The Raw Chef's
10 MOST POPULAR RECIPES

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the raw chef

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Russell James strives to share the abundant options that raw food offers. Whether it's a sexy salad or a show-stopping dinner party, your meals can be delicious and amazingly healthy.

Today, Russell teaches raw food to thousands of people worldwide through his podcasts, eBooks, live classes and online courses.

> *my students and blog readers aren't what i'd call hardcore raw*

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Recipe
1

CAESAR SALAD

Serves 2

Recipe of **Dressing**

2 heads romaine lettuce, torn

1 avocado, diced

1/2 cup cashews, preferably soaked for 20 minutes

1/4 cup pumpkin seeds, soaked 4 to 8 hours

2 tablespoons lemon juice

1/4 cup water

1 clove of garlic

1 tbsp nutritional yeast

1/2 tsp tamari

1/2 tsp apple cider vinegar

2 tbsp olive oil

Pinch white pepper

1/4 tsp salt

2 sheets nori seaweed and/or **2 teaspoons** dulse flakes

Process

I suggest soaking the cashews for this recipe for **20 minutes** before you get going, especially if you don't have a really strong blender like a **Vitamix or Blendtec** just yet, as this will make them easier to blend.

You may be wondering about enzyme inhibitors at this point. Ever heard of them? They're those little compounds in the nut that stop the nut from sprouting willy-nilly. In my research, I've found them to only really be nuts with a skin, such as pecans or almonds.

These nuts usually need a minimum of **4 hours** soaking in water, to deactivate these enzyme inhibitors and start the nut germinating, as long as it hasn't been exposed to heat.

Because cashews are really soft, absorbent and don't have a skin, **20 to 30 minutes** is easily long enough, just to soften them up. I do also find this makes them more easy to digest.

So with your **soaked, drained and rinsed** cashews ready to go, pop them in your blender and add the remaining dressing ingredients, but not the nori yet.

Give this a good blend until it's smooth.

Tear up your nori and/or dulse if you're using it and 'pulse' it in until it's all broken down, but so you can see flecks of it within the dressing.

Also, if you have any preserved lemon available, a little bit of the brine and pulp from them, as an addition to this recipe, is really great. Don't worry if you haven't got preserved lemons though, the recipe as it is will be awesome.

Tear up your romaine lettuce into a bowl, throw in the diced avocado and add some dressing. Toss this until all the leaves are covered and serve immediately.

Already an Enthusiast?

As part of these **10 free recipes** we're serving for you as a new member of the community, I want to sprinkle a few ideas for the enthusiast in you :)

You may have already invested in a dehydrator, or you may be thinking about buying one.

The best piece of advice I can give is that if you don't have one yet, think about if you're really going to use it.

You certainly don't have to be **100% raw** to 'qualify' **:)** but it really opens up new options.

In that vein, I want you to know that this salad is amazing as it is, but if and when you get a dehydrator, I want you to also have this recipe for exquisite rosemary and garlic croutons.

Recipe for **Rosemary & Garlic Croutons**

Makes one square dehydrator tray of croutons

2 cups almonds, soaked 4 to 8 hours
2 tbsp olive oil
1 cup ground flax seed
2 tbsp nutritional yeast
2 tbsp fresh rosemary, finely chopped
2 cloves garlic
1 cup water
1 tsp salt
Juice of **1 lemon**

Process

This is really simple if you have a food processor. All you'll need to do is grind all the ingredients in a food processor until it forms a dough.

If it doesn't stick together and only breaks down into crumbs, it's just because your soaked almonds didn't take up a lot of water, so add a few tablespoons of water and grind again. Repeat this until you get to a point where you have a dough that will spread easily on to a non-stick dehydrator tray. The kind that **Excalibur or TSM** do.

Spread this mixture evenly into a square on the sheet. You're going to dehydrate this as it is, for **4 hours at 115 degrees** F, until you can invert the whole thing on to another **dehydrator** tray without the non-stick sheet. In this process you'll also want to take a sharp knife and score the large square into lots of smaller squares, which will be the size of the final croutons. I like about **3cm squares** - about an inch - and pop back into the dehydrator for a further **12 hours** or so, with the heat turned down to **105 degrees F.**

The only reason we can have the **dehydrator** turned up a little for the first **4 hours** is because the mixture still has a reasonable amount of water in and won't heat up as much so easily.

As these are completely dried out when done, they don't need to be refrigerated, they can just be kept out at room temperature, but in an airtight container.

