



Try elixirs such as Lemongrass Pear Tonic or Red Beet Sangria. Savor pastas like Zucchini Noodles with Sweet Corn Pesto and Mint or entrées like Spring Vegetable Couscous with Fava Beans. The book includes delicious smoothies and salads and an entire chapter dedicated to condiments. Finish off your meal with a decadent dessert such as Banana Gelato or Spiced Pineapple with Rose Water and Pistachios.

Accessible, practical, and richly flavored, these raw food recipes utilize fresh ingredients at their peak in intense combinations. Explore your local stores, farmers markets, and artisanal products to make the freshest, healthiest food available.

Embracing the plant-based lifestyle of raw food is easier and less time-consuming than ever with *Everyday Raw Express*.

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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 *Everyday Raw* and *Everyday Raw Desserts*.

Cookbook



EVERYDAY RAW EXPRESS

MATTHEW KENNEY



RECIPES
IN 30 MINUTES
OR LESS

EVERYDAY RAW EXPRESS

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\$19.99 U.S.

EVERYDAY RAW EXPRESS

RECIPES IN 30 MINUTES OR LESS

IF YOU LOVE the philosophy behind and benefits of eating raw, but need something great to eat in a hurry, the answer is here. *Everyday Raw Express* gives great, simple, tasty, healthful recipes—fast! In 30 minutes or less.

While raw food has captured our imaginations with its growing presence in upscale restaurants and through its beautiful, colorful imagery in cookbooks, many recipes by raw food chefs are admittedly complicated or time-consuming to make. Even many of the simpler variations still require long periods of dehydrating time and, occasionally, ingredients that are difficult to find and work with. There's no denying the effort to make these dishes is well worth the wait, but many times you need something great to eat—now.

Enter *Everyday Raw Express*, bursting with recipes for full-flavored, original, and vibrant raw dishes. Each recipe is made with local, seasonal ingredients to achieve the healthiest food possible.

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14 ELIXIRS

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Carrot Ribbons with Sweet Tomatoes

Refreshing and light, these “noodles” also work well when substituting various colors of carrots, golden beets, or other root vegetables.

SWEET TOMATO SAUCE

¼ cup olive oil
3 cups chopped tomatoes (heirlooms if possible)
¼ cup agave
2 tablespoons lemon juice
¼ cup basil, julienned
2 teaspoons salt
Pepper to taste

CARROT NOODLES

1 cup cherry tomatoes, halved
8 cups chopped carrots, run through a spiral slicer

GARNISH

12 basil leaves, julienned
¼ cup pine nuts

SAUCE Blend all ingredients except for basil, salt, and pepper until smooth. Stir in basil. Season with salt and pepper.

ASSEMBLY Toss tomato sauce with cherry tomato halves and carrot ribbons. Garnish with basil and pine nuts.

SERVES 4-6



Blueberry Sherbet

This would also make a great smoothie with a bit more liquid. Looking at the recipe from that perspective may help in understanding the concept behind making frozen desserts.

2 cups blueberries, fresh or frozen
1¼ cups nut milk
¾ cup cashews
½ cup raw agave
2 tablespoons vanilla
1 teaspoon hazelnut extract
½ cup coconut butter
Pinch salt
More blueberries for garnish

Blend all ingredients in a Vita-Mix until smooth. Run through ice cream maker according to manufacturer's directions. Serve with additional fresh blueberries for garnish.

SERVES 4-6

