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Matthew Kenney everydayraw

everydayraw
Matthew Kenney

Enjoy raw food every day! This book is simple, straightforward, and easy to use. The recipes are for everyone interested in fresh, healthy, local, and organic food that tastes great.

Whether it is a smoothie, a salad, or a mid-morning snack, you will love the fresh and delicious recipes Matthew Kenney has created. The book also includes substantial main dishes, like Pad Thai and Tomato, Basil, and Ricotta Pizza, as well as decadent desserts like Frozen Goji Berry Soufflé and Chocolate Hazelnut Tart. The chapter Unbaked teaches you to make crackers and breads using raw food techniques and ingredients, and the chapter on Spreads, Dips, and Sauces is filled with favorites like Pineapple Mango Salsa and Roasted Pepper Hummus with Lime. Many of the recipes require no additional equipment, and others something as simple as a blender.

Everyday Raw is for everyday people who want healthy food and great flavor. If you want to eat well and feel great, this book is for you.



raw food is **VIBRANT,** energizing,
FLAVOR fresh,

everydayraw Matthew Kenney

<p>ISBN-13: 978-1-4236-0207-1 ISBN-10: 1-4236-0207-2 5 1995</p> <p>COOKBOOK</p> <p>Gibbs Smith, Publisher</p> <p>WWW.GIBBS-SMITH.COM TO ENRICH AND INSPIRE HUMANKIND</p>		

Matthew Kenney is a chef, restaurateur, caterer, and food writer. He has appeared on the *Today Show*, the Food Network, and numerous morning and talk shows. He has been nominated for the James Beard Rising Star Award. Matthew has been the chef and partner of numerous successful restaurants, including Matthew's, Canteen, Commune, Mezze, and The Plant. Matthew's passion for raw food has taken him into new realms of creativity, flavor, and healthy living. He is the author of several cookbooks, including *Raw Food Real World* and *Matthew Kenney's Mediterranean Cooking*.

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tomato, basil, and ricotta pizza

My first job as a cook began in the month of July, at a Southern Italian restaurant. Tomato, basil, and ricotta were omnipresent—that experience was very positive, and I am forever attracted to all the flavors that I associate with my time there.

HERB CRUST

1/2 cup + 2 1/2 tablespoons flax meal
1 tablespoon + 1 teaspoon dried basil
1 teaspoon dried oregano
2 1/3 cups roughly chopped yellow squash
1 cup walnuts, soaked 8 to 10 hours
2 teaspoons sea salt
2 1/2 tablespoons olive oil
1/3 shallot, minced
2 teaspoons nutritional yeast
2 teaspoons raw agave nectar
2 teaspoons lemon juice
Pinch black pepper

SAUCE

1 1/3 cups seeded and chopped tomatoes
1 1/3 cups sun-dried tomatoes, soaked 15 to 20 minutes
1/3 cup soaking liquid from sun-dried tomatoes
1/3 teaspoon sea salt
Black pepper
1/4 teaspoon dried oregano

HERB CRUST

Place flax meal, basil, and oregano in a medium bowl; set aside. Put remaining ingredients in a food processor and process until smooth. Add processed ingredients to bowl with flax meal and stir until well combined. Spread on Teflex sheets in desired shape to 1/2 inch thickness. Dehydrate at 115 degrees for 24 to 36 hours, until almost completely dry but still a bit pliable. The crust will shrink a lot while dehydrating.

SAUCE

Blend all ingredients in Vita-Mix or food processor until smooth.

1/4 teaspoon dried basil
1 tablespoon + 1 teaspoon fresh oregano
1 teaspoon raw agave nectar

MACADAMIA MOZZARELLA

1 cup macadamia nuts, soaked 2 hours
3/4 teaspoon lemon zest
1/4 cup water
1/4 shallot, peeled
1/4 clove garlic
1/2 cup nutritional yeast
1/2 teaspoon sea salt
Pinch cayenne

ASSEMBLY

2 1/2 cups packed fresh spinach or arugula
Olive oil
Sea salt
Black pepper
4 tomatoes, quartered and sliced
Basil leaves, for garnish

MACADAMIA MOZZARELLA

Blend all ingredients in Vita-Mix until smooth and creamy.

ASSEMBLY

In a large bowl, toss spinach or arugula with enough olive oil to cover, and salt and pepper. In another bowl, toss tomatoes with enough olive oil to cover, and salt and pepper. Spread tomato slices on Teflex dehydrator sheets; dehydrate 1 to 2 hours at 115 degrees. Remove and allow to cool.

To assemble the pizza, spread the sauce on the Herb Crust, top with Macadamia Mozzarella, then marinated spinach or arugula, and dehydrated tomato slices. Garnish with fresh basil leaves. **YIELD 1 PIZZA**



banana almond butter cup ice cream

This is extraordinarily decadent, given the additional creamy texture provided by the bananas. An alternative for this recipe would be to replace half of the bananas with mango.

1 cup cashews, soaked 1 to 2 hours
1/2 cup coconut meat
1/2 cup agave
1 1/4 cups water
1/2 cup cacao nibs

2 fresh bananas, peeled
1 teaspoon lemon juice
1/4 vanilla bean, scraped
Pinch sea salt
1/2 cup coconut oil
3/4 cup Almond Butter Cup pieces (see recipe on page 5)

Blend all ingredients except Almond Butter Cup pieces in Vita-Mix until very smooth. Mix in Almond

Butter Cup pieces. Pour into ice cream maker and follow manufacturer's instructions. **YIELD 1 QUART**