Recipe
2

SMOKY MAPLE SUNFLOWER SEEDS

Serves 2

Introduction

This is a quick and hearty recipe that you'll especially love if you like spicy foods with lots of flavour. I've haven't made the spice in this recipe too intense, but if you're like me and want to increase the chili powder or add some cayenne powder, go ahead and do so!

Of course the chipotle chili will not only add to the heat, but will give you a beautiful smokiness to the dish.

If you really want to go all-out and replace the oils in this recipe with a smoked oil, yuo'll create an incredible flavour that will make this an absolute staple.

2 little gem lettuce or similar, dressed in a little lime juice and olive or avocado oil

1/4 cup hemp seed

1 cup sunflower seeds, soaked 4 to 8 hours

1 cup sun-dried tomatoes (not the ones in oil) soaked for 1 hour or so

1/2 cup fresh baby tomatoes, halved

1 chipotle chili, soaked for several hours until soft

1 tbsp dark miso

2 tsp cumin

1 tsp chili powder

2 tsp ground coriander

2 tbsp olive oil

2 soft dates, chopped

1/4 cup water

2 tsp garlic powder

1 chili with the seeds removed and then finely diced

3 spring onions (green onions), diced

1 small handful fresh coriander (cilantro), roughly chopped

Process

1

In a food processor, grind all the ingredients together, so they are broken down but still a little chunky.

2

Tear up your lettuce, toss in the oil and lemon juice and place in a bowl, ready for this seed mixture to go on top.

3

This is a great dish to serve to guys if they think they're not going to enjoy raw food. It's really filling and hearty and can be made even more so with the addition of some avocado.

Want a real treat?

Of course you do! So here's an incredible quesco fresco dressing to tip you over the edge. . .

Recipe for **Quesco Fresco Dressing**

1 cup cashews, soaked for 20 minutes

1/2 a red pepper

1/2 cup water

1 tablespoon lime juice

1/2 tsp apple cider vinegar

2 tbsp tahini

1 clove garlic

1 green chili

1 shallot

2 tbsp coriander (cilantro)

2 tbsp nutritional yeast

1/2 tsp salt

This is nice and simple and will make a beautiful dressing for a salad on its own, or as a sauce to top this dish with. Just blend all ingredients in a high-speed blender until smooth and that's it!

This will keep in a sealed container in the fridge for **up to 4 days.**

Have a dehydrator?

If you make smoky maple sunflower seed mixture into balls and dehydrate them, you can make this into quite a spectacular wrap! **Here's what to do. . .**

Process

Make the sunflower seed mixture using the recipe above, but instead of serving it as it is, form into small balls and dehydrate at 115 degrees F for 8 to 12 hours.

Recipe for **Wrap**

3 cups peeled courgette (zucchini)

1 clove garlic

2 tablespoons apple cider vinegar

1 cup leek

1 teaspoon salt

1 teaspoon cumin

2 tablespoons olive oil

Process

- Blend all the ingredients using a high-speed blender, until they're smooth. You'll then be able to spread them out into 2 wraps approximately 22 cm (9 inches) across on a non-stick dehydrator sheet.
- Dehydrate them for 6 to 8 hours removing them from the non-stick sheet and finishing on the mesh dehydrator sheet for the last 30 minutes or so.
- Using the photos here as a guide, build the final wraps using lettuce, tomatoes, avocado, the dehydrated smoky maple balls, queso dressing, microgreens if you have them, and chopped spring onions. Wrap as shown, or just roll into a cylinder and enjoy eating!

Recipe
3

SPINACH AVOCADO SOUP

Serves 2

1 avocado

2 cups spinach

3/4 of a medium cucumber

1 stalk celery

Juice of **1** lime

Small handful of fresh coriander (cilantro)

2 tsp cumin

1 tsp ground coriander

1 tsp onion powder

1/2 tsp salt

1 tsp tamari

1 cup water (if wanting warm soup use hot water)

Process

Sour cream and chopped chives to garnish

- Blend all ingredients, except the sour cream and chopped chives in a high-speed blender until smooth.

- Transfer to a serving bowl and garnish with sour cream and chopped chives.

Recipe for **Sour Cream**

1 1/2 cups cashews, soaked 20 minutes

2 tbsp lemon juice

4 tsp apple cider vinegar

1 cup water

1/2 tsp salt

Process

- Blend all ingredients in a high-speed blender. Add a little extra water **one tablespoon** at a time if you're having trouble getting the cashews smooth.

