



MATTHEW KENNEY is the world's leading raw chef, the writer of several best-selling cookbooks, and an entrepreneur specializing in the raw lifestyle. He has earned several awards, including being named one of America's Best New Chefs by *Food and Wine Magazine* and was twice nominated as a Rising Star Chef in America by the James Beard Foundation. Kenney has appeared on food and talk shows, has two popular iPad apps, and regularly lectures on the subject of raw food and health, including two highly watched TEDx talks.

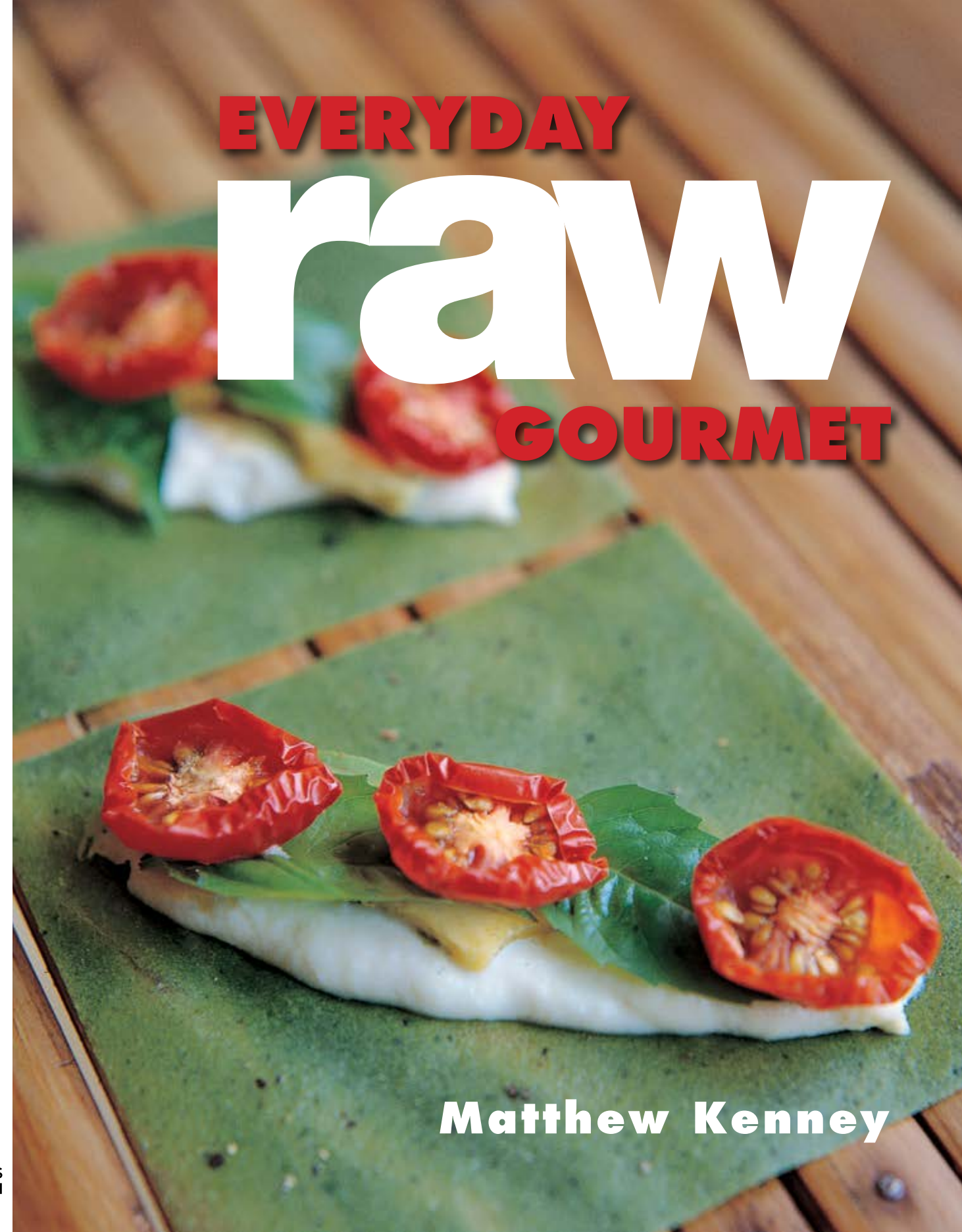
Matthew Kenney Cuisine, his brand, operates restaurants and culinary academies in Los Angeles and Miami, as well as Matthew Kenney Academy Online. The company's global mission is to "Craft the Future of Food." Matthew lives in Venice, California.



Cookbook



EVERYDAY RAW GOURMET Matthew Kenney



\$19.99 U.S.

**EVERYDAY**  
**raw**  
**GOURMET**  
Matthew Kenney

Chef Matthew Kenney takes the raw food lifestyle to exquisite new heights in *Everyday Raw Gourmet*. Using recipes from *Entertaining in the Raw*, he combines his love of art and his philosophy on food to create recipes for outstanding raw food dishes that will titillate the tastebuds of all your guests.

