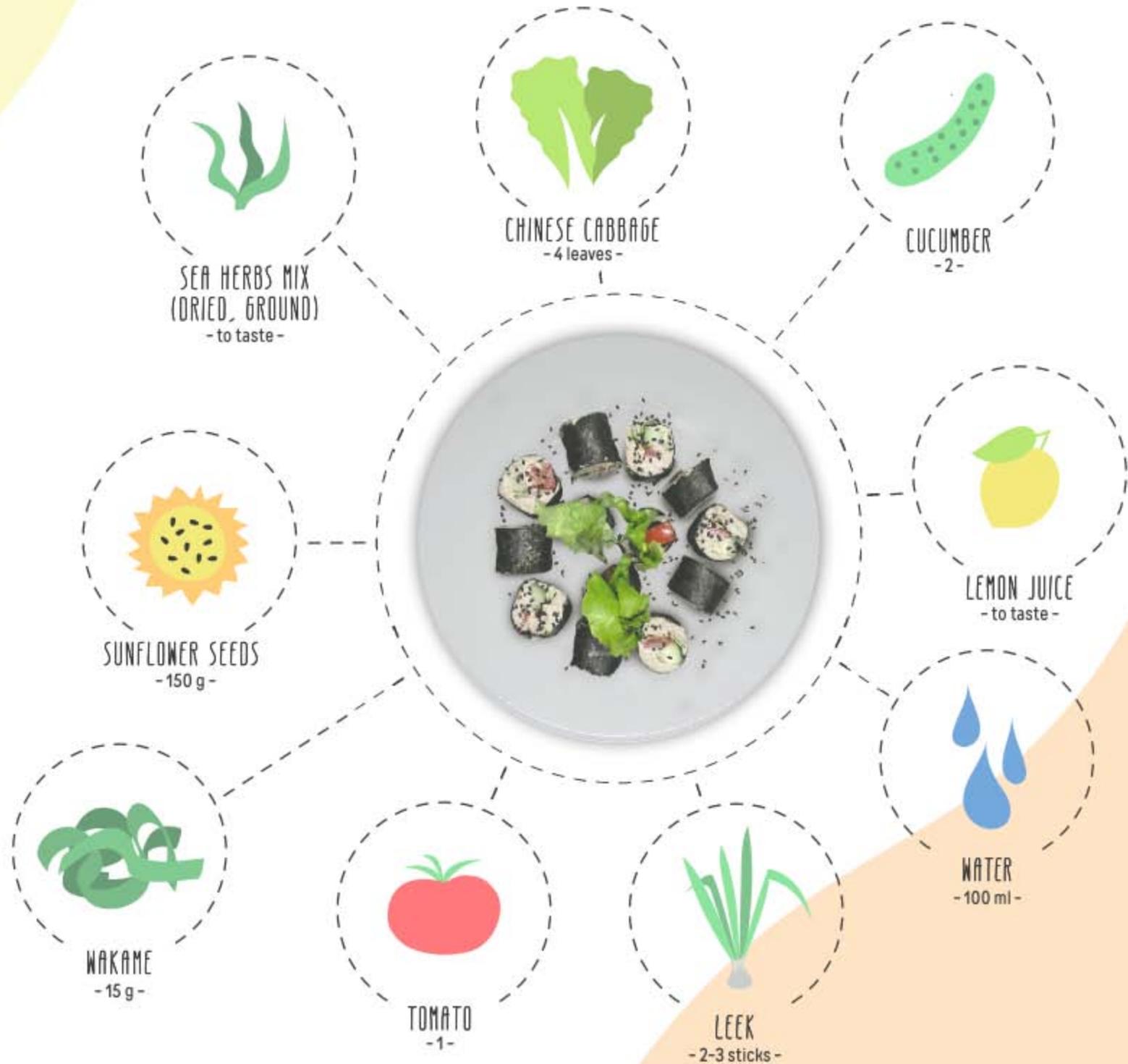
Soak wakame in tepid water for 10-15 minutes. Drain and trim tough central spine. Cut cauliflower into pieces and transfer into a food processor. Don't fill the food processor more than 3/4 full; if necessary, process in two batches. Pulse the cauliflower until completely break down. Cut tomatoes and wakame. Unite all the ingredients. You can try to add any vegetables you like.



TUNA SUSHI



Soak sunflower seeds in water for at least 6 hours. Drain and mix with lemon juice, leek and sea herbs in a food processor. Lay a nori sheet on the bamboo sushi mat. Start by spreading the paste along the farthest edge of the nori sheet. On the end closest to you, add some wakame, cucumber, tomatoes and cabbage. Finally, roll and slice!



DESSERTS



MANGO PANCAKES



Mix all ingredients (add more or less water and flax seed to obtain the consistency desired: slightly liquidy smooth batter). Form into pancakes on nonstick dehydrator sheet.

Leave in dehydrator at 42°C for 4-5 hours.

Flip onto mesh sheets and dehydrate till ready to eat.

Garnish with creams from the creams and sauces recipes part of our cookbook!

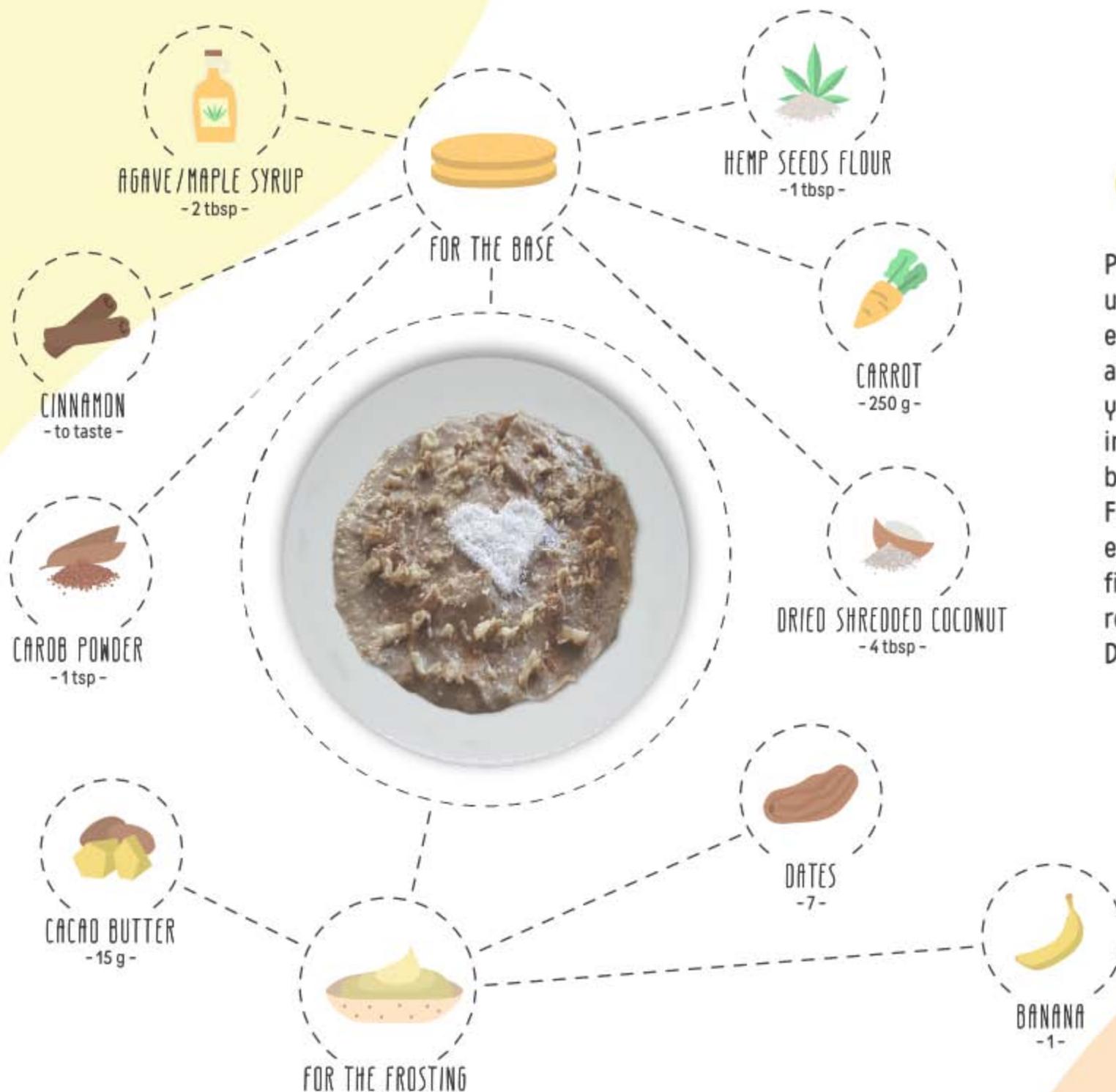


CARROT CAKE



Pulse carrots in a food processor until well-blended and eliminate the excess of water. Then blend together all the ingredients for the base until you obtain a cake-like texture. Form into a cake using a cake pan or a baking pan.

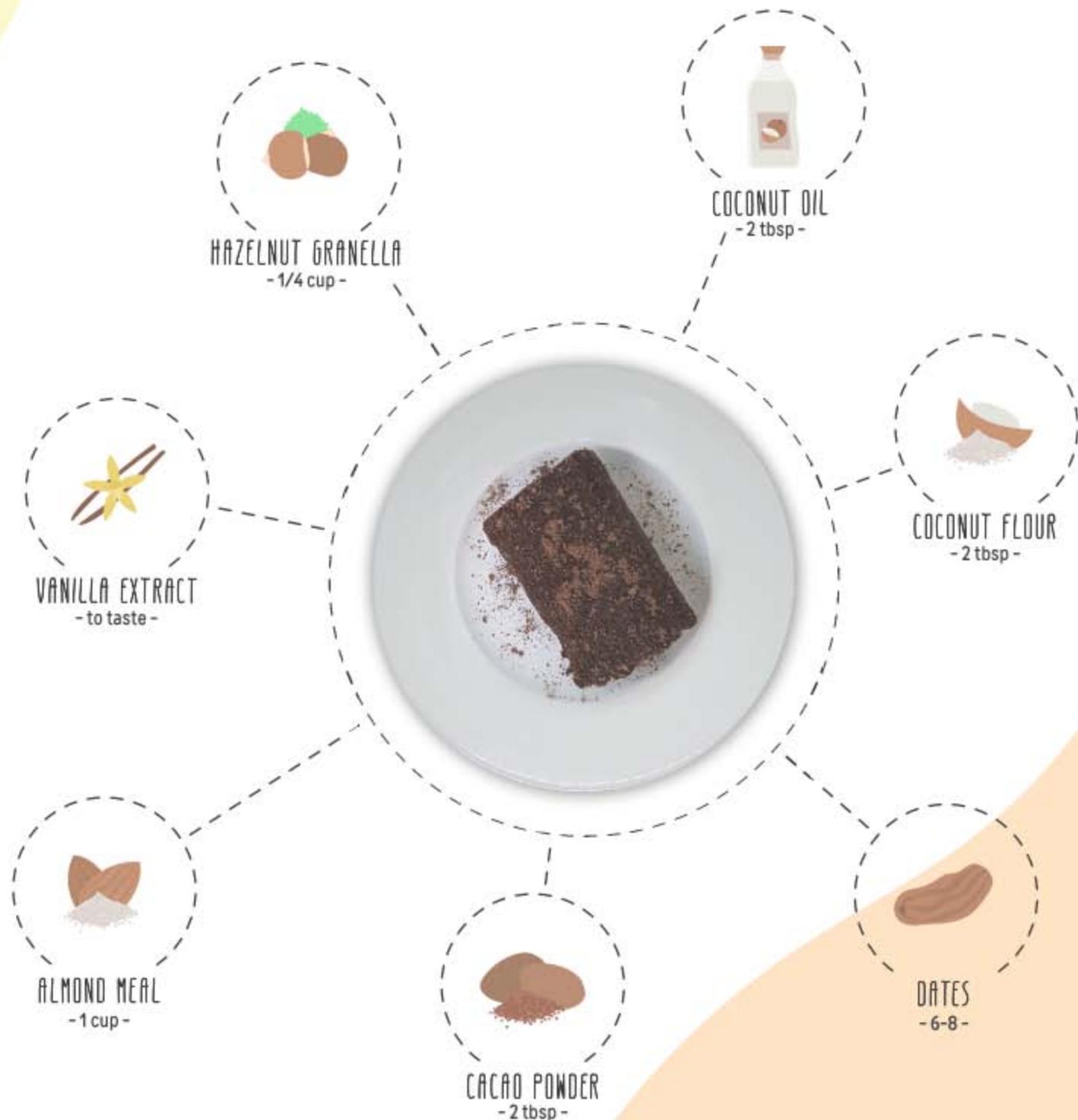
For the frosting, blend all the ingredients (cacao butter should be melted first). Cover your cake and put in the refrigerator for a couple of hours. Decorate and serve!



CHOCOLATE SALAMI



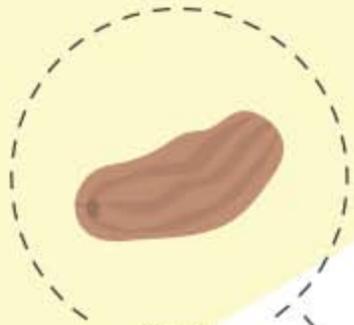
Combine almond meal, dates, cacao powder and coconut flour in the food processor, add coconut oil and vanilla extract at last (process until well stick together). Add remaining ingredients and pulse a few times. Remove dough from processor, place on a sheet of parchment paper and form into a salami. Press firmly so that everything sticks together. Let sit in the freezer to firm for about 2 hours (for the best result). Take out of the fridge and serve your chocolate salami!



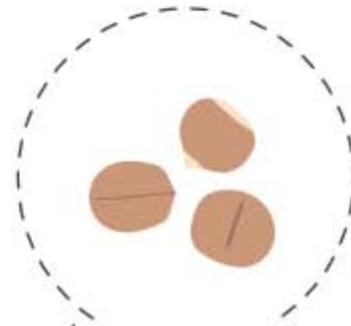
CHOCOLATE TRUFFLES



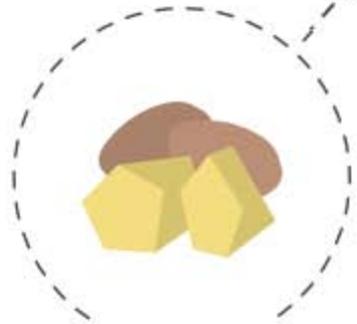
Place nuts and dates in a food processor or high speed blender and process until small bits remain and it forms into a ball. Then add in the cocoa powder and cacao butter. Once you have a dough that's easy to form into balls (if they aren't quite forming, add more cacao butter) scoop out 1 tablespoon amounts and roll into a ball. Decorate and serve!