- Transfer to a bowl or squeezy bottle keep refrigerated. Will firm up a little in the fridge which makes an excellent dip for crudite.

Recipe
4

CURRIED SWEDE RISOTTO

Serves 2

1 swede (rutabaga), peeled and diced

1 cup cashews, soaked 20 minutes

1/2 cup orange juice

2 tsp of your favorite curry powder

1 clove garlic

1" piece ginger

1 tsp nutritional yeast

A few leaves of mint

5 chives

2" of leek

1/2 cup raisins, soaked for 15 minutes

Process

Whizz up the swede pieces in a food processor until they break down to look rice-like. Transfer to a bowl.

Blend up the **cashews, orange juice, curry powder, garlic, ginger and nutritional yeast** in a high-speed blender until smooth. Add to the swede.

Finely diced the **mint, chives and leek** and stir into bowl, along with the raisins.

Serve with chicory salad

Recipe for **Chicory Salad**

1 red chicory

1 green chicory

1 little gem lettuce

2 tbsp olive oil

2 tsp lemon juice

Pinch salt

Recipe
5

COURGETTE FETTUCCINE

Serves 2

2 medium courgette (zucchini) a red bell pepper, cut julienne

1/4 of a small red onion or shallot

1/2 cup cashews, soaked for 20 minutes

1/4 cup water

2 tablespoons olive oil

2 spring onions (green onions)

2 teaspoons fresh tarragon

1 tablespoon lemon juice

1/2 teaspoon salt

Process

1

Slice the courgette lengthways on a mandoline with the large julienne attachment, or make into ribbons with a peeler. The cut the red bell pepper and onion nice and thin. Place all of these in a bowl and put to one side.

2

Blend the cashews, water, olive oil, spring onions, tarragon, lemon juice and salt in a high-speed blender until smooth.

3

Add half of the cream sauce to the courgette and red pepper and mix it through with your hands. Keep the other half of the sauce in the fridge for up to 3 days to use as a salad dressing or crudité dip for snacks.

To **Garnish**

Tarragon oil

A few sprigs of tarragon

Quick macadamia parmesan

Garnish with a few sprigs of tarragon and the macadamia parmesan. Optionally dot the plate with a little tarragon oil.

Recipe for **Quick Macadamia Parmesan**

1/4 cup macadamias, dry and not soaked

2 tablespoons nutritional yeast

1/4 teaspoon salt

- Use a microplane - which is a really fine grater, easily found to buy online - to grate the macadamias into a bowl.
- Powder the nutritional yeast in a coffee grinder or blender and add to the macadamias, along with the salt. Mix thoroughly and store in a sealed container in the fridge for up to a week.

Recipe for **Tarragon Oil**

50g (1.8ozs) tarragon

1 bunch spring onion tops or 50g (1.8ozs) of chives/parsley

1/3 cup olive oil

- Blend all the ingredients together in a high-speed blender.
- Strain through a nut milk bag, but only press hard enough to get the oil running through, not so hard that the water comes out. This oil should keep for 2 weeks at room temperature, so just making a little like this every now and then will be a nice treat.

Recipe
6

SHIITAKE & PARSNIP RICE SUSHI

Serves 2

Recipe for **Parsnip Rice**

3 cups (450g/1lb) parsnip

1 cup pistachios

1/2 teaspoon salt

2 tablespoons chives

1/2 cup black sesame seeds

1 tablespoon olive oil

- Top, tail, peel and large dice the parsnip.

- Place the parsnip, along with the other ingredients, in a food processor and pulse until the parsnip breaks down to be 'rice-like'.

Instructions for **Assembly**

2 sheets of unroasted nori

1/4 of red bell pepper

1/2 an avocado

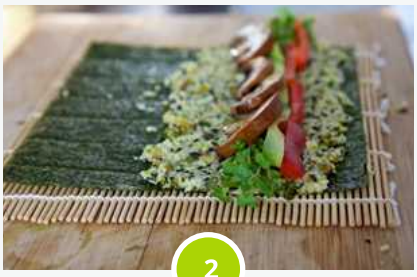
Salad cress

Marinated shiitake or chestnut mushrooms

Process

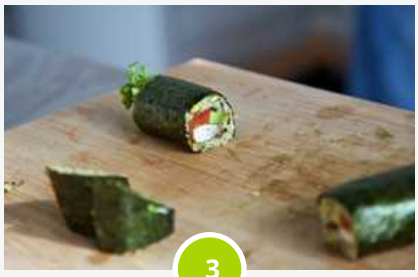
1

Place the nori sheet on a rolling mat, with the edge of both (the ones that are closest to you) lined up evenly.



