

Fabulous Food

# SUMMER

Special

# 101

Irresistible recipes from the very latest cookbooks

**Taste the season**  
Top BBQ tips  
Fab ice creams  
Simple bakes  
\*



**WIN!**  
10 Lakeland ice-cream makers

Chilli and soy barbecue prawns... page 41



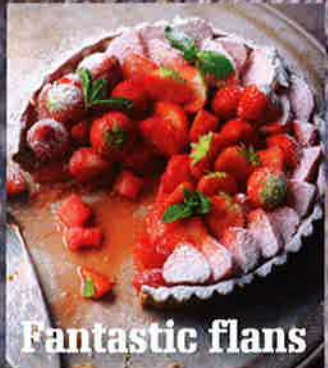
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Summer pasta



Easy picnics



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# raw power

no cook

More a way of life than a weight-loss diet, eating raw food can lift your mood and increase energy levels. And what better time to give it a go than at the height of summer when there's an abundance of gorgeous, healthy veg to choose from?



## Grate, grate, grate!

Sometimes, very simply prepared vegetables can create a beautiful and inventive salad, full of gorgeous, seasonal colour. Plus, grating is the perfect way to make raw vegetables easier to chew. Each veggie here has its own zesty dressing.

Serves 4  
Prep 20 mins plus standing

Olive oil, to serve  
Balsamic vinegar, to serve

### Carrots

4 medium carrots  
3 tbsps freshly squeezed orange juice, or to taste  
2 tps flaxseed oil

### Parsnips

4 medium parsnips  
3 tbsps freshly squeezed lemon juice, or to taste  
1 tbsp umeboshi vinegar (see tip, right)  
¼ tsp ground turmeric

### Beetroot

4 small or 2 large beetroots  
3 tbsps cider vinegar, or to taste  
1 tbsp umeboshi vinegar  
2 tps olive oil

### Celery

1 medium celery stick

4 tbsps plain yogurt  
2 tps flaxseed oil  
Freshly squeezed lemon juice, to taste

### Broccoli

180g small broccoli florets  
1 garlic clove, crushed  
2 tps olive oil

- 1 Wash and scrub the carrots and parsnips. Peel the beetroot.
- 2 Coarsely grate or thinly slice each vegetable separately. Mix each with its own dressing ingredients, including sea salt to taste, then allow to stand for 15 mins.
- 3 Place a small pile of each salad in a circle on four plates. Serve with the extra olive oil and balsamic vinegar on the side to drizzle over the top.

*Fabulous tip  
Flaxseed oil and umeboshi vinegar are both readily available in health food stores. If you can't find them, use a good-quality oil in place of flaxseed (though it won't give the same health benefits) and red wine vinegar for the umeboshi vinegar*

## Fennel and courgette carpaccio

Both fennel and courgettes are tasty enough to eat raw.

Serves 2-3

Prep 10 mins plus 2 hrs marinating

250g young green courgette  
200g young fennel bulb  
1 tbsp chopped fresh parsley  
1 tbsp snipped fresh chives or spring onions  
2 small fresh rosemary sprigs  
1 garlic clove, crushed  
½ tsp sea salt, or to taste  
2 tbsps cider vinegar, or to taste  
3 tbsps flaxseed or other oil  
1 tsp organic, wholegrain mustard (optional)  
1 tsp raw agave nectar

1 Very thinly slice the courgette and fennel with a sharp knife or mandoline and put them together in a shallow bowl.

2 Mix together all the remaining ingredients to make a marinade and spread over the vegetables in the bowl. Set aside and allow them to marinate for 2 hrs before serving.

3 Any leftovers will keep very well in the fridge for a few days, as the marinating process will continue and the veggies will acquire a stronger taste.

*Fabulous tip Raw agave nectar is made from the agave plant and is available in health food stores and large supermarkets. It's produced at low temperatures and can replace honey or sugar, satisfying your sweet tooth but allowing you to stay in the raw-food zone. Use it moderately, it's more processed than fresh or dried fruits*



## Micro salad with parsley dressing

This salad is inspired by the sorts of vegetables, nuts and seeds that resemble little gems. When combined to make a salad, they create a visually striking effect. Bright colours, masses of flavour and a satisfying crunchiness will make every mouthful a delight!