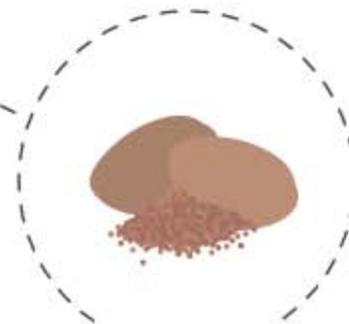
DATES
-120 g-



ALMONDS
OR HAZELNUTS
-120 g-



CACAO BUTTER
-1 tbsp-

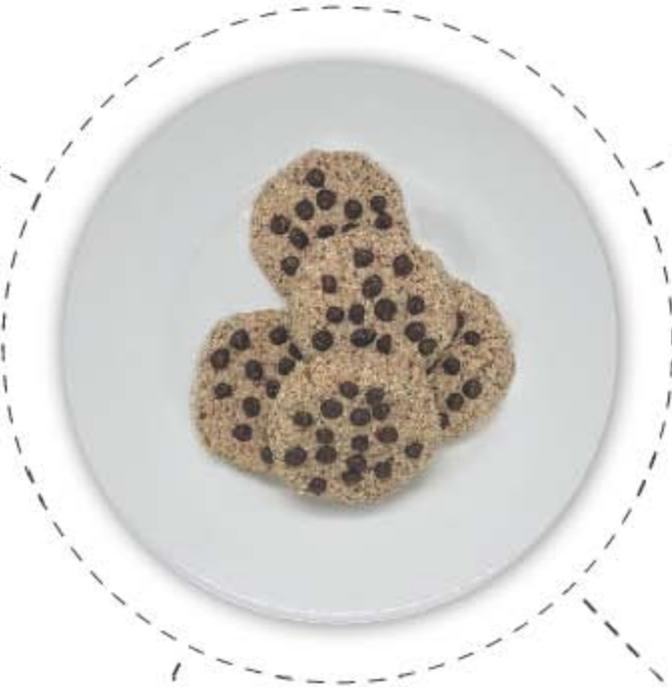


CACAO POWDER
-4 tbsp-

ALMOND COOKIES



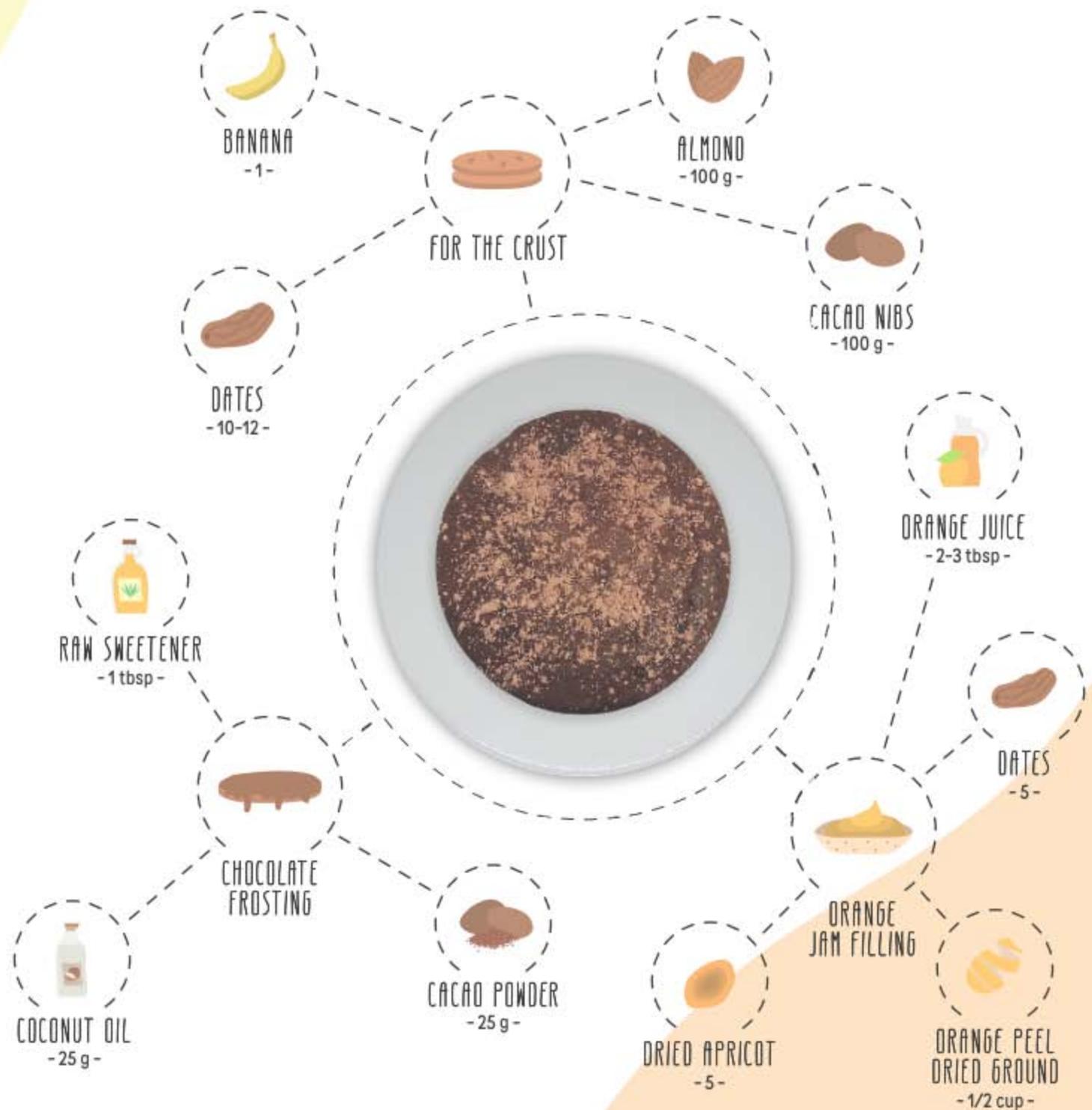
Place all the ingredients in food processor and pulse until dough-like consistency. Line a dehydrator rack with parchment paper. Put dollops of the dough on the tray. Press down with a fork to make the lines in the cookies. Place in dehydrator for 12-18 hours!



SACHER



Process almonds and cacao nibs into fine granola. Add banana and dates and process until you get the right consistency (homogenous and sticky). Divide in two parts. Form into a cake the first part of the dough using a cake pan or a baking pan. Prepare orange jam filling combining all the ingredients. Put your jam on the cake and then cover it with the second part of the dough. For the frosting, blend all the ingredients (melt coconut oil first). Cover your cake with the frosting and put in the refrigerator for a couple of hours. Decorate and serve!



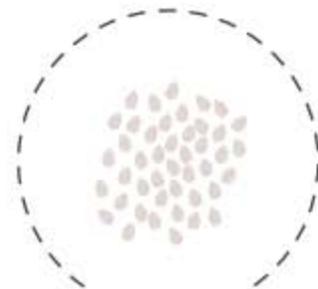
ENERGY BARS



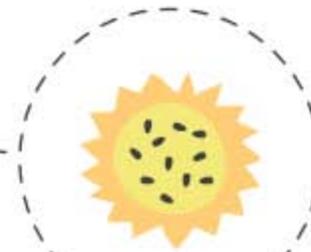
Place all the ingredients in a blender or food processor and pulse. Firmly press the mixture obtained into a dehydrator rack lined with parchment paper. Place in the dehydrator for a couple of hours or until it becomes firm. Remove from the dehydrator and cut into bars. Enjoy!



RAW SWEETENER
-to taste-



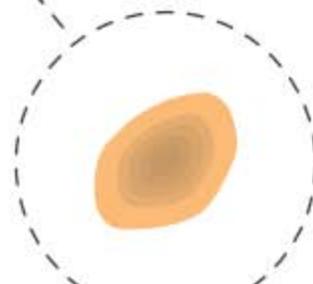
SESAME
-1/2 cup-



SUNFLOWER SEEDS
-1 cup-



DRIED PRUNES
-1/2 cup-



DRIED APRICOTS
-1/2 cup-

RECIPE CONSTRUCTORS





DAIKON



PUMPKIN



ZUCCHINI



CARROT



CUCUMBER

SPAGHETTI CONSTRUCTOR

A spiralizer will create curls of your favorite vegetables and turn a boring salad into an entertaining dish. You can also simply slice zucchini with a peeler for a fettuccine-like pasta. Choose different vegetables and make your own sauces. We provide you with some ideas! Enjoy your creativity!



MARINARA



APPLE CHUTNEY



GUACAMOLE



COCONUT CHUTNEY



MINT MARINADE



PUMPKIN PESTO



SAGE AND WALNUT SAUCE



MANGO CHUTNEY



MAYONNAISE



SAUERKRAUT SAUCE



PESTO



SMOKED CHEESE

CREATIVE TIME

If you do not know what to start with, check out our creations. Here are some dishes we prepared with the help of our spaghetti constructor!



ZUCCHINI+CARROTS+FRESH GREENS AND SPICES



ZUCCHINI+CAPPERS, OLIVES, TOMATOES AND EVOO



ASPARAGUS+PESTO



BEETROOT+EVOO+AVOCADO

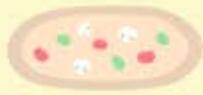


ZUCCHINI+MAYONNAISE+VEGETABLES

BAKING CONSTRUCTOR



SHAWERMA



PIZZA



BURGER



SANDWICH



MEXICAN DOUGH



CURRY DOUGH



BRAZIL NUT DOUGH



TOMATO DOUGH



ONION DOUGH



CARROT DOUGH



MARINARA



MAYONNAISE



PESTO



COCONUT CHUTNEY



PUMPKIN SEEDS PESTO



APPLE CHUTNEY



WALNUT AND SAGE SAUCE



SMOKED CHEESE



GUACAMOLE



MINT MARINADE



MANGO CHUTNEY



SAUERKRAUT SAUCE



CUCUMBER



MUSHROOM



CORN



LETTUCE



TOMATO



CHIVES



BELL PEPPER



BASIL



AVOCADO

1. Choose the form of your future dish. Round pizza or shawerma or something else? Choose or create your own!

2. Choose a dough. Mexican style pizza, onion bread burgers or curry shawerma? Anything you like!

- you can find dough recipes further in this book -

3. Choose a sauce or two or three sauces!

-you can find sauces recipes further in this book-

4. Choose a filling. Any of the above ingredients or your own. Remember to choose healthy and light options for your well-being.

CREATIVE TIME

Obviously, you can create your own dishes with unique flavours! Using our baking constructor you can obtain various results as this.



CARROT DOUGH+MAYONNAISE
+VEGETABLES AND GREENS



TOMATO DOUGH+MARINARA
+TOMATOES AND GREENS



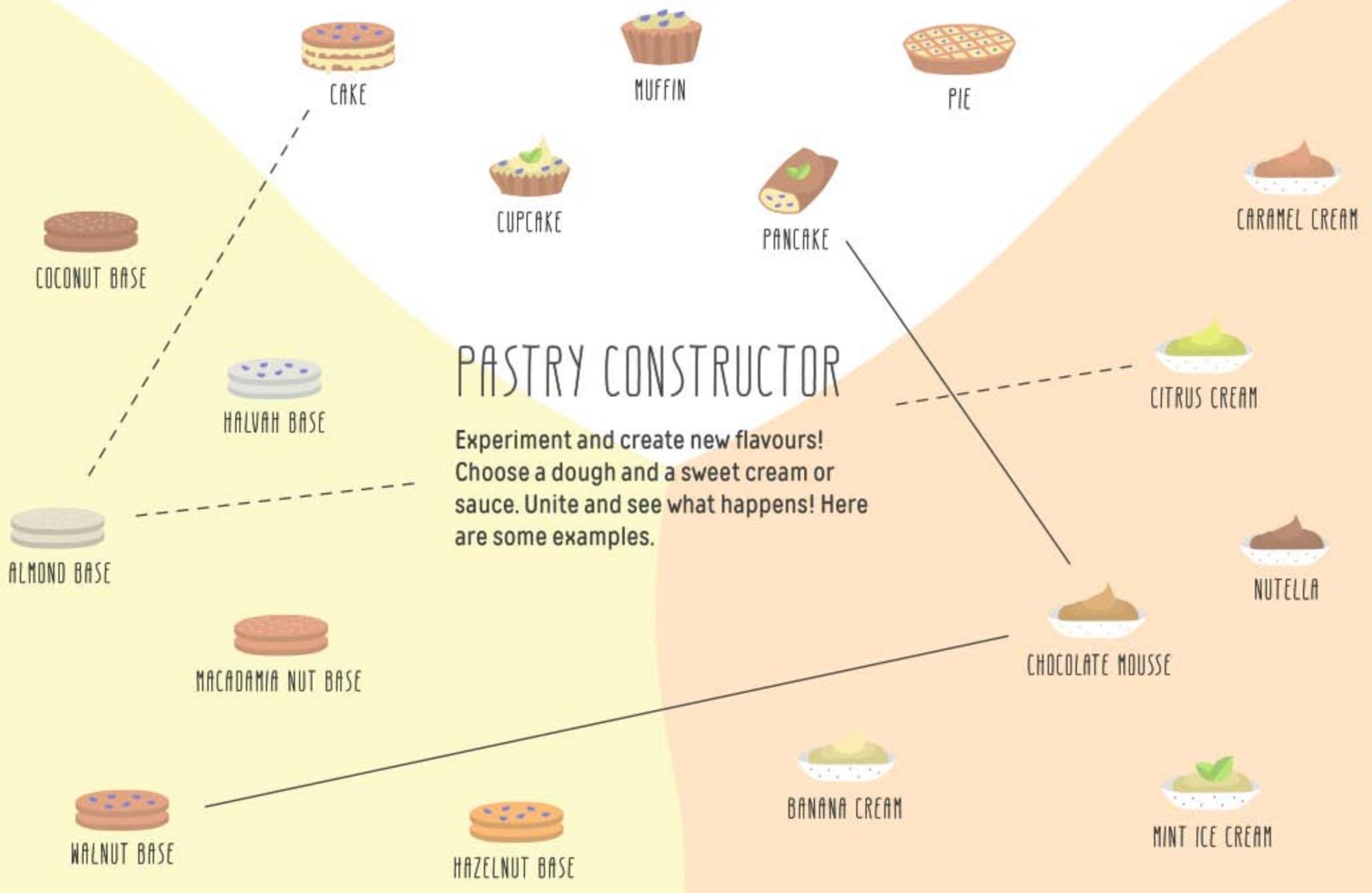
MEXICAN DOUGH+GUACAMOLE
+VEGETABLES AND GREENS



CARROT DOUGH+MAYONNAISE
+VEGETABLES AND GREENS



ONION DOUGH+SAUERKRAUT SAUCE
+TOMATOES AND ARUGULA



CREATIVE TIME

It is easy to prepare a tasty cake!
Try any of these and you will see!