2

Place a little of each ingredient along the middle of the rice, from left to right, being sure not to overfill it, which will make the whole thing more difficult to roll.



3

Pick up the edge of the nori and mat that is closest to you - the ones that you lined up evenly - and start to roll the nori forwards. Once you have everything contained, you can pull it all tight, so everything holds together when you cut it. You can see my video on Youtube here on how to roll this kind of sushi.

Recipe for **Marinated Mushrooms**

7 chesnut or shiitake mushrooms

1/8 cup apple cider vinegar

1/4 cup olive oil⅛ cup tamari

- Wipe clean the mushrooms with a damp paper towel and slice thinly. If you're using shiitake it's best to cut away the stems and not use them as they can be a little tough.
- Add all ingredients to a bowl and allow to marinate, ideally for a few hours. Shiitake mushrooms will go softer quicker than chestnut mushrooms, but if you don't have a few hours, you can 'get away with' marinating for just 30 minutes. They won't be as soft, but they will soak up a lot of flavour.
- Will store in a sealed container in the fridge for up to 3 days.

Recipe for **Miso Sauce**

1/2 cup barley or red miso

2 tablespoons umeboshi plum vinegar

1 inch ginger, peeled

2 tablespoons maple syrup

1/2 clove garlic

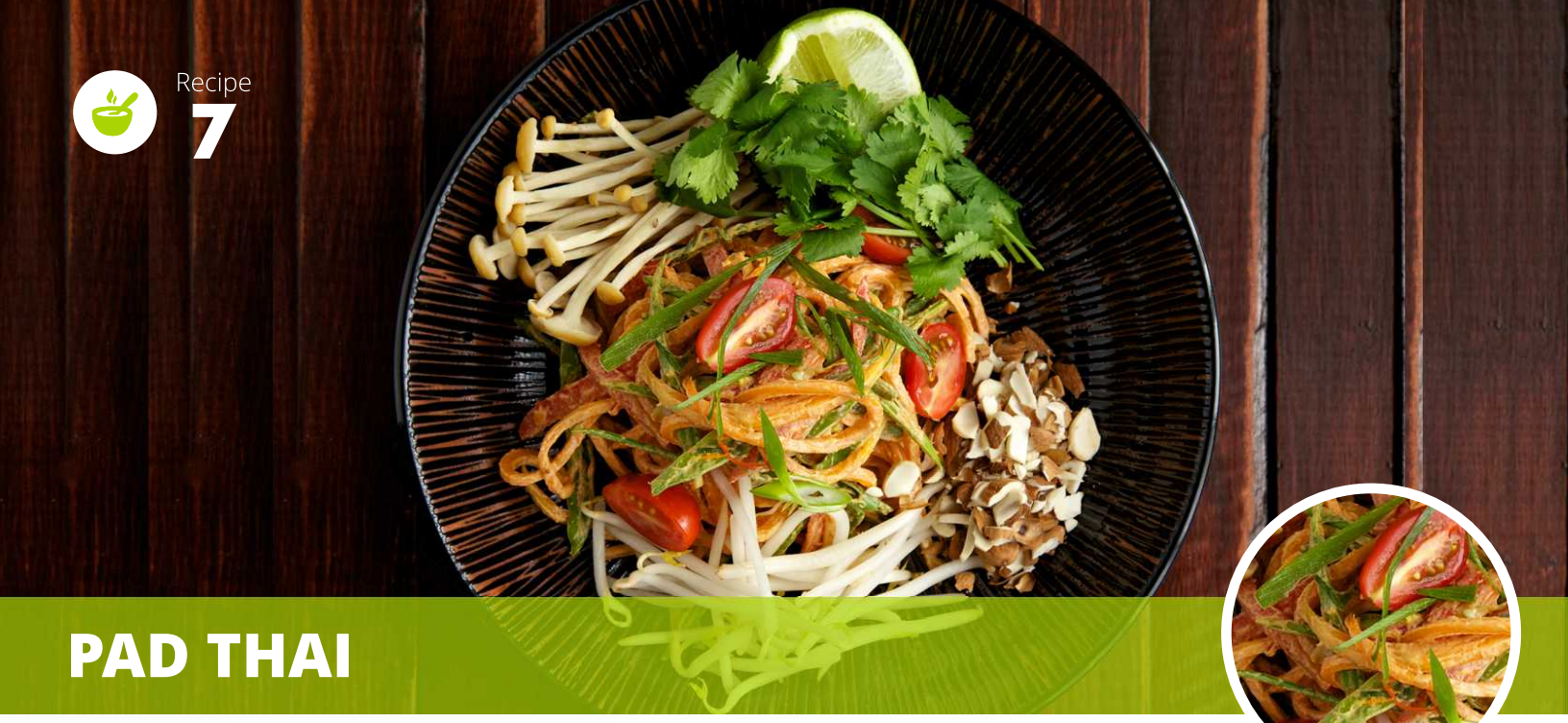
2 tablespoons water

1 1/2 tablespoons untoasted sesame oil or olive oil

1 teaspoon toasted sesame oil

- Blend all ingredients in a high-speed blender until smooth.
- Will store in an airtight container in the fridge for up to 2 weeks

Recipe
7



PAD THAI

Serves 2

Recipe for **Noodles**

350g (12oz) butternut squash noodles, created with a spiraliser

1/2 teaspoon salt

1 tablespoon lime juice

2 tablespoons olive oil or cold pressed sesame oil

- Massage the butternut squash noodles in with the salt, lime juice and oil and set aside.

Recipe for **The Veg**

1 red pepper, cut julienne

10 sliced or julienned mangetout (snow peas)

Handful of mung beansprouts

1 spring onion sliced on a bias

A few mint leaves, chopped finely

