



Presents.....



Thanks for taking interest in raw foods, and in my website www.DoubleOrganic.ca ! It is my wish to both motivate you to eat more living foods and to also make it easy to create great tasting raw food meals 😊

The flavour combining ideas in this E-book were used to create the nut-free recipes in my recipe E-book *Nuts About No Nuts: 50 Gourmet Nut-Free Low Fat Raw Vegan Dinners and Desserts!* Like the title suggests, this Book contains 50 tantalizing low fat raw vegan recipes that are completely nut-free. These recipes are gourmet in terms of flavour and presentation, but simple in terms of ingredients and digestion. Each recipe is also accompanied by beautiful pictures taken by *Kortnie Sloat Photography* as examples of how to plate the dishes for a special occasion. You can view the full description of the book, and all of the acclaim by others who have read the book by clicking [HERE](#)

I also want to extend a special offer to all subscribers who read this book. You can use the coupon SUB123 when buying my book to get \$2 off the normal price of \$12. I make my book affordable because I want to share my unique and quality recipes with as many people as possible.

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Dedication:

This ebook is dedicated to all of the members of the local raw food meetup group I co-ordinate, RawLondon. It is because of the potlucks that I was able to both receive feedback on my tried and true recipes, you were the best testers ever! I was also able to show people who were just learning about raw foods that excess amounts of nuts, oils and salt are not needed to make great tasting raw dishes☺ Sometimes I barely even get to try any of my food at the potlucks because it went so quickly!

Disclaimer:

The following information is not meant replace the advice of a medical doctor, nor is it intended to treat or cure any sickness. Before making any major dietary changes it is good practice to consult with a healthcare professional that you trust.

Please feel free to share this ebook with whoever you think will benefit from it, or just tell them to subscribe to DoubleOrganic and they can get their free copy☺

For many, raw foods can be **VERY** daunting! I know, because it was for me. I was someone who **NEVER** ate their vegetables at dinner, seldom ate fruit and absolutely detested raw vegetables; even if covered in some sort of dairy based fat-laden dip. I know how difficult it can be to adjust to eating a diet wholly based on the consumption of raw fruits and vegetables with the occasional nut or seed. Even if you are a person who has always enjoyed raw fruits and vegetables, likely most of your meals were accompanied by the intense flavours of cooked foods. Cooking concentrates the flavours and things like salt, spices and even artificial flavours such as MSG enhance the taste of foods to the point of addiction. My entire childhood life as well as into my teenage years most of the foods – if you can call them that – that I ate were processed and came from a box or a bag or a can. And I was addicted to these foods big time! However this all changed when I became a vegetarian in 2009. I suddenly found myself preparing my own foods – some of them even tasted OK!☺ One year later I was full on into raw foods because it made so much sense! However, while fruits were my favourite, salads in the evening were a challenge.

Two things happened... first, my taste buds slowly came to enjoy **greens** – something I **NEVER** ate in the first 20 years of my life! And second, I learned how to make some very tasty foods while learning how to make raw foods work – something I counsel and assist people with. I spent a lot of time in the kitchen trying endless combinations and not only did I create some amazing low fat raw vegan dishes that were salt and oil free, I learned some principles of flavour combining so that I could make recipes that anyone would enjoy!

Before I get into how to go about designing recipes to create outstanding flavours – just from fruits and vegetables, I want to explain some of the beliefs regarding the foods I eat, and do not eat.

I eat fresh, ripe, raw, organic fruits and vegetables. I use no condiments such as salt and use a minimal amount of spices. I do not typically consume any food that cannot be consumed in its natural state as one entire meal. For example, attempt to eat an entire 500 calorie meal of garlic (over 100 cloves), or try hot peppers...actually I don't recommend doing that. A toxin is still a toxin regardless of the dose. I eat foods that make me feel good, and, while I may eat some things with garlic in it if I am at a potluck, I generally avoid those foods because of the way they make me feel. As a raw vegan since 2010, my taste buds appreciate the flavours that other people cannot taste, and my body reacts to foods that the general population has built up a tolerance to.

This brings us to salt. Every day the typical person consumes 1/50th of the lethal dose of salt. And sea salt, just like normal table salt is just as unhealthy, and even if it is pink or blue or red or comes in a fancy package and costs lots of money and is touted as being healthful....it is still sea salt! Ask any sailor if they drink [sea water](#) and they will tell you that it will not quench your thirst, it will only make you more thirsty and likely kill you if you continue to drink it. So why anyone would dehydrate salt water to get sea salt and then proceed to consume it really makes no sense and is not a healthful practice. Consuming salt dehydrates you by increasing the body's toxic load, the body then holds onto water to dilute the salt content. If salt is cut out of your diet, you can expect to lose some weight!

Now we can move onto the food section while avoiding questions as to why I don't consume salt, garlic, etc. I will address three areas of recipe design: flavour combining, thickening, adding volume as well as adding colour. Then I will touch on some flavours for creating your favourite ethnic foods.

The 5 Tastes

Sweet	Sour	Salty	Savoury/Spicy(<i>optional</i>)	Bitter
Dates	Lemon	Celery	Herbs: Basil, Cilantro, Parsley, Dill, etc.	Kale
Bananas	Lime	Celery powder	(<i>Hot peppers</i>)	Lettuce (some)
Apples (some)	Grapefruit	Tomato	(<i>Cumin powder</i>)	Dandelion
Mangoes	Orange (some)	Sundried tomato	(<i>Ginger</i>)	
Papaya	Apples (some)	Sea vegetables	(<i>Onions</i>)	
Raisins		Spinach	(<i>Garlic</i>)	
Orange (some)		Lettuce (some)	(<i>Cinnamon</i>)	

A recipe does not need all five tastes, and may even include tastes from just one category. Balance is key, too much of one flavour could ruin a recipe, and a small amount of the more powerful tastes such as sour or spicy go a long way. Before I share my creations with someone I make sure it passes my taste test! (Again, the *spicy* ingredients in the parenthesis are optional, but are included for occasional use at special events/potlucks etc).