ALMOND BASE+CARAMEL CREAM+APPLE



HAZELNUT BAZE+NUTELLA+PISTACHIOS



WALNUT BASE+CITRUS CREAM+PISTACHIOS



WALNUT BASE+CHOCOLATE CREAM+BANANA

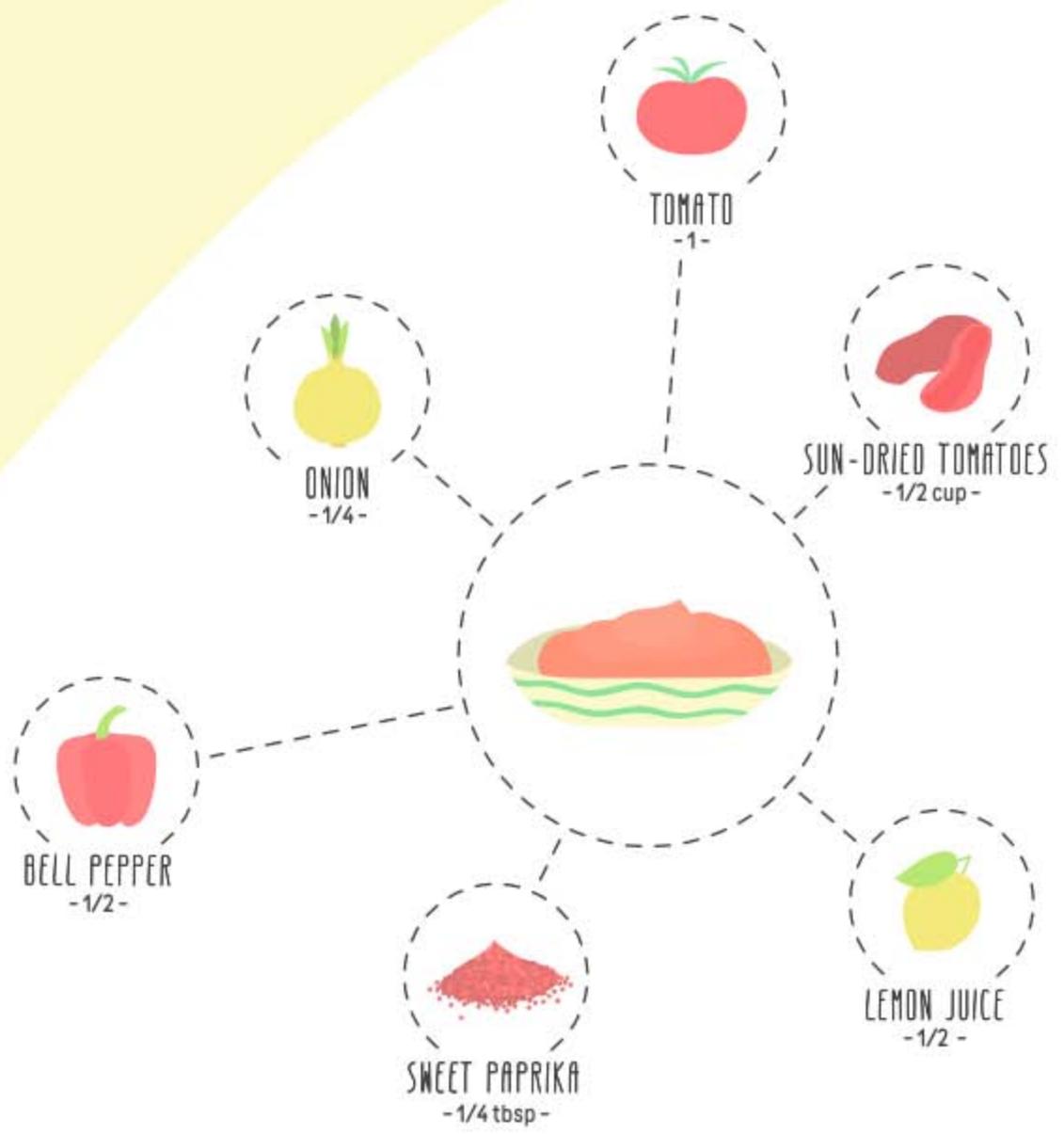
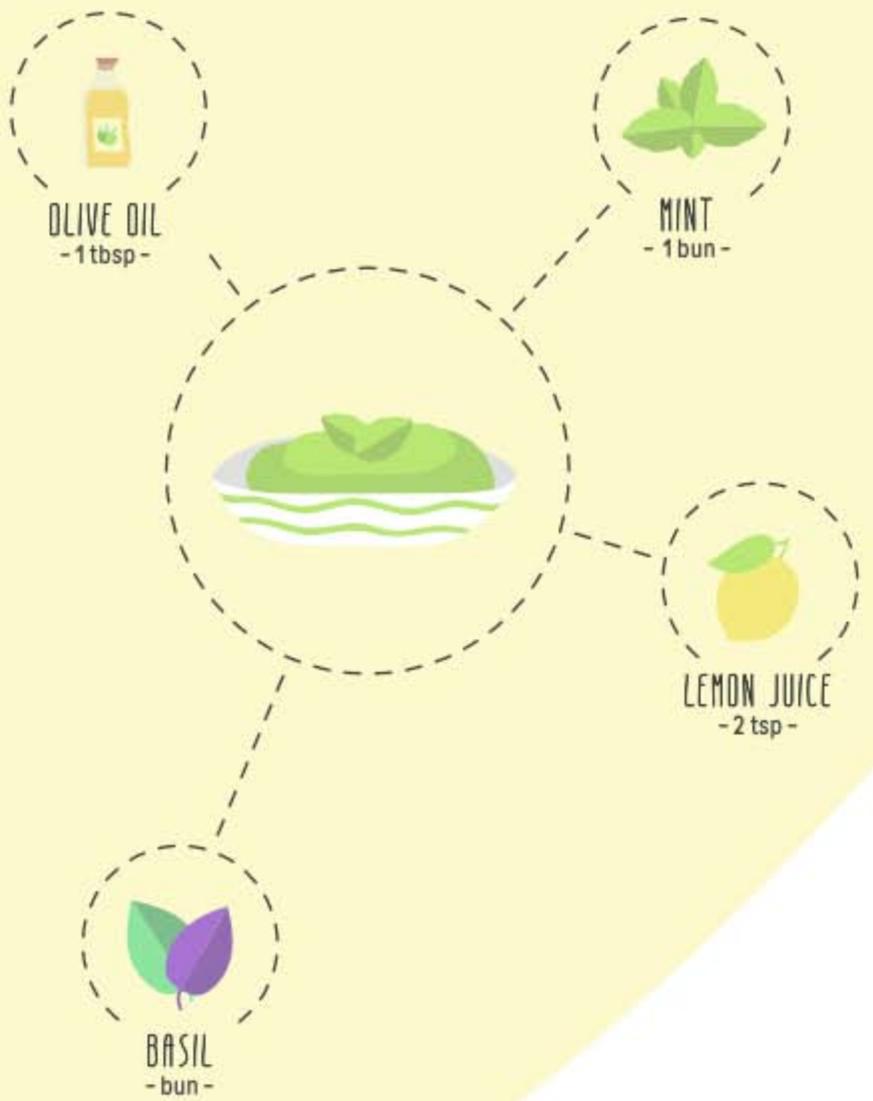


