



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 is the author of *Everyday Raw*, *Everyday Raw Express*, *Everyday Raw Chocolate*, and *Everyday Raw Gourmet*. Matthew splits his time between New York, California, and Maine.

MEREDITH BAIRD has been an integral part of the Matthew Kenney team since 2008 as well as helping with the Matthew Kenney Restaurant and Academy. She is the author of *Everyday Raw Detox* and assisted in writing and developing recipes for *Raw Chocolate*, *Everyday Raw Desserts*, and *Everyday Raw Express*. She lives in Los Angeles and Maine.

SCOTT WINEGARD recently joined the Matthew Kenney team and oversees the company's kitchens in Los Angeles, Chicago, Oklahoma City, and its Miami project. He has worked as a chef at Angelica Kitchen, Pure Food & Wine, Noma, and Nasturtium, where his commitment to fresh, seasonal, and vibrant cuisine was highly noted. Winegard is also internationally known for his career as a musician with his band, Texas is the Reason.

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Plant Food.
innovative.
artistic.
beautiful.
flavor.
texture.
color.
nutrition.
health.
Delicious.



Cooking



PLANT FOOD

KENNEY • BAIRD • WINEGARD



GIBBS SMITH

Plant Food



The culinary innovations in *Plant Food*

use equipment not typically associated with fruits and vegetables, such as smokers, and familiar tools used in new ways, such as dehydrators, to produce incredible flavor, texture, and color in creative raw food dishes and drinks.

The recipes are grouped by method: found, let, sprouted, spun, dried, smoked, sealed, cured, pressed, fermented, aged, sweetened, and sipped. The results will enable you to make delicious appetizers, soups, salads, cheeses, main courses, desserts, and drinks.

Matthew Kenney and his team are at the forefront of raw food chefs changing the culinary landscape from both an artistic viewpoint and a health perspective, and they create alluring food that is both nutritious and delicious. With the recipes found in this cookbook, you can serve the same beautiful, healthy, and satisfying raw food at your table. Savor the experience!

MATTHEW KENNEY • MEREDITH BAIRD • SCOTT WINEGARD



Contents

8	ACKNOWLEDGEMENTS	93	CURED
11	INTRODUCTION	103	PRESSED
15	FOUND	113	FERMENTED
25	LET	121	AGED
37	SPROUTED	131	SWEETENED
43	SPUN	145	JUCED
55	DRIED	154	MODERNIST EQUIPMENT AND INGREDIENTS
69	SMOKED	156	INDEX
81	SEALED		

Asparagus and Samphire.

JUNIPER MUSTARD.

SERVES 4-6

I had never thought of mustard as a food until I asked Meredith what her favorite food was one day. “Mustard” was the answer, and since then, I suppose it is a food. Nonetheless, it’s phenomenal with earthy, briny dishes such as this. —MK

ASPARAGUS AND SAMPHIRE

1 bunch medium asparagus
1 tablespoon lemon juice
1 tablespoon olive oil
Pinch of sea salt
1 cup samphire (sea beans)

JUNIPER MUSTARD

1/2 cup yellow mustard seeds
1/4 cup mustard powder
1/2 cup agave nectar
1/2 cup apple cider vinegar
1/2 cup filtered water
1 tablespoon salt

ASPARAGUS AND SAMPHIRE Trim asparagus all the same length, taking most of the stalk off. Slice asparagus in half vertically. Toss with lemon juice, oil, and salt. Using a vacuum sealer, place in a vacuum bag and seal at full percent. This will marinate and compress the dressing into the asparagus.

Pick through samphire and remove stems and beans with dark spots. Rinse with cold water and spin dry with a salad spinner.

JUNIPER MUSTARD Rinse mustard seeds with hot water. Mix mustard powder, agave nectar, vinegar, water, and salt together; add mustard seeds. Store in a sealable glass jar.

ASSEMBLY Remove asparagus from bag and place on top of samphire on individual serving plates. Serve with Juniper Mustard on the side or by tossing like a salad.



Young Almond.

CUCUMBER. TARRAGON.

SERVES 6

There are dishes that hit us over the head with flavor, or sneak up on us, and others are just calming with their simple elegance. This falls into that latter category—wonderful with a great glass of Chablis or sparkling wine. —MK

1 cucumber, sliced thin horizontally on a mandolin
1 cup young green almonds, peeled

TARRAGON OIL
1 cup fresh tarragon leaves
1/2 cup olive oil
1/2 tablespoon sea salt

SOUP STOCK
2 cups almond milk
1 cup cucumber juice
1/2 teaspoon sea salt
1 pinch xanthun gum

GARNISH
1/2 cup tarragon leaves

TARRAGON OIL Mix all ingredients in a high-speed blender. Strain through cheese cloth.

SOUP STOCK Blend milk, juice, and salt. Strain through a chinois strainer 2 times. Add xanthan gum and blend again.

ASSEMBLY Place 2 slices of cucumber across the bottom of a bowl for each serving and add 8 to 9 almonds on top. Using a small squeeze bottle, drizzle tarragon oil on top of almonds. Evenly divide the soup among the bowls and garnish with a sprinkle of tarragon leaves. Serve.