Serves 4  
Prep 15 mins

10 baby carrots, scrubbed and thinly sliced  
125g peas, fresh from their pods, or frozen, defrosted  
125g raw sweetcorn kernels  
80g pomegranate seeds  
120g pine nuts  
4 tbsps salt-cured capers  
4 tbsps flaxseed oil  
2 tbsps tamari soy sauce  
2 tbsps lemon juice  
**Parsley dressing**  
50g fresh parsley leaves, chopped  
2 garlic cloves, crushed  
4 tbsps rice or other vinegar  
60ml olive oil  
Grated zest of 1 lemon  
4 tbsps black sesame seeds

- 1 Put all the ingredients in a salad bowl, mix and allow to stand while you make the parsley dressing.
- 2 For the dressing, put all the ingredients except the sesame seeds in a small jar, seal tightly and shake to emulsify the ingredients. Alternatively, put the ingredients in a small bowl and whisk gently to combine. Add a little water if needed. Season with salt and pepper to taste.
- 3 Pour the dressing over the salad and sprinkle the sesame seeds over the top before serving.



*Fabulous tip You can buy the pomegranate seeds already popped from the fruit or you can do it yourself by halving one across the equator and then bashing it over a bowl with a wooden spoon so the seeds rain out*

## Creamy 'Popeye' soup

The legendary cartoon Popeye the Sailor Man was always gulping down a can of spinach and his muscles would grow instantly. They never said whether Popeye's spinach was raw or cooked, but there's no doubt about its nutritional properties. If you want your muscles to grow big too, or you just want to boost your iron levels, why not try this no-cook soup?

Serves 2-3

Prep 5 mins plus marinating

- 100g baby spinach leaves
- 1 tsp tamari soy sauce
- 1 big avocado, peeled and stoned
- 375ml warm water
- 1 tbsp olive oil
- 1 garlic clove, crushed
- 1 tsp umeboshi vinegar (see tip, page 72)

- 1 Wilt the spinach by marinating it in a bowl with the tamari soy sauce for 15 mins.
- 2 When the spinach has finished marinating, put all the ingredients, and salt and pepper, to taste, in a blender and blend until smooth and bright green. Use warm water instead of cold, for a milder taste.
- 3 Serve in bowls with a sprinkling of extra pepper.

*Fabulous tip This soup has a strong flavour which can seem 'grassy' to people who are new to raw foods. Try it in small quantities until you get used to the taste*



### Why raw?

Dunja Gulin explains the way to do it and what's in it for you.

#### 1 Eat organic

I realise that organic food is often more expensive and we can't always afford this choice, but being on a mostly raw food diet means that any harmful chemicals on the food can't be destroyed by heat and cooking, so it is doubly important to eat organic.

#### 2 Eat wholesome

When food is taken from its natural state and is altered, processed, refined and packaged, it loses

enzymes, vitamins, minerals, phytochemicals and antioxidants. All these nutrients are very valuable for our overall health.

#### 3 Eat locally and sustainably

Small, local producers are more likely to take good care of their land and be truthful to their customers. Try to consume foods that do not need days of travel from faraway lands, as traffic pollutes our planet.

#### 4 Eat seasonally

There's a reason why nature offers us certain foods at certain times of the year, such as bitter greens

with their cleansing effect in the spring and the more dense root vegetables that warm our bodies in the autumn. Eating seasonally will help your immune system stay strong throughout the year.

#### 5 Eat diversely

The body is smart enough to take the nutrients it needs to stay healthy, but if we're limiting ourselves to a very narrow range of foods, that can, over time, cause nutritional deficiencies. Besides, eating a boring diet will make you unhappy and you'll soon start to crave processed foods and sugar. Keep a food diary for a week if you want to see how varied your diet is.

#### 6 Eat intuitively

Think about the climate you live in. When it is hot, you will want to eat as much raw, refreshing and cooling food as you can. However, when it's very cold your body needs the heat that cooked foods provide and you'll crave hot soups, long-cooked stews and baked foods. So, insisting on a 100 per cent raw-food regime while it's freezing outside will just make you even colder and more miserable.

Recipes and photographs from 'Raw Food Kitchen' by Dunja Gulin, photographs by Kate Whitaker, published at £16.99 by Ryland Peters & Small. For a special offer on this book, please turn to page 122.