MACADAMIA BASE+MINT ICE CREAM
+STRAWBERRY AND BLUEBERRY

SAUCES

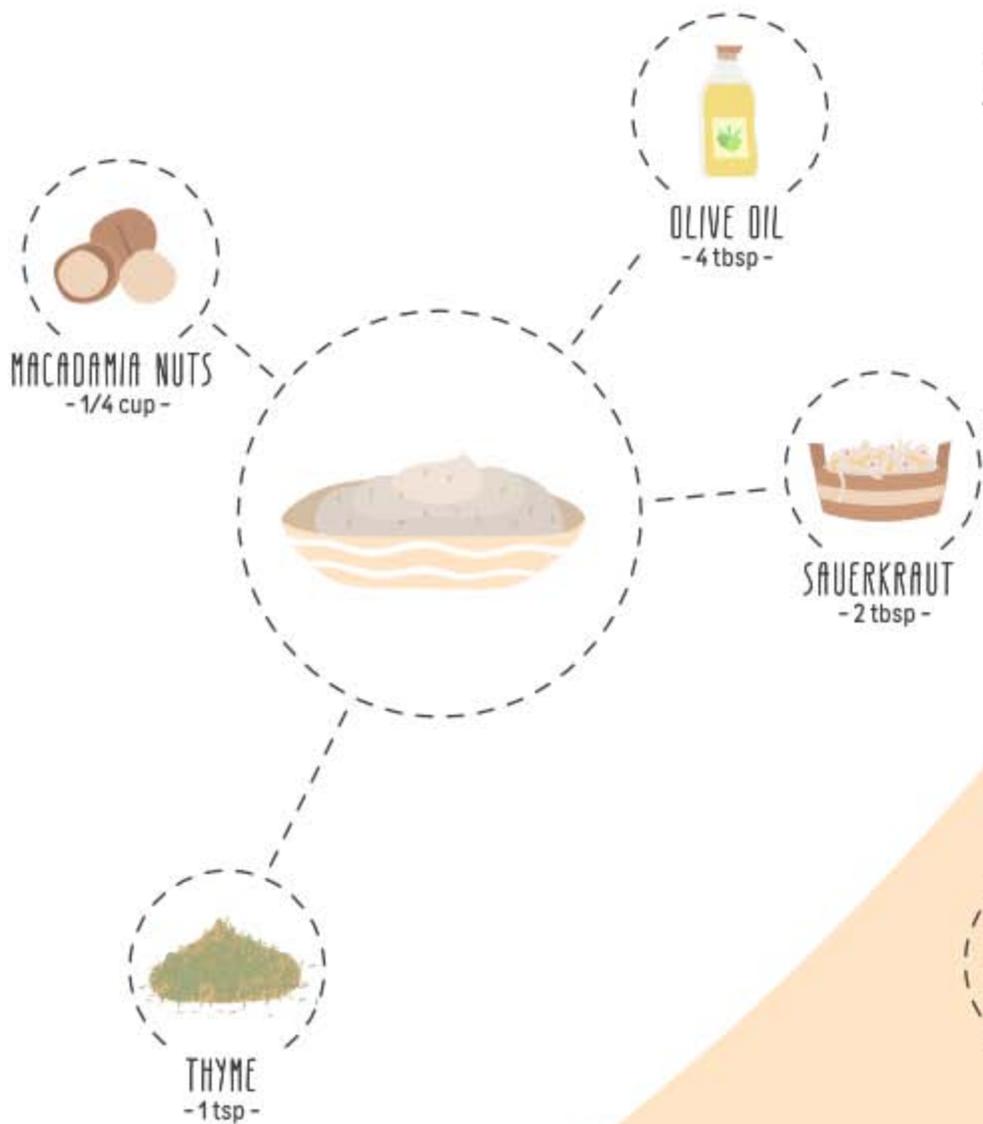


MINT MARINADE

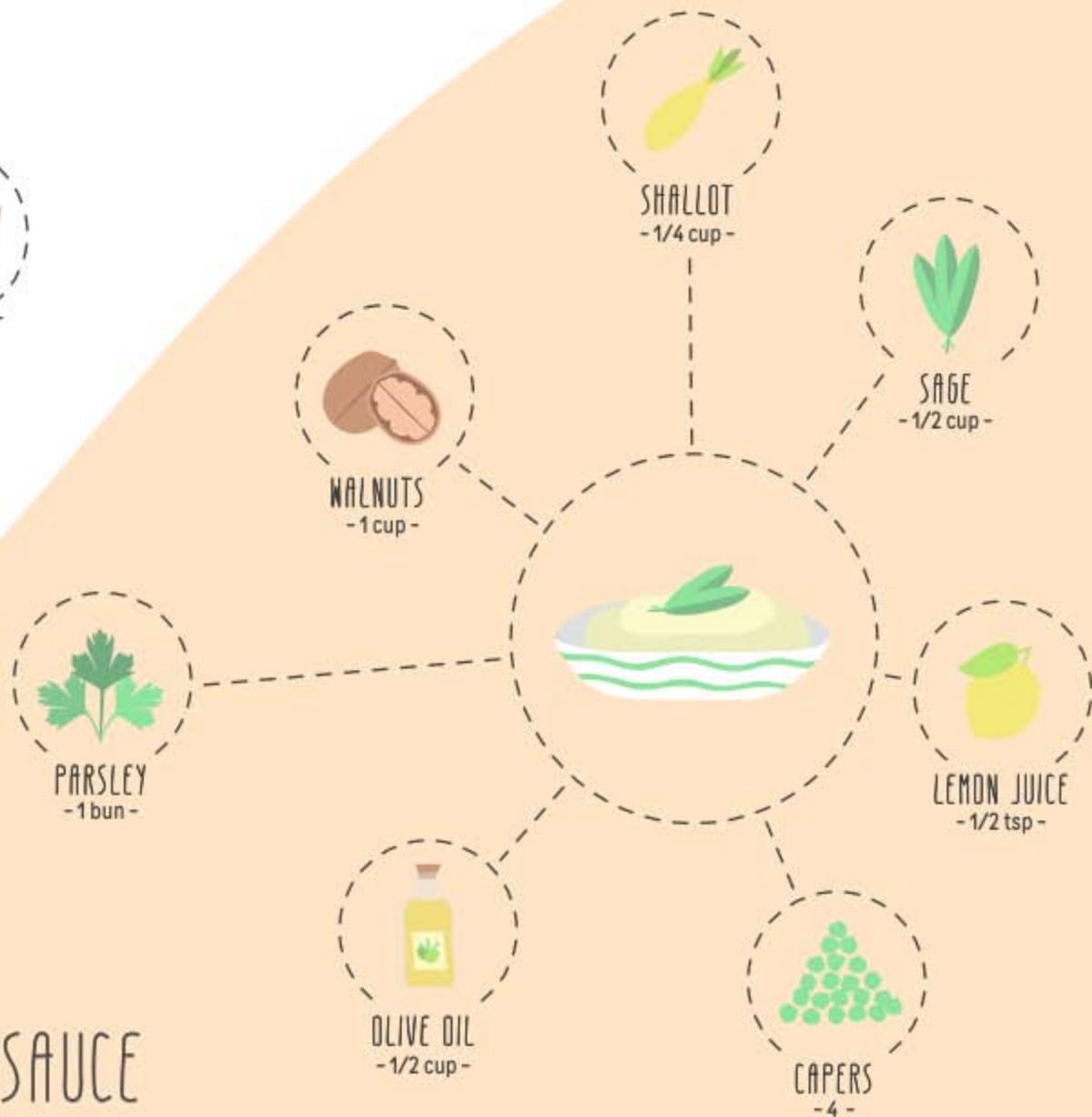


MARINARA SAUCE

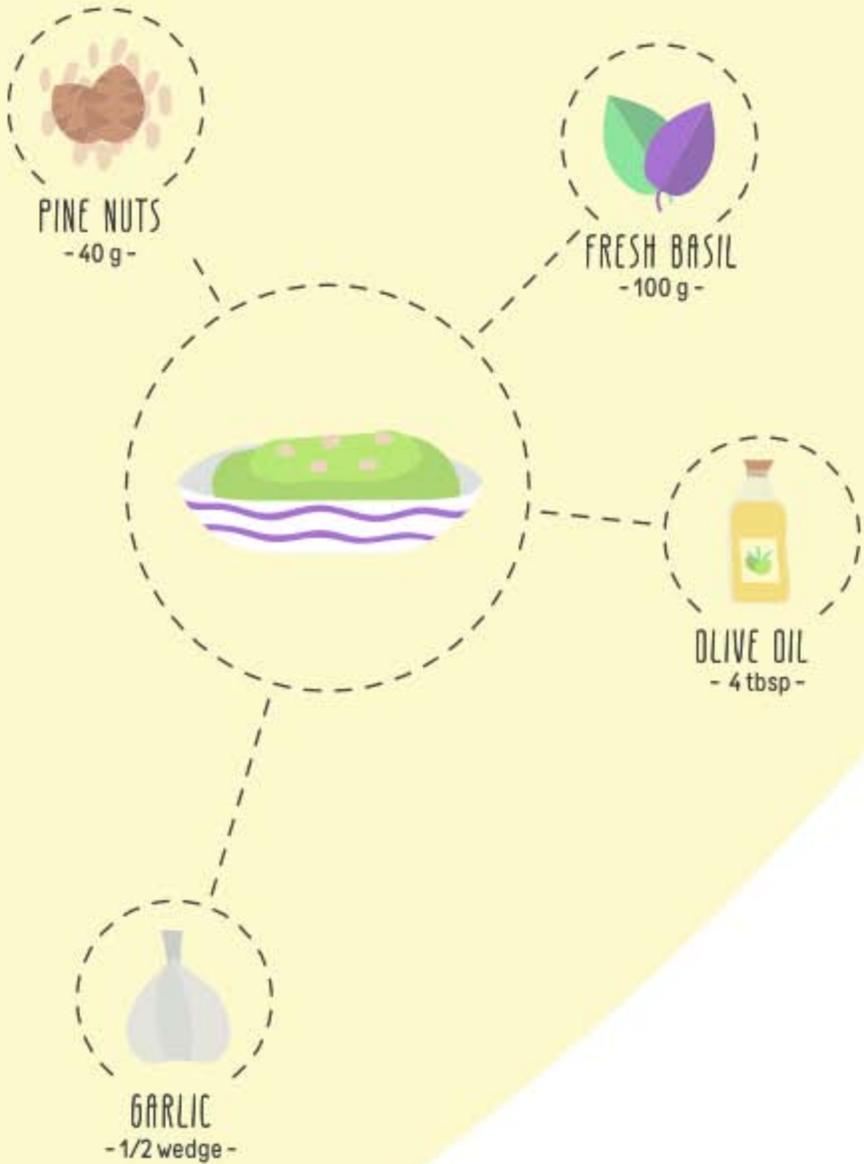
SAUERKRAUT SAUCE



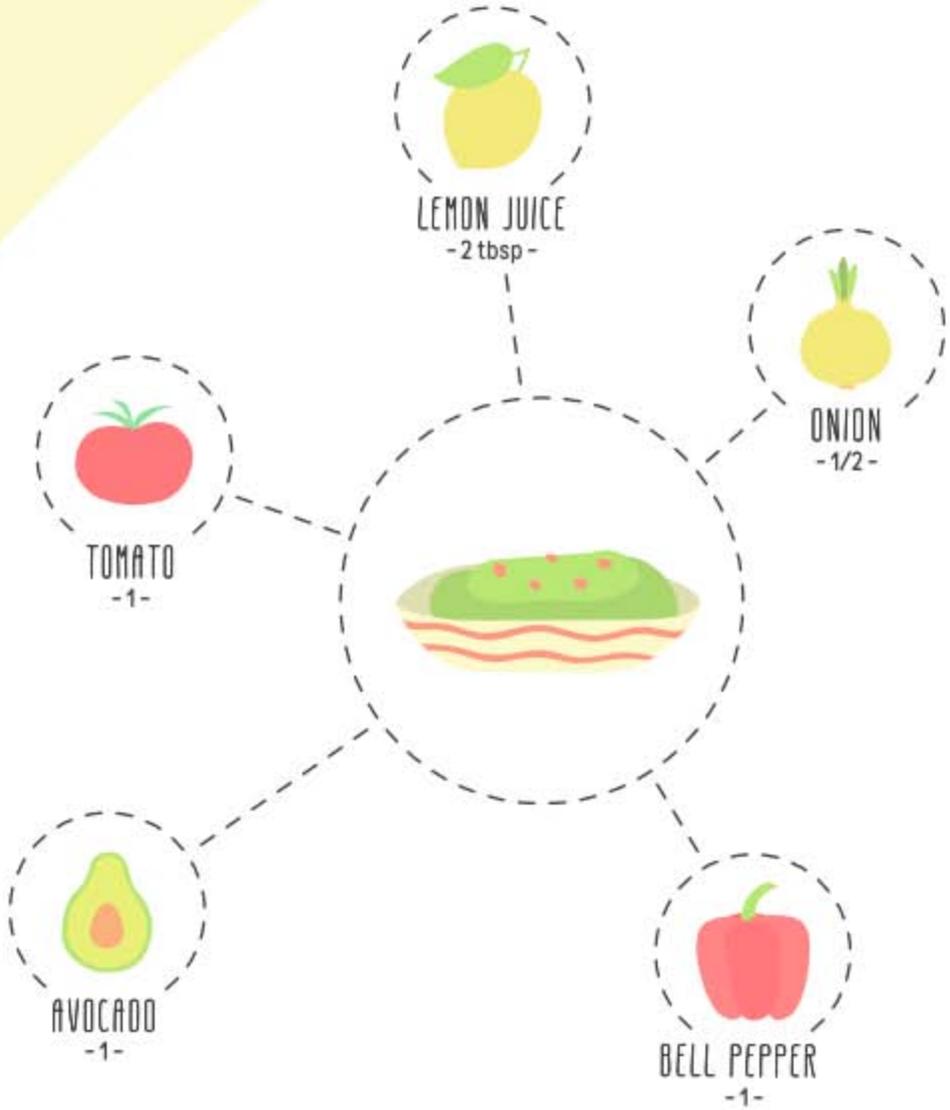
WALNUT AND SAGE SAUCE



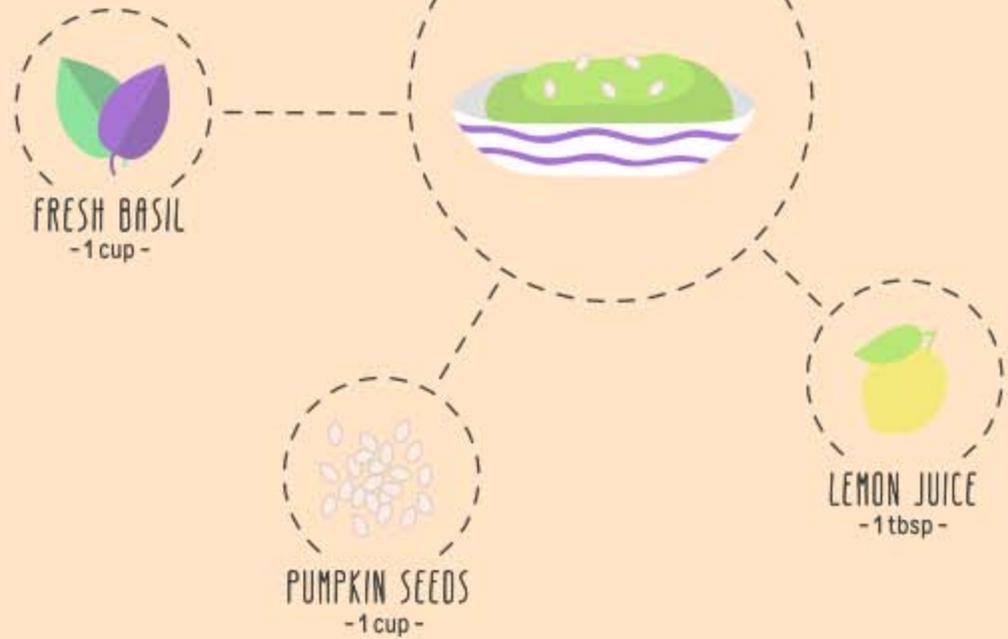
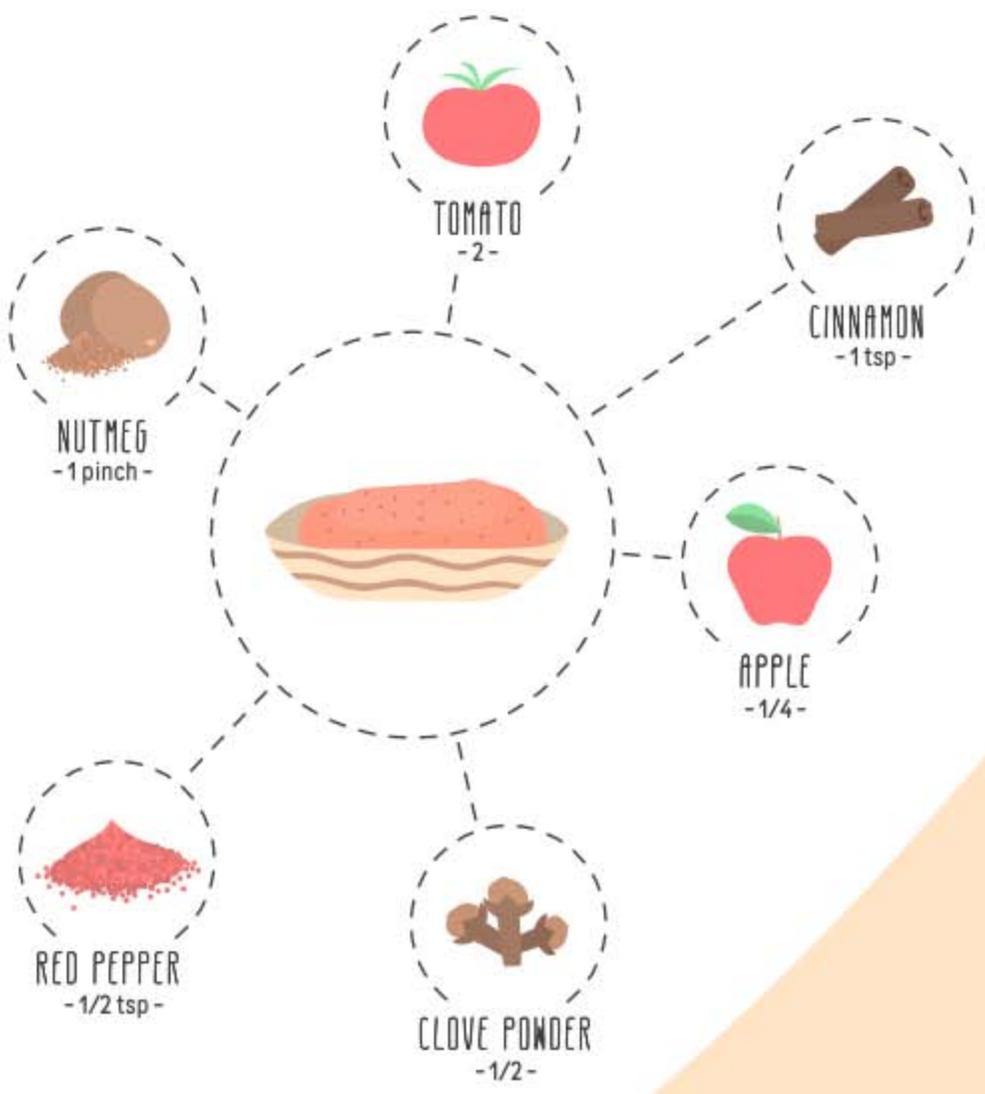
PESTO



