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Vegan Magazine

July / August 2019

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Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



Reviewed: THE MODERN RAW COOKBOOK

By Honey Morris

Modern Raw by Rachel Carr is a beautiful offering of healthy and homey raw vegan recipes.

Rachel is a prolific chef and creator of the plant-based food blog Plant Craft, dedicated to simple, healthy, plant-based cooking that celebrates seasonal ingredients.

I love the simplicity of raw foods. It's inarguably the most natural way for us to eat and furthermore, how I feel when I eat raw foods reinforces my belief that we should all be more committed to bypassing the aisles upon aisles of processed foods in the supermarkets.

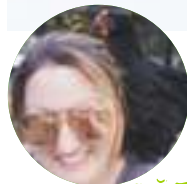
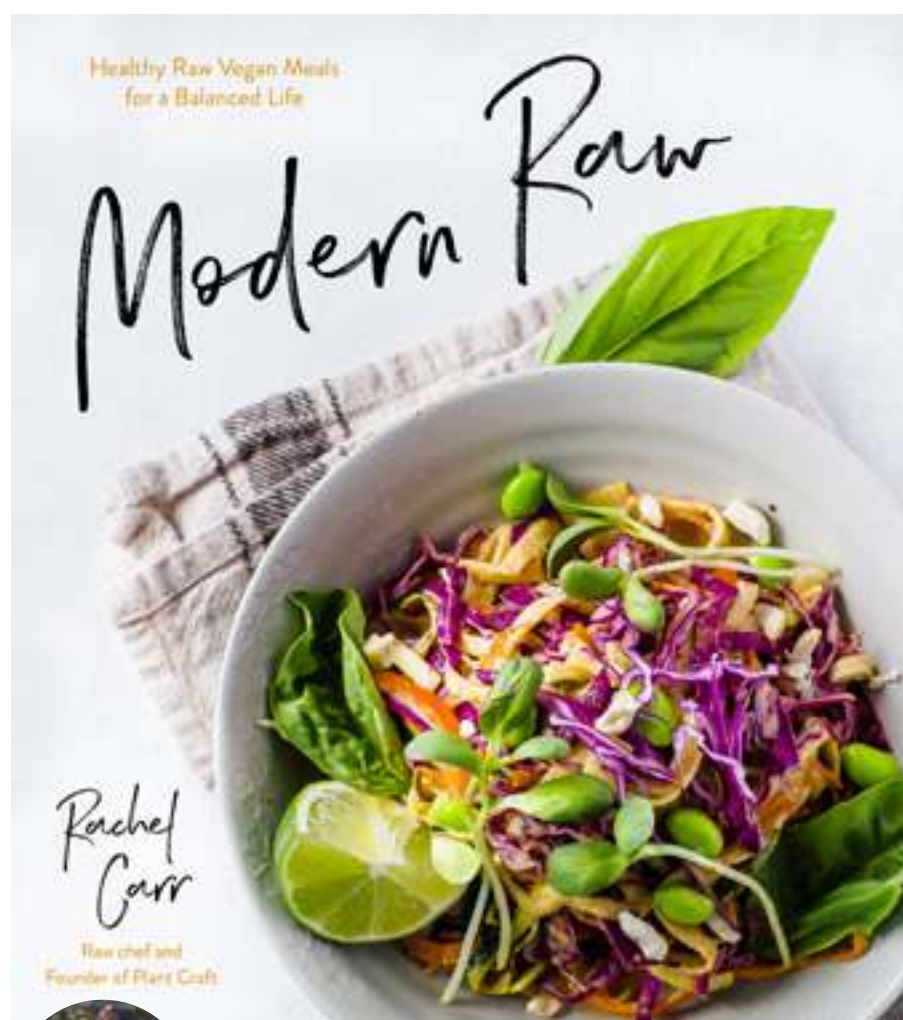
The first chapter of *Modern Raw* is "Breakfast of Champions: Starting the Day Off Right" and Rachel kicks things off with some absolute beauts! I'm talking gooey cinnamon rolls with cinnamon-date filling, vanilla chia pudding with fig and raspberry and brazil nut chocolate apricot bars! I mean talk about "you had me at 'hello'!"

This must-have cookbook is overflowing with vibrant recipes but the standout recipe section for me is the fourth chapter "Getting Your Greens: Nutrient-Packed Raw Salads, Soups and Appetizers", probably an obvious choice from someone who loves the flavours of Indian cuisine; cauliflower samosas with mango chile chutney and cucumber raita. WOW! The same delicious chapter also includes a nicoise salad with sunflower "tuna" pate that I can't wait to recreate.