- - Add all the veg to the bowl with the butternut squash noodles and set aside again, ready for the sauce.

Recipe for **The Sauce**

3 tablespoons tamari

1 chipotle chili, soaked until soft and seeds removed

1/2 cup sundried tomatoes

5 tablespoons lime juice

1/2 cup almond butter

3 dates

1 clove garlic

1 inch of ginger, peeled

- Blend all ingredients together until smooth.

For **2 servings** of Pad Thai, take **3/4 cup** sauce and add it to the noodles and veg. Mix this in thoroughly with your hands, before plating, ready for the garnish.

To **Garnish**

Small handful enoki mushrooms

Small handful fresh coriander (cilantro)

1/4 cup chopped almonds

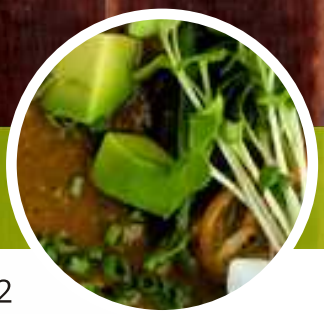
Fresh chili

Small handful mung beansprouts

- Garnish the plate with a little of each, ready to serve.

Recipe
8

MEXICAN TOMATO SOUP



Serves 2

1 cup ripe tomatoes

1 cup sun-dried tomatoes, soaked for an hour

1/2 and avocado

1/2 cup spinach

1 tbsp red onion

coriander (cilantro)

A few leaves of fresh mint

1 fresh jalapeno Pinch cayenne

1/4 tsp salt

1 clove garlic

1 tsp onion powder

2 soft dates

1/2 tsp dried coriander

1 tsp cumin

Juice from **1 lime**

To **Garnish**

chives

avocado

spring onion

coriander (cilantro)

Quesco fresco from the smoky maple sunflower seeds

Recipe
9

NACHOS

Serves 4

Recipe for **Corn Chips**

3 cups corn kernels**

1 chopped yellow bell pepper

3/4 cup flax meal*

3 tablespoons lime juice

1 teaspoon chili powder

2 teaspoons garlic powder

1 ½ teaspoons salt

1 tablespoon ground cumin

Black ground pepper

*Flax meal is flax seed that has been milled in a coffee grinder or blender.
**Thawed frozen corn works really well here.

- In a food processor, grind all ingredients except the flax meal and black pepper until smooth.Then process again with the flax meal added, making sure it is fully combined.
- Spread the mixture evenly across 2 non-stick dehydrator sheets and use a knife to lightly score the chips into triangles.
- Grind some black pepper on top of the scored mixture.
- Dehydrate at 105°F for 10 hours then peel them off the non-stick sheet and finish drying on the mesh dehydrator sheet until they're crispy..