GUACAMOLE

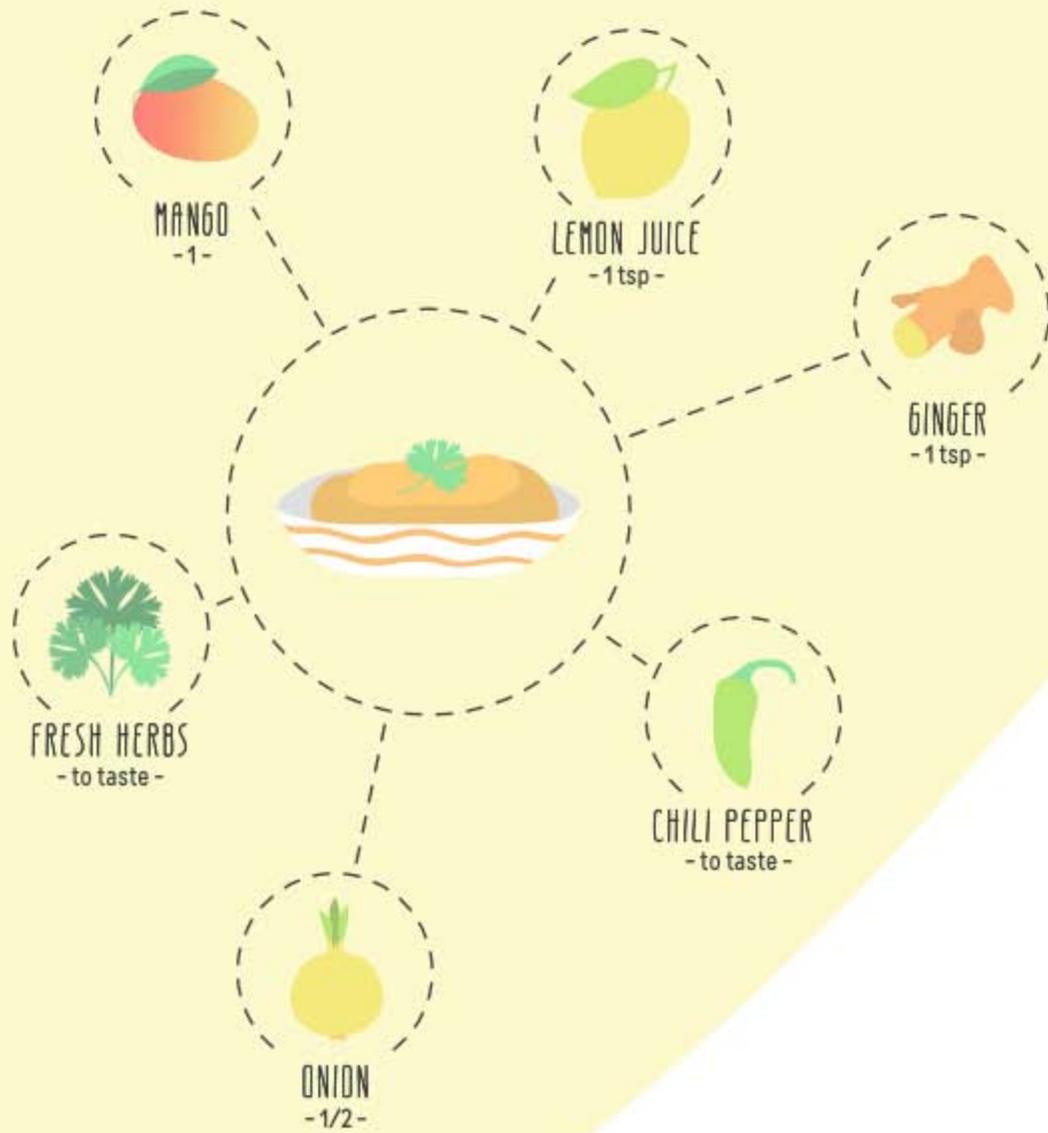


APPLE CHUTNEY

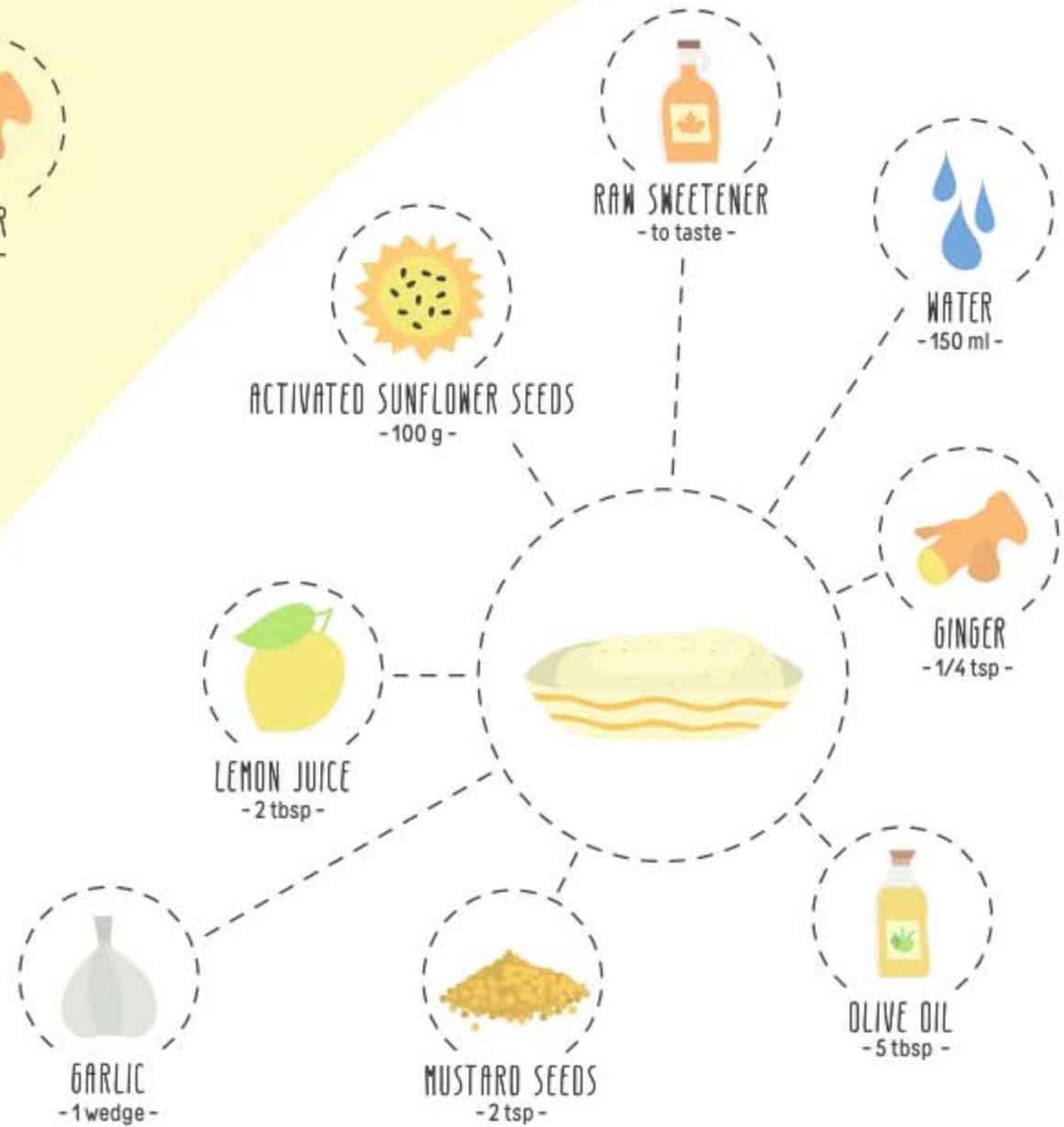


PUMPKIN SEEDS PESTO

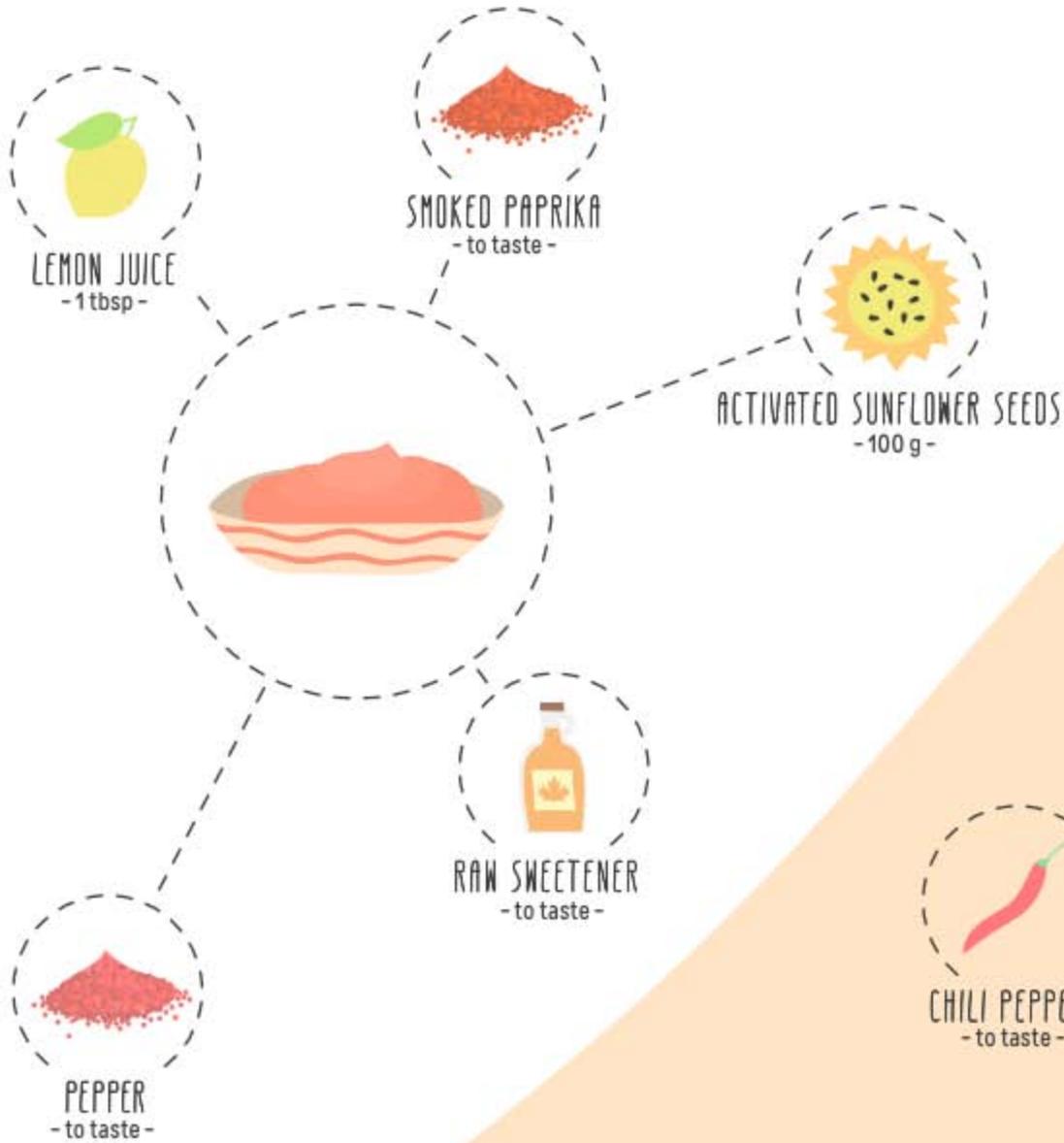
MANGO CHUTNEY



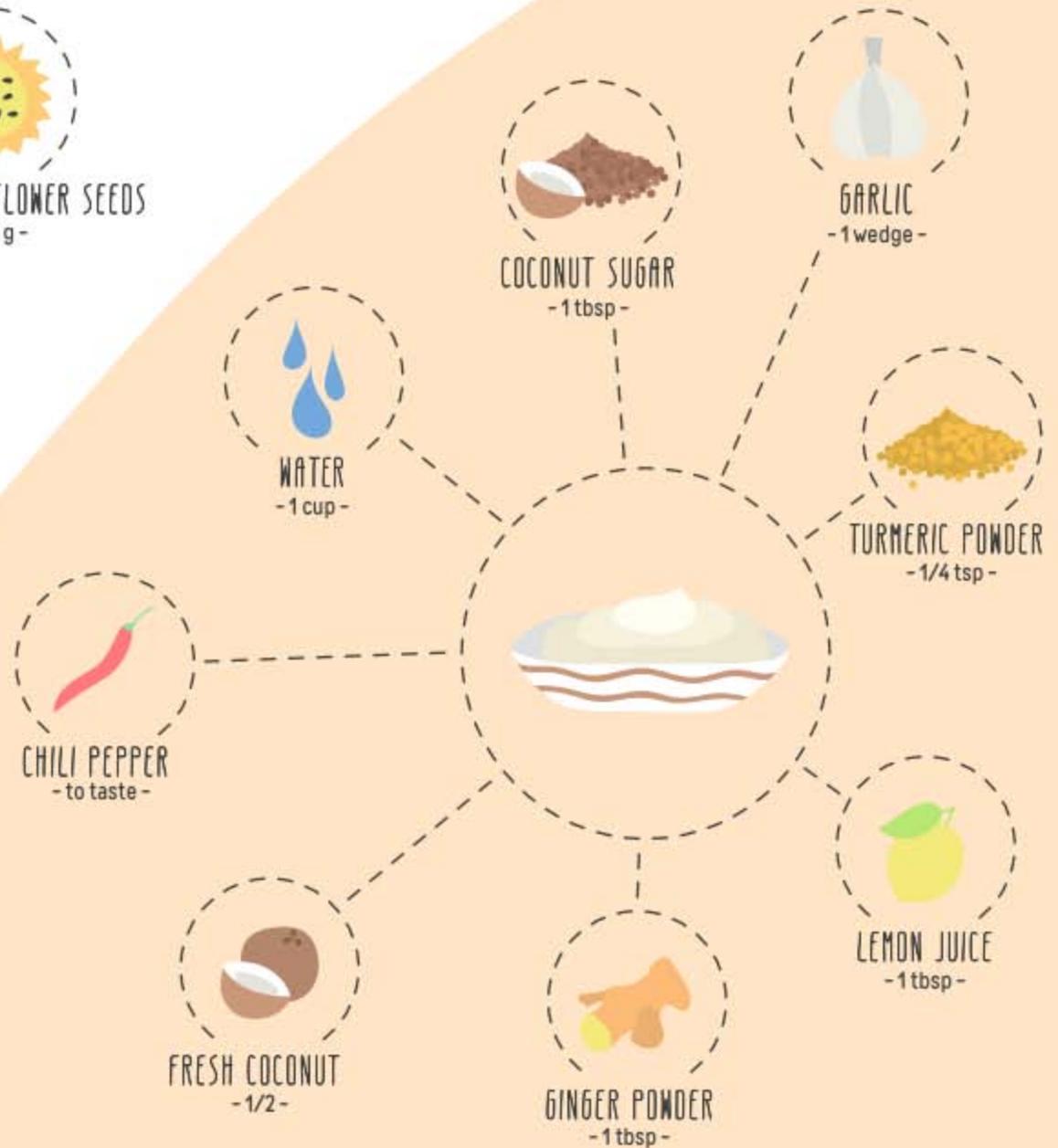
MAYONNAISE



SMOKED CHEESE



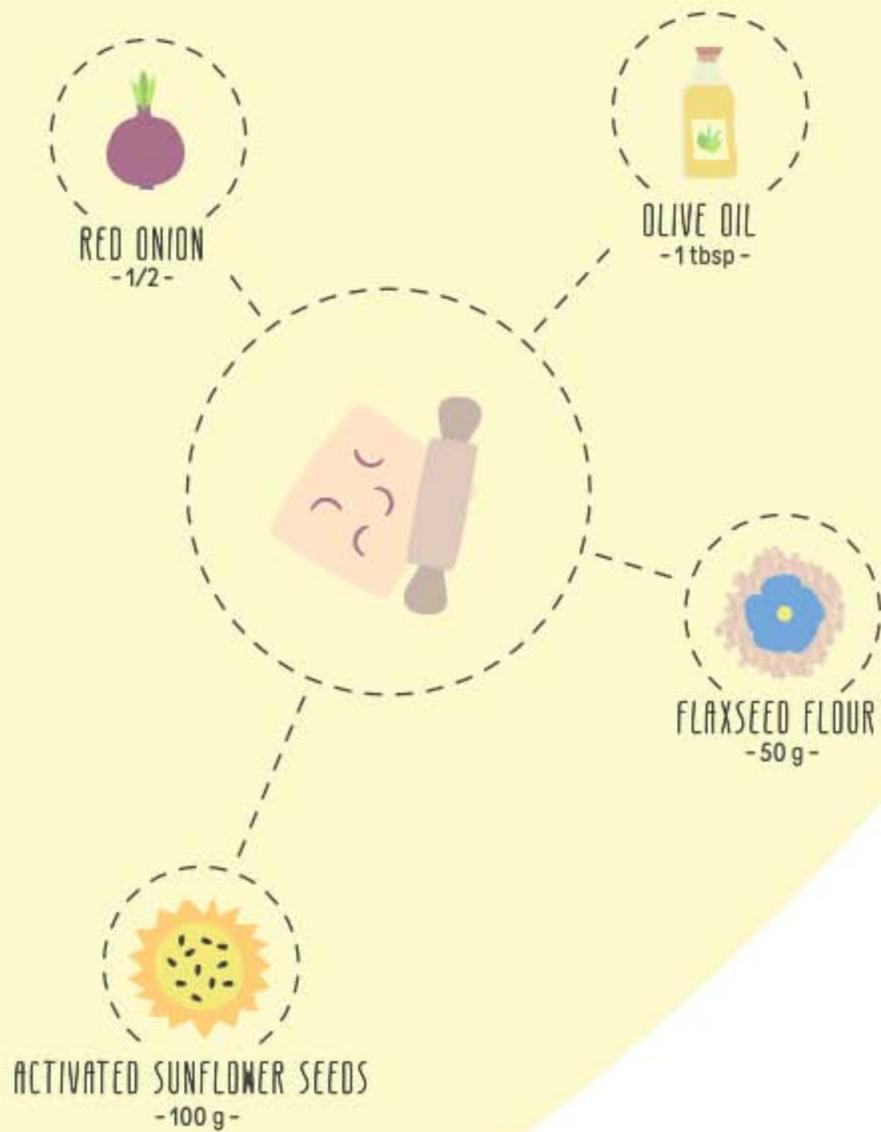
COCONUT CHUTNEY



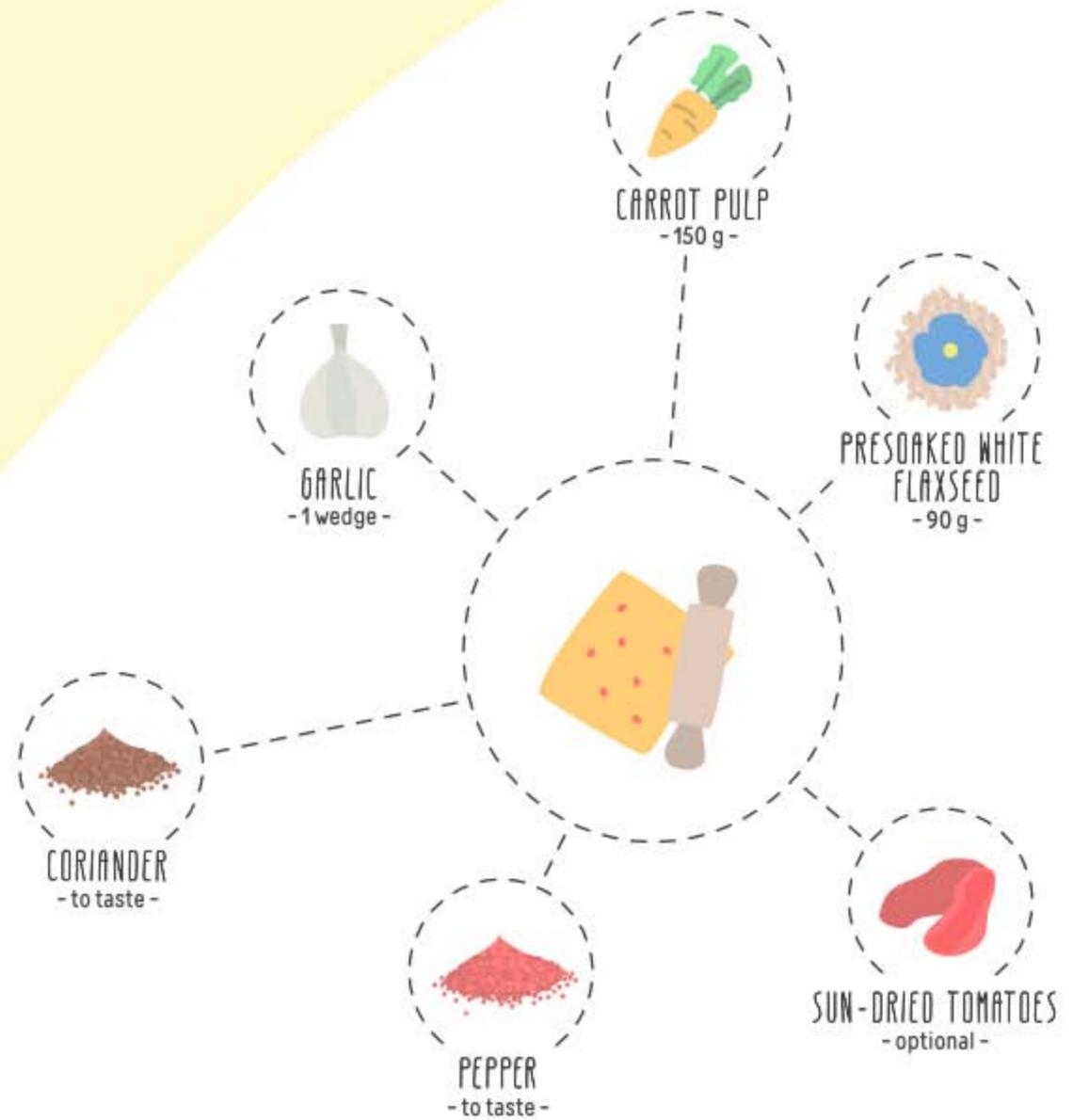


DOUGH

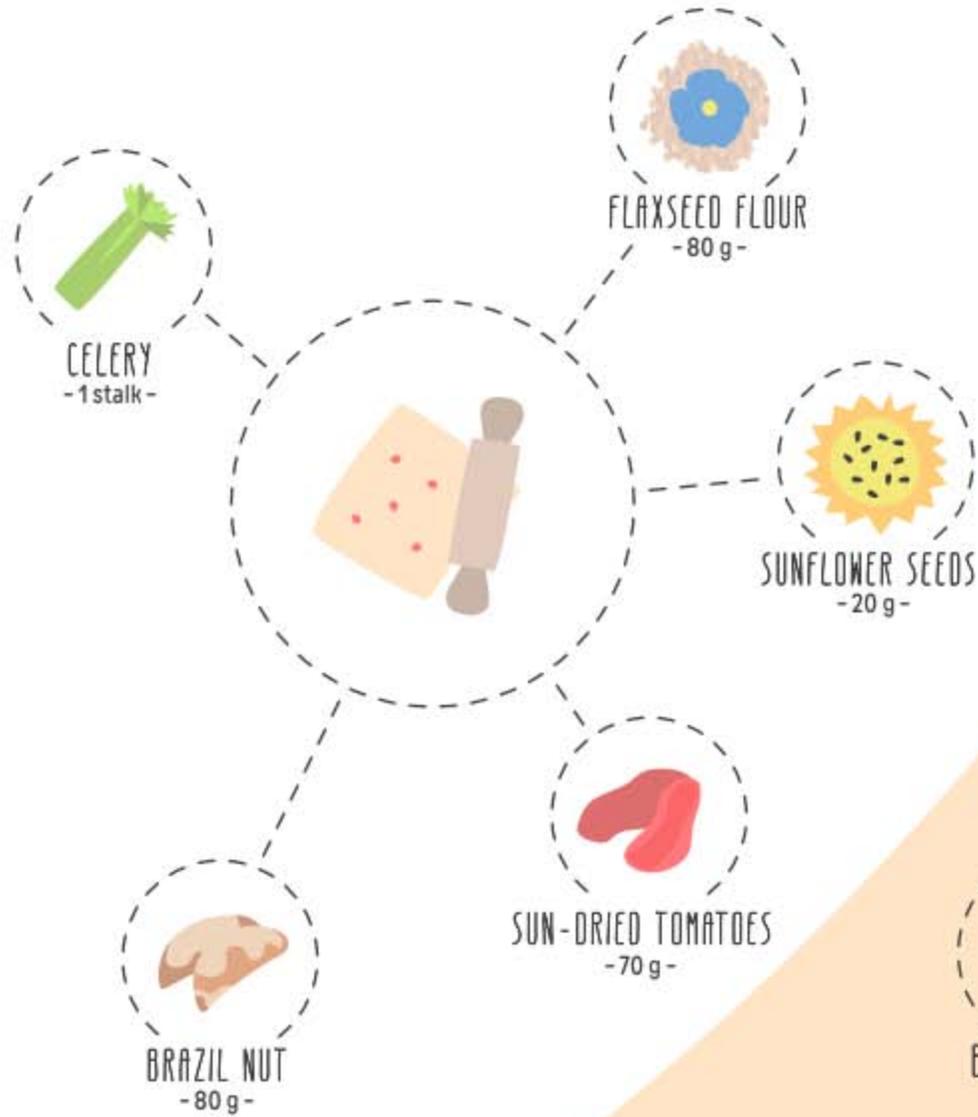
ONION BREAD DOUGH



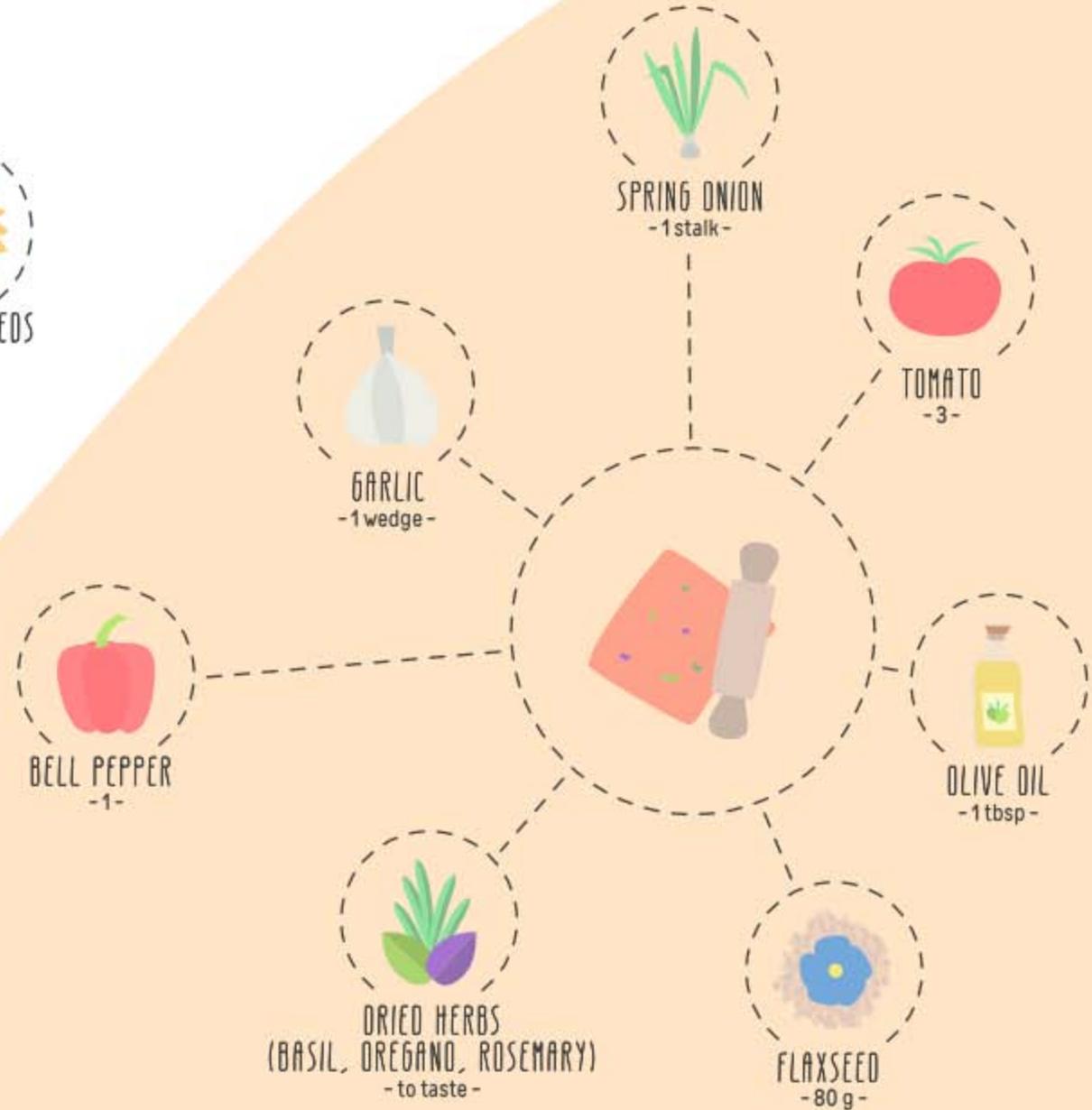
CARROT DOUGH



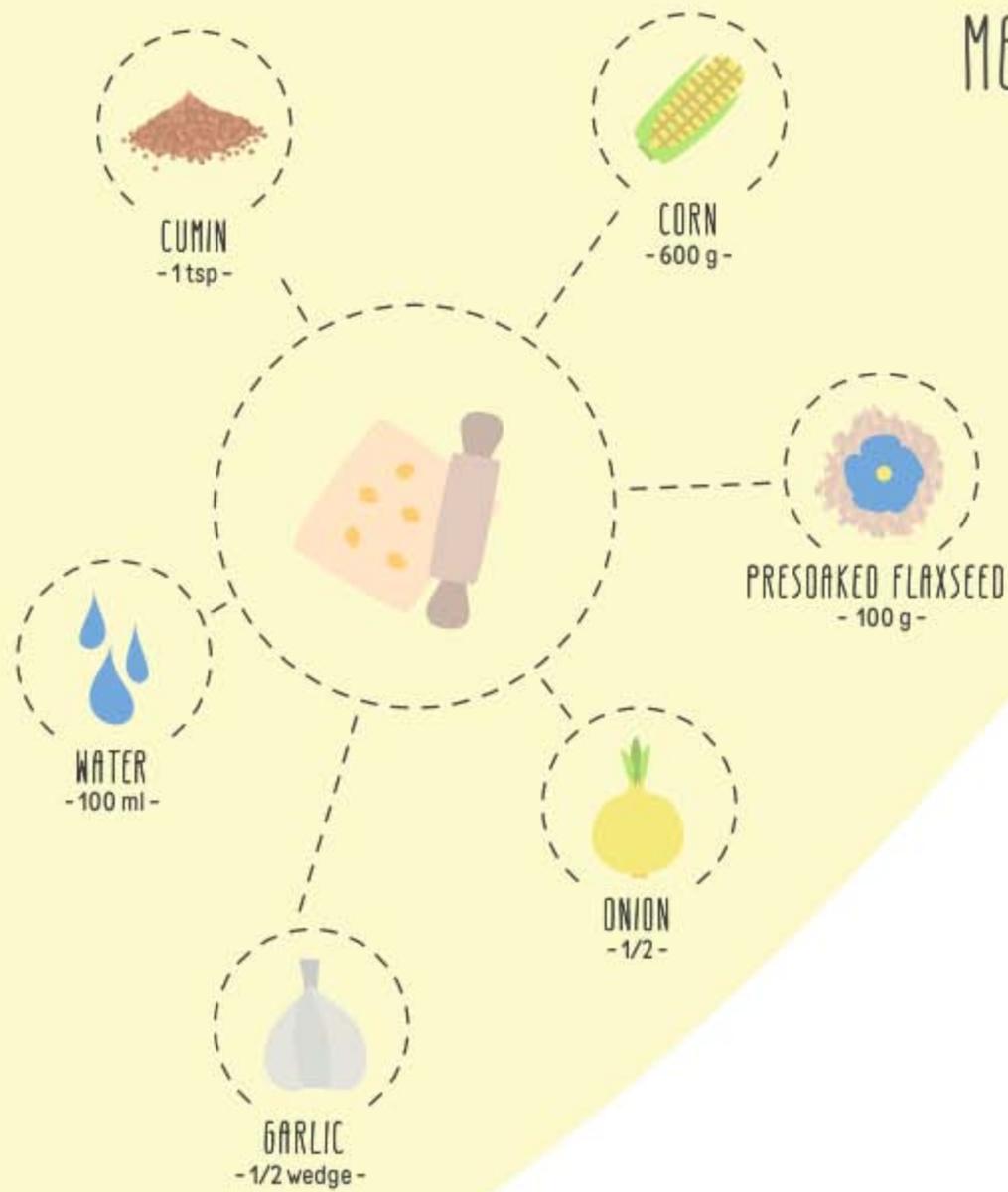
BRAZIL NUTS DOUGH



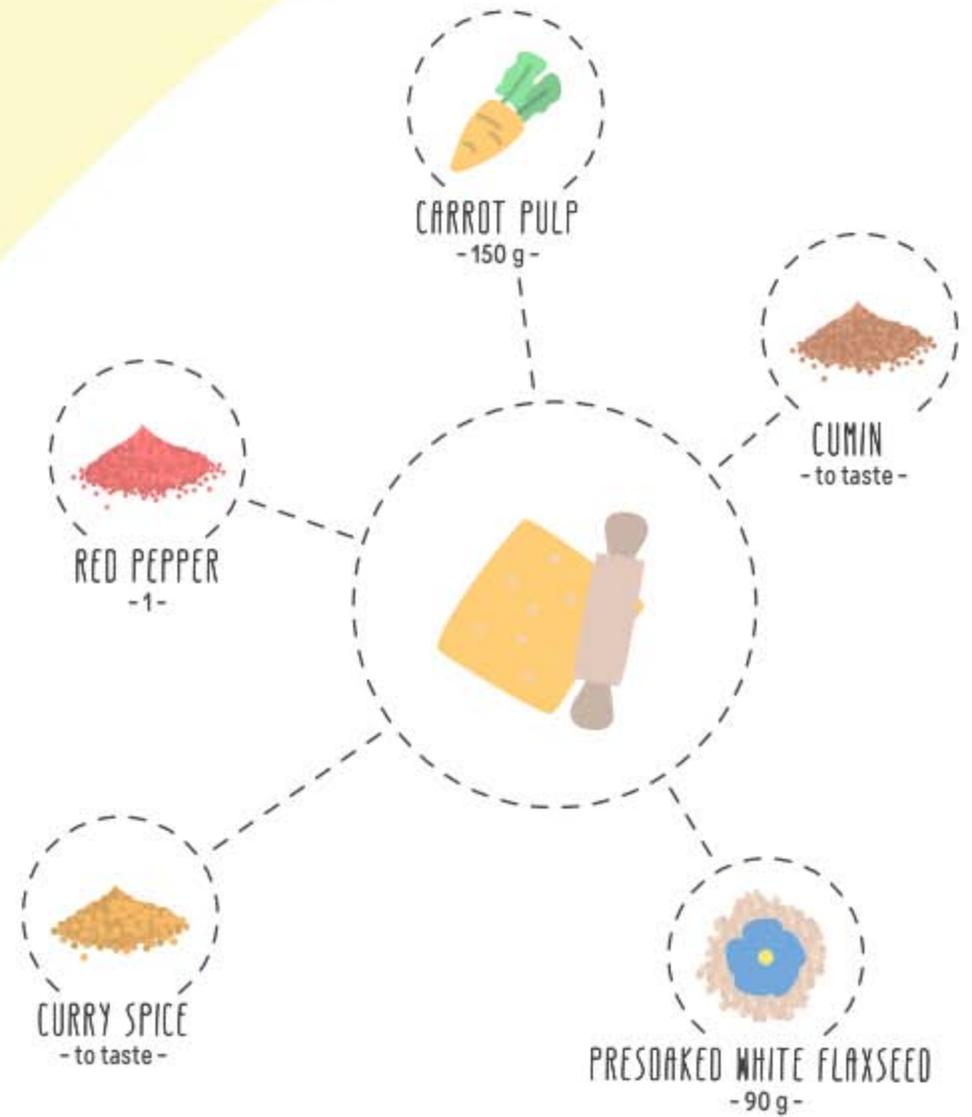
TOMATO DOUGH



MEXICAN TORTILLA DOUGH