Too Sweet? A small amount of sour could do the trick, or some fats will tone it down. (Can anything even be too sweet?)

Too Sour? Add something sweet to help balance the sour.

Too Salty? As I don't use salt in a concentrated form and just use naturally salty foods I don't experience overly salty flavours. A little salt does go a long way so when using dehydrated foods that are

salty add it slowly. If you do create too salty a recipe you must dilute that flavour by adding more of the other base ingredients in the recipe to increase the volume. Try sweet to combat overly salty flavours, or something fatty.

Too Savoury or Spicy? A small amount of an herb goes a long way and some people find them overpowering. Similarly a small amount of potent tastes like garlic or hot pepper can ruin a dish. Fats can smooth out the flavours in both cases, and you can also add more base ingredients to bring the flavours back into balance.

Too Bitter? If you find the recipe too bitter, or find some greens too bitter to your taste, fats can accompany and smooth out the bitterness. Also, sweet tastes are complemented by bitter in some cases.

There is no one answer to inventing recipes. If one time sweet and sour taste good together it doesn't mean that all sweets and sour are good flavour combinations. Within each category are many unique flavours, both bananas and dates are sweet, but both have very different tastes and textures.

Thickening

Here are some great foods and techniques to thicken your sauces and dressings. Use a food to thicken your recipe that will go well with the flavour.

Foods (in order from most to least thickening potential):

- Tomato (dehydrated)
- Mushroom (dehydrated)
- Nuts or seeds (use sparingly)
- Dates/raisin
- Banana (dehydrated)
- Coconut (mature coconut is very thick, young coconut can be medium or very thin and jelly like)
- Avocado
- Mango
- Zucchini/courgette (peel if you don't want the recipe to be green- great for adding volume as well)
- Berries (specifically the pectin in them thickens -> put in fridge)
- Banana

Techniques for thickening:

- The refrigerator can thicken recipes, typically those with a fat or some berries in it.
- Use a strainer to remove excess water
- Use dehydrator

Adding Volume

I avoid using water to add volume, I find that it really makes everything lack flavour because water doesn't add volume it just dilutes the recipe.

To add volume (but not thicken):

- Juices (lemon, orange, etc, or juice celery, apple, beet, etc depending on flavour and colour desired)
- Coconut water
- Tomatoes
- Celery
- Cucumber
- Bell peppers
- Mushrooms
- Zucchini (peel if you don't want the recipe green)
- mango
- Banana

Adding Colour

Often times, if you blend up some raw food dish – the result is a green or brown blob. The following are some ways to add colour and hide your recipes true colour for presentation reasons. It is very similar to mixing paints in art class, sort of.

Blue – Blue is not the easiest colour to make. While blueberries for example are in fact blue, they turn things purple.

Yellow – It is pretty much impossible to make something yellow, we can turn our yellow bananas, mangoes, ground cherries, and pineapple into other colours. Yellow bell peppers and yellow tomatoes are some great savoury options. But adding anything to this base colour will change itself. Note: while oranges are orange, they usually turn things into more of a yellow.

Red – The deepest darkest red out there is a beet (juiced or whole), but cherries will work too. Watermelon or watermelon juice is another option but it doesn't carry very much pigment – but it could be used to thin and help keep colour. Also, do not forget tomatoes and sundried tomatoes, bell peppers are quite good too!

Green – Green is easy when working with very mild colours like bananas, mangoes, or tomatoes, etc. Spinach and kale are your most potent greens, celery will also add green but not much, try experimenting with tomatillos. But add green to a deep dark purple or blue and you will get more of a brown.

Purple – Blackberries, coronation grapes, and plums will give you a nice deep purple.

Orange – Persimmons, orange bell peppers, oranges (turns to more of a yellow), orange tomatoes, to name a few.

Brown – Carob powder will make the deepest dark brown, or use cacao if you like, but I prefer to avoid it.

White – Coconuts and nuts are your best bet, but you cannot make something white.

Remember, changing the colours of foods is not an exact science, but typically lighter coloured foods are easily changed by the deepest pigmented foods.

Creating Ethnic Flavours

To recreate your favourite international foods, be it Mexican or Italian try this:

Chinese: Ginger, garlic, fennel, licorice, cloves, cinnamon

Thai: lemongrass, cumin, curry, ginger, coconut, cilantro, chili pepper, tamarind

Indian: Cumin, coriander, curry, turmeric, cinnamon, nutmeg, ginger, coconut, tamarind

Mexican: Cumin, coriander, cilantro, chili, jalapeno, garlic, lime

Italian: Basil, parsley, oregano, rosemary, thyme, garlic

Russian: Dill, parsley, onion/scallion, garlic, coriander, caraway

Remember, as you progress in your raw food endeavours it will always be the simplest foods that you find yourself eating on a day to day basis. They taste the greatest, digest the best and are the quickest to prepare. Of course is it also fun to make fancier foods that remind us of foods we may have once eaten.

I hope this book makes raw food prep less daunting and easier to approach. You now have the tools to make great tasting raw food recipes, so get in the kitchen and get creative!

Enjoy😊