The recipes span many ethnicities, including Asian, Latin, French, and Indian, and include everything from appetizers and tapas to main dishes, breads, sauces, and decadent desserts. Kenney's focus is always on fresh fruits and vegetables, organic, and buying food locally in season. He believes eating raw food can lead to greater health and fosters creativity in the kitchen. Raw food made right will always enhance the flavors and pleasures of eating, whether alone or with a large gathering of friends.

Matthew Kenney

# shiitake ravioli with broccoli rabe, balsamic fig purée, and ginger cream

Around the time I began working with raw foods, I was also practicing a lot of yoga, about two hours each day in the early afternoon. As I grew more comfortable in my postures, my mind began to expand; and after the sessions, I did my best thinking. I was pressed for a new dish for a potential magazine article about what I was working on and, with very little practical experience with this cuisine, a variation of this dish appeared in my imagination. In execution, it was exactly as I had envisioned, along with a substantial amount of extra labor that I did not plan for. The concept is one that can be applied to many different dishes—simply by changing the vegetable or modifying the sauce with different spices. For example, a bok choy, sesame, and ginger filling with a curry cream would be excellent.

## WRAPPERS

4 young Thai coconuts

## FILLING AND RABE

2 cups shiitake mushrooms, quartered

1/4 cup olive oil, divided

Salt

Pepper

2 cups broccoli rabe, cut into 2-inch lengths

**WRAPPERS** Open coconuts; strain water and reserve. Chop top off coconut, just where it begins to turn inward. Carefully remove the coconut meat using the back of a spoon, keeping the bottom in 1 piece and the top in 1 piece. Cut coconut into 2-inch squares, and then, very carefully, slice each in half the long way, making several very thin pasta squares.

**FILLING AND RABE** Toss mushrooms in a bowl with half the olive oil, and season with salt and pepper. Spread on Teflex sheets and dehydrate 45 minutes. Toss the broccoli rabe

## PURÉE

6 dried figs

1 cup balsamic vinegar

2 tablespoons raw agave nectar

1/4 teaspoon ground anise seed

## CREAM

1 cup cashews, soaked 1–2 hours

1 cup reserved coconut water

3 tablespoons ginger juice

1 tablespoon raw agave

Sea salt

with remaining olive oil, season with salt and pepper, and dehydrate 1 hour.

**PURÉE** Blend all ingredients in a Vita-Mix until smooth.

**CREAM** Blend all ingredients in Vita-Mix until smooth.

**ASSEMBLY** Dip each pasta square in the ginger cream and place 4 on each plate. Add broccoli rabe and 2/3 of the mushrooms to top each square. Top with another pasta square, then remaining mushrooms. Drizzle sauce around raviolis and fig sauce over the tops. **SERVES 4**



## green tea canneloni, banana lemongrass cream, almond “gelato,” and goji lime sauce

One of my earliest experiments was a Japanese dinner, where we pushed the boundaries with a number of new dishes. I recall writing the menu and wondering how in the world we would actually make this dish. Kristen, one of the sous chefs, did an amazing job by fulfilling the vision and creating one of the most sophisticated desserts to come out of my kitchen.

### CANNELONI

2½ cups oat flour  
1½ cups cashew flour  
¼ teaspoon salt  
2 tablespoons raw agave  
½ teaspoon vanilla extract  
½ cup maple syrup  
2½ tablespoons green tea powder

### CREAM

1½ cups cashews, soaked 1–2 hours  
1½ ripe bananas  
½ cup coconut meat  
¼ cup lemongrass juice  
½ teaspoon salt  
1 vanilla bean, scraped  
1 tablespoon fresh lemon juice  
2 tablespoons water  
¼ cup raw agave  
¼ cup coconut oil

**CANNELONI** Using your hands, mix ingredients until well combined. Roll thin and cut with a ring mold; wrap around a cylinder to shape canneloni. Dehydrate 48 hours.

**CREAM** Blend all ingredients in a Vita-Mix until smooth.

**“GELATO”** Blend all ingredients in Vita-Mix until smooth.

### “GELATO”

½ cup cashews, soaked 1–2 hours  
1 cup macadamia nuts, soaked 1–2 hours  
¼ cup coconut meat  
¾ cup raw agave  
1 cup water  
2 teaspoons vanilla extract  
1 tablespoon almond extract  
Pinch sea salt  
½ cup coconut oil

### LIME SAUCE

¼ cup goji berries, soaked 15 minutes and strained  
¼ cup raw agave  
½ cup lime juice  
1 tablespoon lime zest

**LIME SAUCE** Blend all ingredients in Vita-Mix until smooth.

**ASSEMBLY** Fill each canneloni with cream. Place a pool of lime sauce on each plate and set canneloni on sauce. Scoop “gelato” close to canneloni. **SERVES 4**