CURRY DOUGH



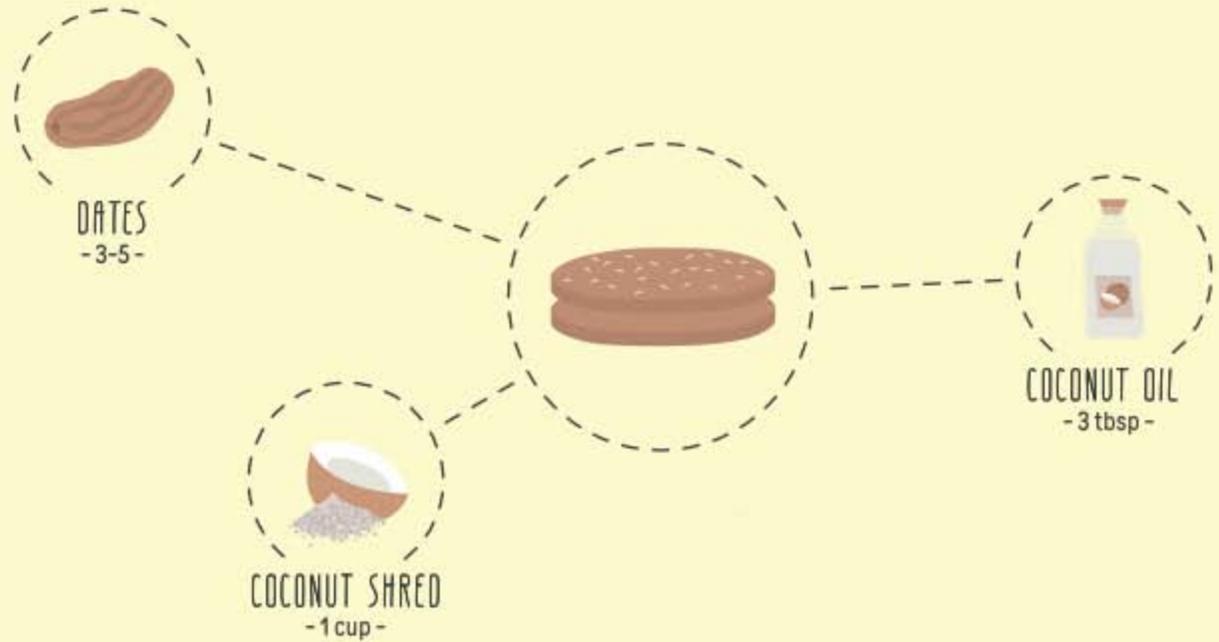


PASTRY

COCONUT BASE



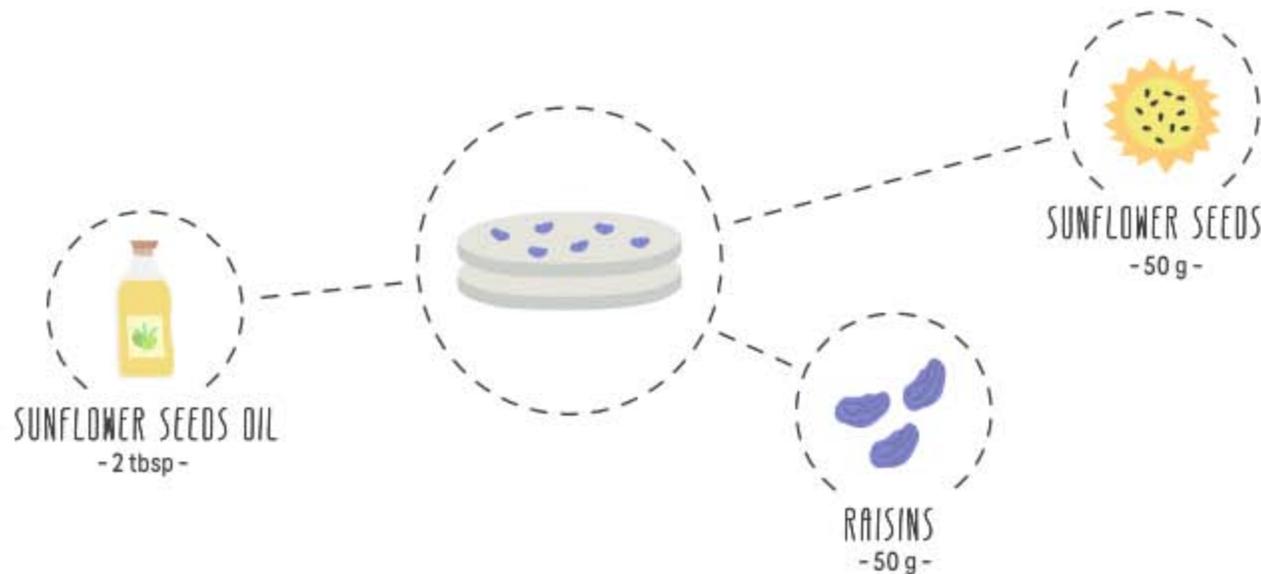
Soak dates and mash them with a fork, then add coconut shred, mix well and add some melted coconut oil. Form dense and flat cake base and put it in a freezer while you will be making a cream.



HALVAH



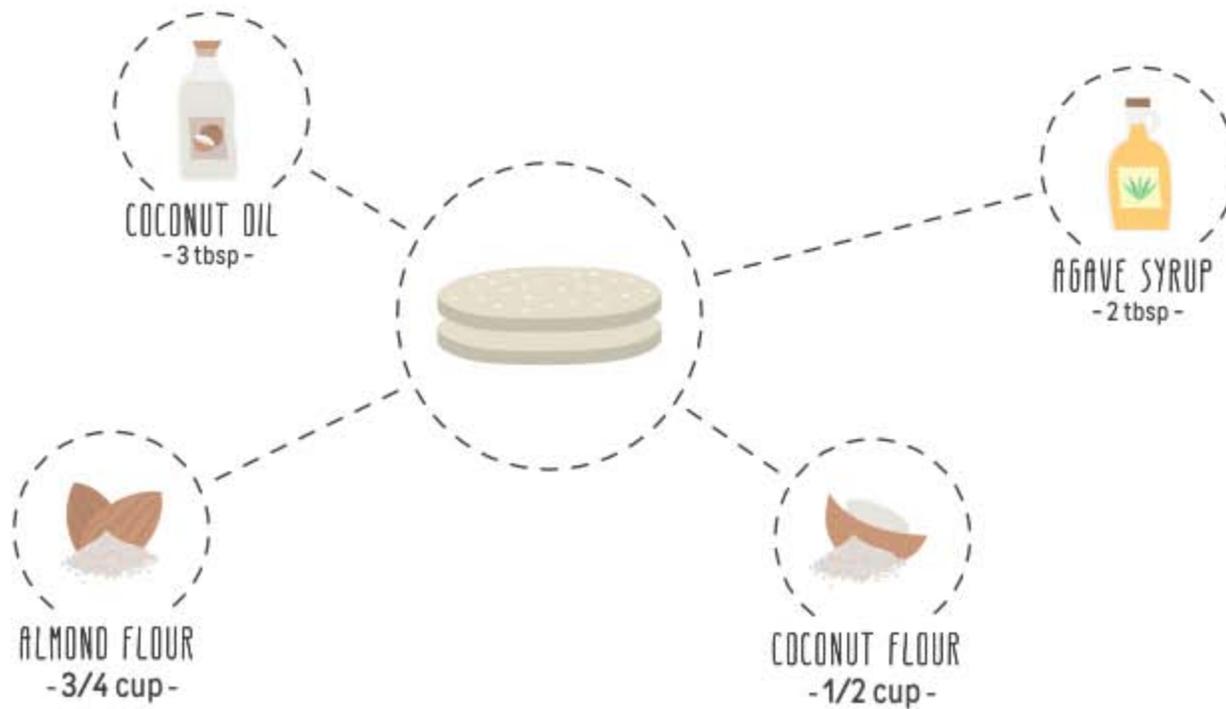
Mix with a blender presoaked raisins, sunflower seeds and oil. Form dense and flat cake base or a halvah piece itself and place it in a freezer for 1-2 hours.



ALMOND BASE



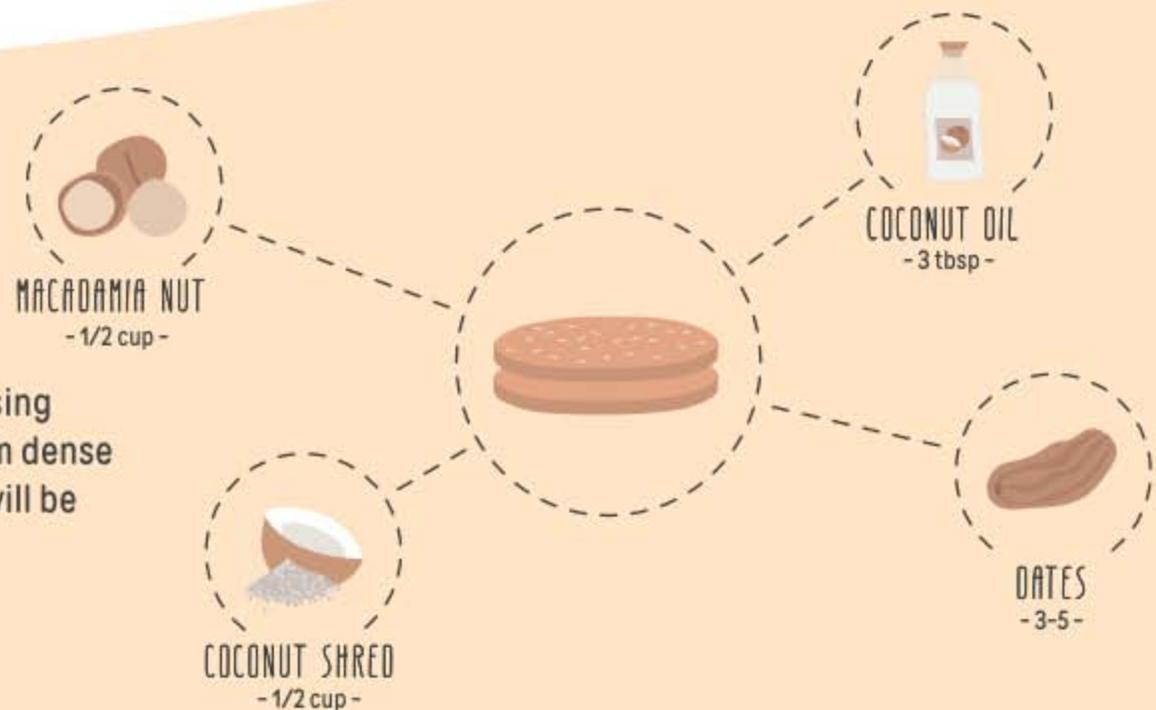