Rachel wraps things up with the final chapter "Guilt-Free Indulgence: Raw Vegan Desserts", featuring an array of stunning sweets, from key lime pie with pistachio-date crust, through to lemon-lavender blueberry cheesecake, mint chocolate chunk gelato and cherry-chocolate ganache tart.

Modern Raw proves that gone are the days when eating more fruit and vegetables meant eating what people often refer to as "rabbit food"! The recipes Rachel shares are vibrant and wholesome and absolutely packed with flavour.

In her introduction, Rachel writes that it is her hope that the reader will find new techniques, ingredients, tools and flavours to explore within the pages of this book. I think it's fair to say she has succeeded.



Honey Morris —

Honey Morris is the creator of Handmade by H-Monster. Handmade by H-Monster is about all things crafty but mostly crochet. Honey donates a minimum of 25-50% of the profits from the sale of her creations to not-for-profit animal rescues. Honey lives in picturesque Western Australia with her husband Stu and the rescue animals they share their life with. When she's not crocheting, or cooking up a vegan storm in the kitchen, you'll usually find Honey burning incense while reading a good book, tending to her veggie patch or taking a dip at the beach. Honey loves sharing her passion for animals, nature and veganism.

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Summer Vegetable Chili

Some dishes really hit the spot when you are craving something hearty, and this raw chili is one of them! Feel free to change up the vegetables of this chunky raw stew, for variety.

I like to serve this mildly warm or at least at room temperature. You might want to leave your vegetables out for one hour to come to room temperature if you're making it right before serving. You can also warm it gently in a saucepan over very low heat until it's just warm, but not-cooked.

MAKES 1 QUART (946 ML); SERVES 4

INGREDIENTS

CHILI VEGETABLES

- 2 small zucchini, chopped
- 2 medium carrots, peeled and chopped
- 1 cup (100 g) walnuts
- 1 cup (71 g) button mushrooms
- 1 cup (150 g) fresh corn kernels
- 2 tbsp (22 g) chopped red onion

CHILI BASE

- 4 large tomatoes, cut into quarters and seeded
- 1 tbsp (5 g) sun-dried tomato
- 2 tbsp (18 g) raisins
- 2 cloves garlic
- 1 jalapeño pepper (optional)
- 1 tbsp (15 ml) olive oil
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp salt, or more to taste
- 2 pinches of chipotle powder or other chili powder

TOPPINGS

- 1 avocado, pitted, peeled and sliced
- ¼ cup (14 g) green onion

DIRECTIONS

1. For the chili vegetables, in a food processor fitted with the S-blade, combine the zucchini, carrots, walnuts and mushrooms and pulse, until chunky but not pureed. Transfer to a bowl and mix with the corn and red onion. Set aside.
2. For the chili base, in a blender, combine the tomatoes, sun-dried tomato, raisins, garlic, jalapeño (if using), olive oil, spices, salt and chipotle powder, then transfer to the chili vegetables. Stir well. Divide the finished chili among 4 bowls. Top with the avocado and green onion.

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NOTES

This recipe actually improves with time and will be good for up to a week as the flavors meld and mellow. It will separate as it sits, but don't worry! Just give it a stir, and you'll be good to go. The nature of this recipe is to become watery as it sits, because the salt will slowly draw out the moisture in the vegetables.

Vanilla Chia Pudding with Fig and Raspberry

Chia seeds are incredibly grounding and satisfying if you eat lots of fruit in the morning. Their essential fatty acids keep you energized for hours and help keep your blood sugar steady. Chia pudding is extremely flexible and can take on many different flavors: try adding turmeric, cinnamon or matcha. I have used figs and raspberries here, but feel free to use whatever fruit you have on hand.

SERVES 2

INGREDIENTS

- 1 cup (236 ml) unsweetened Cashew Milk (page 18) or other nut milk
- ¼ cup (30 g) chia seeds
- 1 tbsp (15 ml) agave nectar or maple syrup (optional)
- ¼ tsp vanilla extract
- Pinch of salt
- 2 to 3 fresh figs, sliced, for garnish
- ½ cup (61 g) raspberries, for garnish
- ¼ cup (30 g) Apple-Cinnamon Buckwheat Granola (page 18), for garnish

DIRECTIONS

1. In a glass, combine the cashew milk and chia seeds and stir. Add the agave (if using), vanilla and salt and stir again. Taste and adjust the seasoning, if desired. Allow the mixture to stand for 30 minutes to thicken. Refrigerate for 1 hour to chill, or overnight. To serve, garnish with the sliced figs, raspberries and granola.

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