Recipe for **Spicy Bean Mix**

1 cup sunflower seeds, soaked 4 hours or more

1 cup sun-dried tomatoes, soaked for 1 hour or more

1 tablespoon dark miso

2 teaspoons cumin

1 teaspoon chili powder

2 teaspoons ground coriander

2 tablespoons olive oil

2 soft dates, **chopped**

1/4 cup water

2 teaspoons garlic powder

1 chili, chopped & seeds removed

3 spring onions (green onions), chopped

1 small handful fresh coriander (cilantro), chopped

- In a food processor, grind all ingredients except the last 2 until they bind together.
- Add the spring onions and coriander and pulse in, leaving some texture to the onions and coriander.
- Sprinkle mixture directly onto a mesh dehydrator sheet leaving plenty of gaps between pieces of the mixture so the air can flow round nicely.
- Dehydrate for 12 hours, place in a large bowl and set aside, ready for the tomato sauce..

2 cups sun-dried tomatoes, soaked at least 1 hour

2 medium tomatoes, chopped

1/2 medium onion, chopped

1 tablespoon lime juice

1 teaspoon olive oil

1 clove garlic

- Grind all ingredients in a food processor until they form a thick sauce.
- Add to the bowl with the sunflower seed mixture and the 2 together.

Recipe for **Guacamole**

2 avocados

2 medium tomatoes, diced & de-seeded

1/2 medium red onion, diced

2 tablespoons cilantro (coriander) finely chopped

2 teaspoons lime juice

1/2 teaspoon salt

1 teaspoon cumin

1 clove garlic, minced or crushed

Pinch cayenne pepper to taste

5 chives, finely diced

Recipe for **Chipotle Queso**

1 cup cashews

1/2 cup water

1 chipotle pepper, soaked until soft

3 tablespoons nutritional yeast

1/2 teaspoon salt

2 teaspoons lime juice

1 teaspoon apple cider vinegar

1/4 of a red bell pepper

- Blend all ingredients in a high-speed blender until smooth. Will store in a selaed container in the fridge for up to **3 days.**

Recipe for **Pico De Gallo**

1 white onion, finely chopped

4 ripe plum tomatoes, seeded and finely chopped

2 or 3 jalapeño peppers, seeded and finely chopped

1/2 cup fresh cilantro (coriander) leaves, chopped

1 tablespoon lime juice

1 clove minced garlic

Salt to taste

- Combine all the ingredients, cover and refrigerate for an hour.

Instructions for **Assembly**

- Place a generous helping of tortilla chips on a plate on top of which you should add some of the spicy bean mixture, then some guacamole, chipotle queso and finally pico de gallo.

- Garnish with fresh coriander.

Recipe
10

CACAO CREPES

Serves 4

Recipe for **Crepes**

2 medium (2 cups/250g/9oz) peeled courgette (zucchini)

1 1/2 cups (220g/8oz) mango flesh

1 tablespoon lemon juice

1 teaspoon vanilla extract

1/4 cup + 2 tablespoons maple syrup

1/2 cup flax meal*

1/2 cup cacao powder

Pinch salt

*Flax meal is flax seed that have been ground in a coffee grinder or similar, to produce a fine flour.

- Blend in a high-speed blender until smooth.
- 2.Form 8 equal-sized crepes of about 12cm on non-stick dehydrator sheets, being sure not to spread too thinly.
- Dehydrate at 105°F for 45 hours or until you are able to remove them from the dehydrator sheets.
- Return to the dehydrator on the mesh trays for a further 2 hours. The crepes should be dry to the touch but still very soft.

Recipe for **Crème Fraîche**

1 cup cashews, soaked 2 hours or more 1/2 cup water

1 teaspoon lemon juice

1/4 teaspoon probiotic powder*

1/4 teaspoon salt

1 teaspoon apple cider vinegar

*If you can't buy powder just open up probiotic or acidophilus capsules and discard the capsule part.

- Blend all ingredients in a high-speed blender until smooth.
- Transfer to a small bowl, cover and leave to stand for 12 hours at room temperature.
- Stir and place in the fridge for another 24 hours and then it's ready to use.

Recipe for **Chocolate Sauce**

1/2 cup cashews

2 tablespoons cacao powder

1/4 cup water

1/4 cup maple syrup

1/2 teaspoon vanilla extract

1/2 teaspoon lemon juice

Pinch salt

- Blend all ingredients in a high-speed blender.

Instructions for **Assembly**

- Mix the berries with the crème fraîche.

- Take one of the crepes and fold in half twice

- Open up one of the crepes so it forms a cone and fill with some crème fraiche and berry mixture.

- Arrange 3 on a plate and drizzle with the chocolate sauce.

- Sprinkle cacao nibs and crushed pistachios to garnish.

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