Mix with a blender all the ingredients. Form dense and flat cake base and place it in a freezer while you will be making a cream.



MACADAMIA BASE



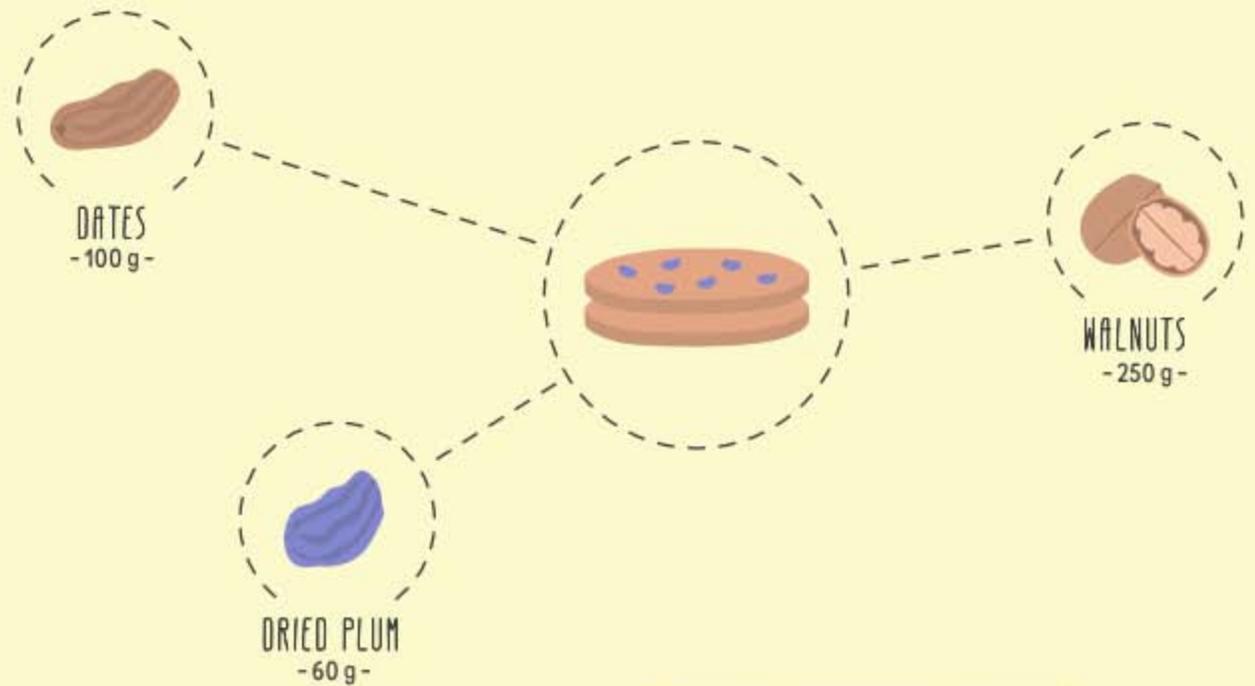
Activate and dry macadamia nuts, mix it with dates using blender, add coconut shred and then coconut oil. Form dense and flat cake base and place it in a freezer while you will be making a cream.



WALNUT BASE



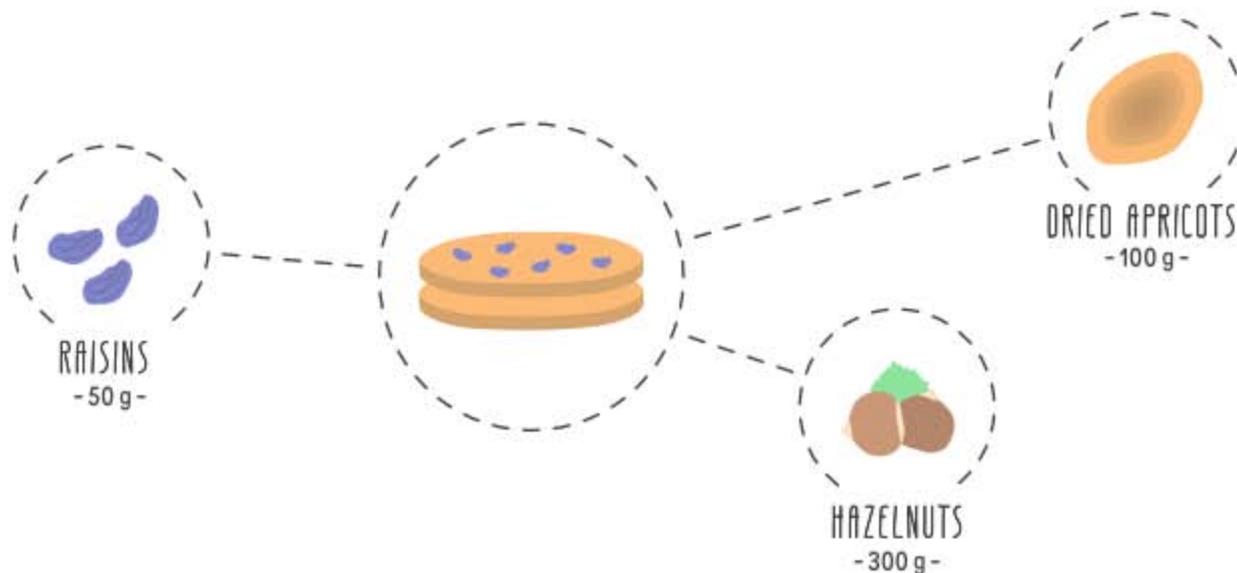
Activate and dry walnuts, make nut chip using blender or coffee grinder, mix it with presoaked dates and dried plums using blender. Form dense and flat cake base and place it in a freezer while you will be making a cream.



