

Go Raw!

ISSUE 1 | JULY 2013

Raw inspiration, recipes & know-how for creating an extraordinary life

EQUIP YOURSELF

This simple checklist
will get you started

MY EXTRAORDINARY LIFE

Meet Jeff Ng, The Asian Raw Chef

TRAVELLING RAW

How to do it the
organised way

18
RECIPE
SHEETS
to print out
& keep

Stories of RAW TRANSFORMATION

Inside...



DELICIOUS RECIPES ♥ RAW TRANSFORMATIONS ♥ REAL-PEOPLE, REAL-LIVES ♥ ASK THE EXPERTS ♥ RAW KIDS

Vegetable Teriyaki with Riesling

This is one of the *Living Light Culinary Institute's* tried and true recipes with an Asian flavour. It's so easy to whip up, and with an extra dash of cayenne or a tiny bit of chili, this dish is a downright dream with a glass of off dry (semi-sweet) or Kabinett Riesling.

EQUIPMENT

Blender

INGREDIENTS

For the Teriyaki Sauce

- ½ cup tamari
- ½ cup sesame oil
- ¼ cup agave nectar
- 3 Tablespoons lemon juice
- 2 Tablespoons onion powder
- 2 teaspoons grated fresh ginger
- ½ teaspoon toasted sesame oil, optional
- ⅛ teaspoon cayenne
- 6 cloves garlic, crushed

For the Vegetables

- 1½ cups snow peas, slivered
- 1½ cups sliced shiitake mushrooms (sliced thick)
- 1½ cups thinly sliced baby Bok Choy
- 1½ cups mung bean sprouts (optional)
- 1 cup broccoli, including stems, cut into very small pieces
- 1 red bell pepper, finely julienned
- 1 cup thinly sliced celery (sliced crosswise)
- ¼ red onion, finely julienned
- 1 carrot, finely julienned

For the Pineapple Skewers

- 12 x 6 inch skewers
- ½ large pineapple, peeled, cored, and cubed

Serves: 6

For the ladies who lunch, (myself included), Riesling has much to offer as it is not only very food friendly, but the alcohol volume in these wines are lower than most, making it the perfect choice for a day time tippie. A glass of Riesling will give you a spring in your step instead of sending you to snoozeville! One of Riesling's many charms is its ability to extract the minerals and trace elements in the soil, offering a complete reflection of the vineyard in the glass. It is made across the entire spectrum of styles, from crisply acidic, dry and flinty, through to riper, medium-sweet as well as the most transcendental of sweet wines. Although its homeland is Germany, Riesling grows just about everywhere. Having said that, it thrives in a cooler climate where it can produce a bone-dry wine, however the off dry/semi-sweet style paired with spicy Asian cuisine, raw or otherwise is a gastronomy go-to.



DIRECTIONS

- 1 To make the Teriyaki Sauce, place the ingredients in a blender, and process briefly until smooth. (Do not overblend, which incorporates too much air.)
- 2 Place the pineapple cubes in a large bowl, pour the marinade over them, toss, and allow to sit at room temperature while you prepare the vegetables.
- 3 Prepare the vegetables as directed and place them in a medium bowl.
- 4 Skewer the pineapple, placing four to six pieces on each skewer, leaving one end of each skewer free to use as a handle. Place the skewers on a non-stick dehydrator sheet in a dehydrator set at 125°F for 1–2 hours.
- 5 Add the vegetables to the large bowl with the marinade and toss very well. Transfer the vegetables to a glass baking dish. Place the dish in the same warm dehydrator (set at 125°F) for 30 minutes to two hours, or in a warmed oven (preheated to warm and turned off) for 30 minutes prior to serving.
- 6 Serve the warm pineapple skewers on top of the warm vegetables.



Simone Baldwin is a wine specialist and a *Living Light Culinary Institute* certified Raw Food Chef and Instructor. *Raw and Wine* is a teaching, coaching and consultancy business dedicated to those who seek to dramatically enhance their quality of life using a plant based raw food diet along with the added enjoyment of wine if desired.

More information at www.rawandwine.com

Dear Iris: I'd like to grow my own healthy, fresh food, but I don't have a garden and I move often. What are my options?

Iris replies: Many food plants, even dwarf fruit trees, grow well in containers. Garden centres and pottery shops have beautiful, purpose-designed containers, but if you want to save money or be more inventive, any old plastic/wooden box or bucket will do. Check your spare bedroom, garage, friends' places or second hand shops for treasures. Even plastic shopping bags and rubbish bags make great plant containers, as long as you cut holes in the bottom – very important!

“The bigger the better” isn't always a slogan I support, but for plant containers I agree. Larger containers need less frequent watering and fertilising, and the plant roots have more space to explore.

Fill your containers with the best organic potting mix you can find, not just any surplus dirt. It's false economy to save here instead of on the pot. Your potting mix needs the right nutrients and enough air gaps, and it should hold water well. Obviously rubbish bags aren't very beautiful, so I cover the containers with colourful fabric or bamboo mats.

The advantage of containers is that they're moveable. If you don't like where you put a planter pot, you can move it somewhere else, or take it with you when you move. And if the plant didn't like it – perhaps not enough sun or too much wind, try a different spot.

Putting a container to the right and left of your door looks great and allows fresh pickings whenever you walk past. Even fresh salad from the shop can't compete for freshness, convenience and cost.

If your friends like your new vegetable supply, plant containers for them as well and you'll never be short of birthday presents again.



Iris Huebler is the Director of *The Raw Food Garden Planner* and has over 18 years of experience growing a wide variety of fresh vegetables, herbs and fruit in Germany and New Zealand, plus theoretical background from Massey University and research into organic seed production. To learn how Iris can help you grow your own nutritious raw food garden, visit www.RawFoodGardenPlanner.com

Dear Simone: If wine is made from grapes, why aren't all wines vegan?

Simone replies: The answer is in the winemaking process, as some wines will undergo a process of fining before being bottled so as to remove any suspended particles in the liquid. The fining agents used can be animal derivatives such as casein (milk protein), albumin (egg whites), isinglass (a protein procured from the bladder of fresh water fish) or gelatine, of which there are no plant sources, only animal. However, there is not only a large move away from animal based, fining agents but many wines are not subject to fining at all but may not be labelled as vegan. If the label states, “without fining or filtration” or “unfined/unfiltered”, the wine is a vegan product.



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Dear Deborah: I'd be interested to know what type of blender do you use?

Deborah replies: I use two different types of high speed blender. I have a Vitamix which is great for large volumes and smoothies and I also use a Blendtec with a twister jar. Blendtecs are more widely used in professional raw kitchens in the US and I fell in love with them when I was training in America – it is what I use on my trainings. Both the jug and the twister jar on the Blendtec has a wider base than the Vitamix Jug and I find it useful to have a wider base if I want to retrieve that last little bit of chocolate mousse or cheesecake from the bottom of the jug!



Deborah Durrant runs *Deliciously Raw*, based in Gloucestershire, UK. She runs raw chef and raw desserts training intensives, one day classes, one to one sessions and raw pop up dining events. She trained with Matthew Kenney in California and is a Qualified Chef in Advanced Raw and Living Cuisine. More information at www.deliciouslyraw.co.uk