HAZELNUT BASE



Activate nuts, make nut chip using blender or coffee grinder, mix it with presoaked dry fruits using blender. Form dense and flat cake base and place it in a freezer while you will be making a cream.



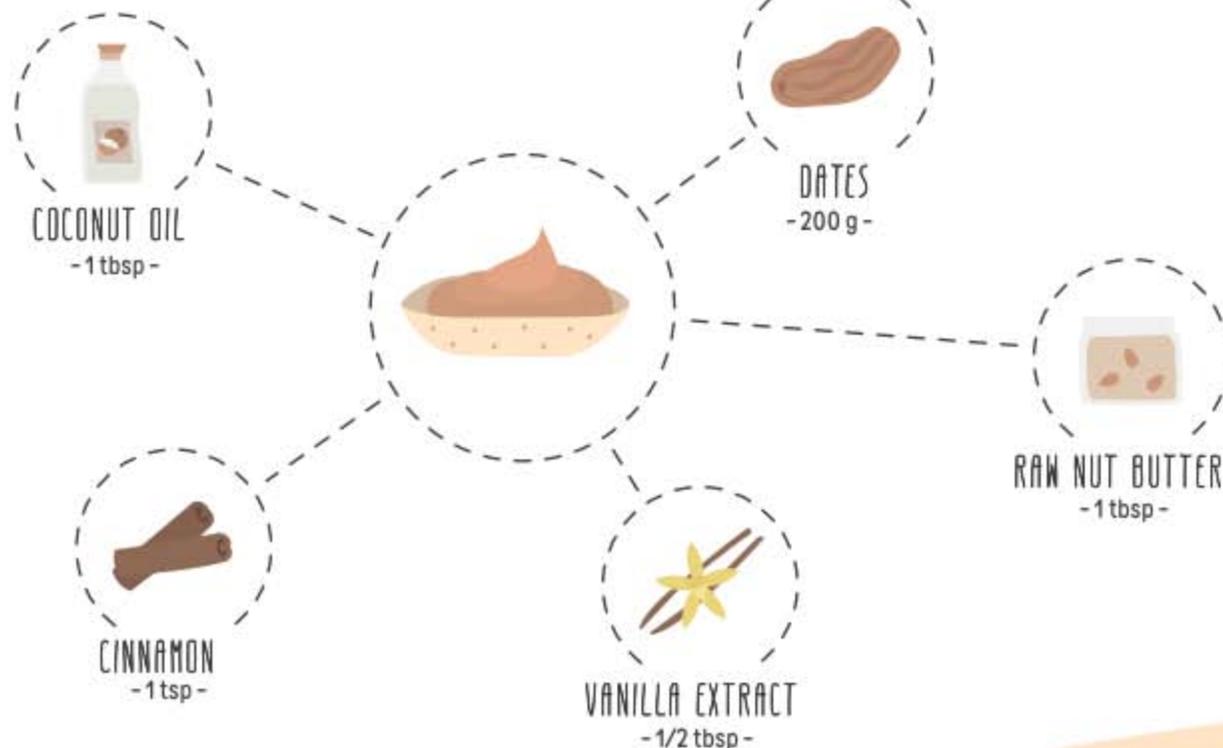


CREAMS

CARAMEL CREAM



Presoak dates and mix it with all the ingredients.



NUTELLA



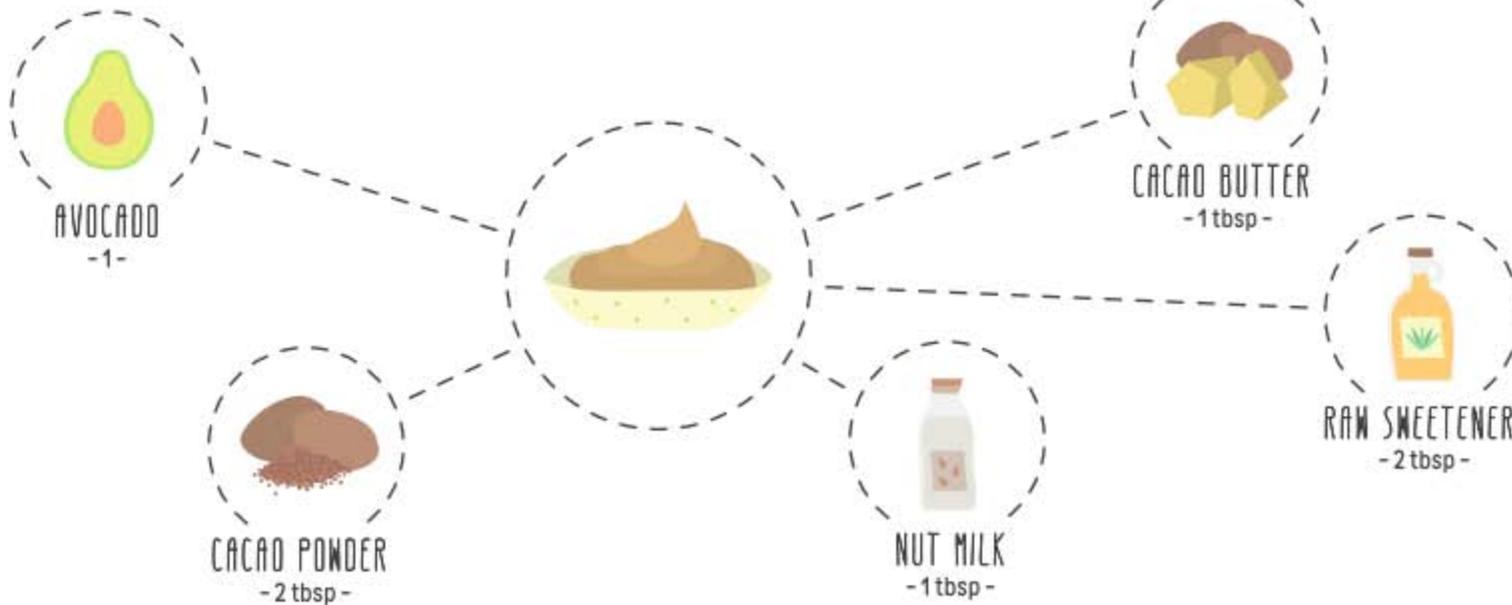
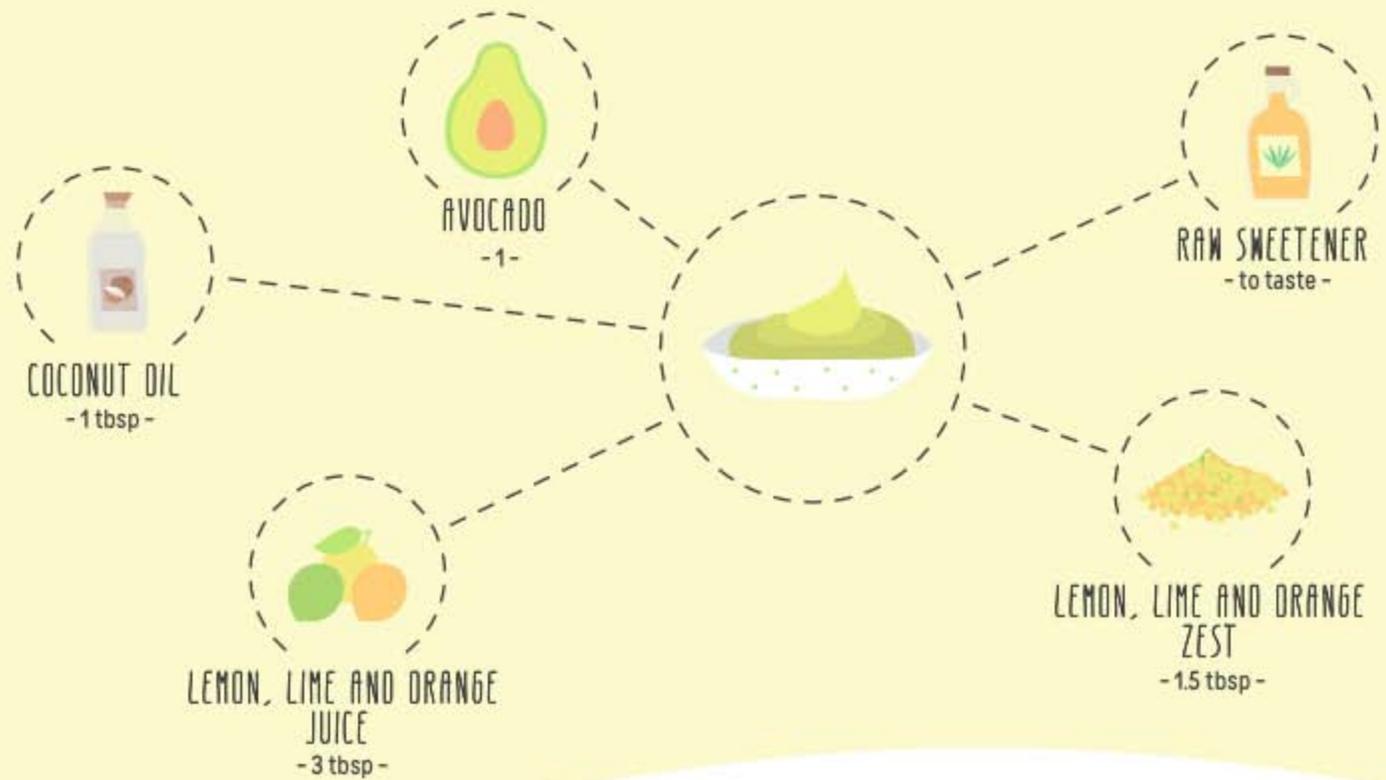
Activate and dry hazelnut and make nut chip using blender or coffee grinder, then slowly add agave syrup, nut milk and cacao powder.



CITRUS CREAM



Mix all ingredients and cool it in the fridge.



CHOCOLATE MOUSSE

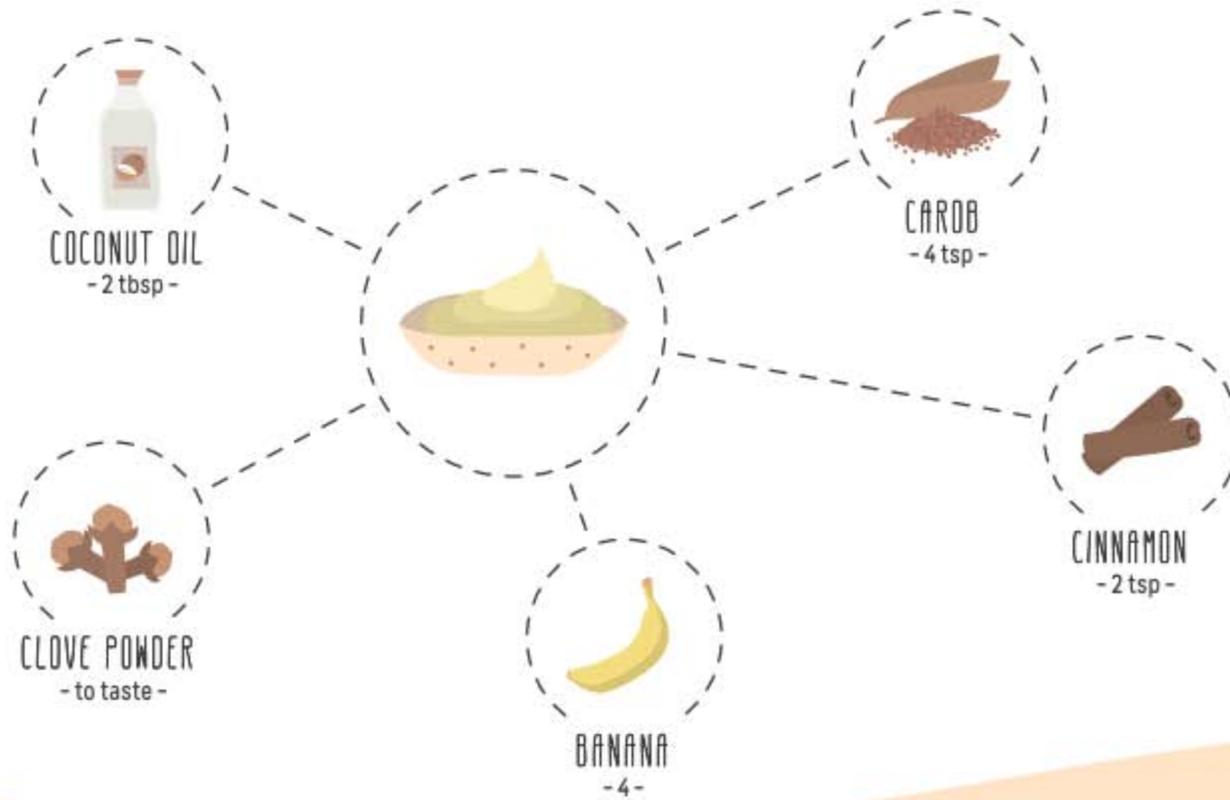


Mix all ingredients and cool it in the fridge.

BANANA CREAM



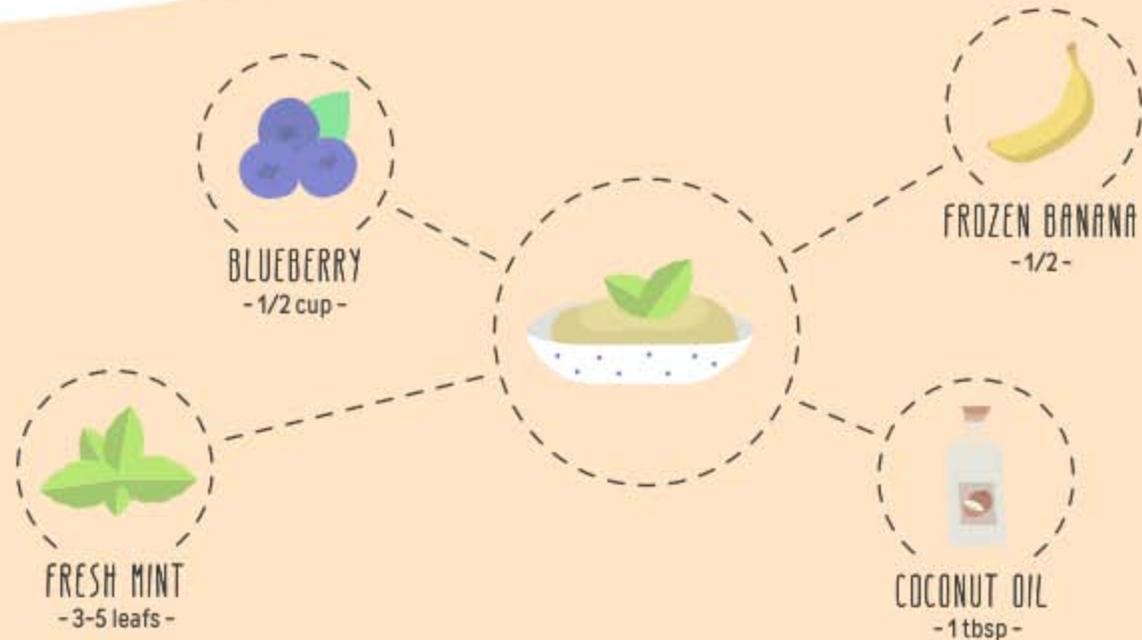
Mix all ingredients and cool it in the fridge.



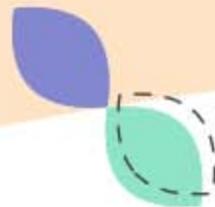
MINT ICE CREAM



Mix all ingredients and put it in the freezer.



Yulia Gregorieva
Polina Konovalova
Denis Gorelkin
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With love



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