

fresh

The Ultimate Live-Food Cookbook

Over 250 Recipes from the
Raw Family Test-Kitchen



Sergei and Valya Boutenko

Co-authors of *Raw Family: True Story of Awakening*

Fresh: The Ultimate Live-Food Cookbook, Sergei Boutenko, Valya Boutenko, North Atlantic Books, 2008, 1556437080, 9781556437083, 216 pages. Cookbooks need not-indeed, should not-involve cooking, say the authors of this authoritative, beautifully illustrated book. And they should know. Sergei and Vayla Boutenko bring fifteen years' experience to this collection of scrumptious, sophisticated recipes and comprehensive guide to the raw life. Fresh covers the whole range of recipes, including savory dishes, desserts, fermented foods, drinks, and wild foods. Techniques common to the recipes are introduced and clearly explained, including an inventory of uncommon fruits and how to handle and prepare them, as well as an immersion into the five basic flavors and the herbs, fruits, vegetables, and grains that help chefs bring out each flavor best. The authors introduce the three stages of adaptation to this lifestyle and provide a concise review of minimal equipment requirements and ideal appliance additions for the well-stocked raw kitchen. From the Trade Paperback edition..

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Hooked on Raw Rejuvenate Your Body and Soul With Nature's Living Foods, Rhio, Apr 15, 2010, , 336 pages. Rhio, a dynamic personality in the raw foods movement, offers readers a delightful, integrated wisdom about raw foods and living the raw lifestyle. In addition to over 350

The Raw Transformation Energizing Your Life with Living Foods, Wendy Rudell, 2006, Cooking, 280 pages. Provides raw food recipes that combine the healthy philosophies of living ingredients with appetizing flavors, in a volume that includes such options as Indian vegetable curry

The Complete Book of Raw Food, Second Edition Healthy, Delicious Vegetarian Cuisine Made with Living Foods, Julie Rodwell, May 25, 2010, , 496 pages. This masterful collection of over 400 raw food recipes is a "must-have" for anyone who enjoys vegetarian cuisine. Whether you are curious about adding raw foods to your diet

Rainbow Green Live-Food Cuisine , Gabriel Cousens, 2003, Cooking, 544 pages. Holistic physician Cousens provides a dietary regimen to help rid the body of dangerous toxins, and shares 250 delicious vegan recipes from chefs at the Tree of Life Caf

Simple Food for the Good Life , Helen Nearing, 1999, Cooking, 309 pages. Fifty years before the phrase "simple living" became fashionable, Helen and Scott Nearing were living their celebrated "Good Life" on homesteads first in Vermont, then in Maine

Working chef's cookbook for natural whole foods , Jackson F. Blackman, 1989, Cooking, 344 pages. From Richard Sultani, Owner, Les Champs Restaurant, Watergate Hotel, Washington D.C., "Jack Blackman dished out a winner: over 330 recipes for the preparation of natural whole

The Ultimate Uncheese Cookbook Delicious Dairy-Free Cheeses and Classic Uncheese Dishes, Joanne Stepaniak, 2003, Cooking, 192 pages. Presents recipes featuring cheese-like ingredients, including tofu, plum paste, and tahini, that replicate the texture and taste of cheese dishes without the dairy..

Raw Family Signature Dishes A Step-by-Step Guide to Essential Live-Food Recipes, Victoria Boutenko, 2009, Cooking, 160 pages. A pioneering raw foods instructor shares favorite family recipes combined with hundreds of step-by-step photographs, in a guide that discusses the benefits of a raw food diet

Eating Without Heating Favorite Recipes from Teens Who Love Raw Food, Sergei Boutenko, Valya Boutenko, Jun 1, 2003, , 153 pages. "Favorite recipes from teens who love raw food"--Cover..

Raw Food Quick & Easy Over 100 Healthy Recipes, Mary Rydman, 2009, Cooking, 186 pages. The latest in the Raw Food series provides over one hundred new, healthy, quick, and easy to make raw food recipes, with tips for making your food preparation even easier, and

Wild Edibles A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes, Sergei Boutenko, 2013, Cooking, 279 pages. "This practical guide to plant foraging provides readers with the tools to safely identify, harvest, and prepare wild edible plants and enjoy the health and economic benefits

Alive in Five Raw Gourmet Meals in Five Minutes!, Angela Elliott, 2007, Cooking, 127 pages. Contains over seventy-five recipes prepared using a raw food method made with easy-to-find ingredients and a blender or food processor..

Feeding the Whole Family Whole Foods Recipes for Babies, Young Children, and Their Parents, Cynthia Lair, Jan 1, 1997, Cooking, 280 pages. What should we feed those we love? How can we get our children to eat what's best for them? Feeding the whole family tells how. Includes over 150 simple whole foods recipes

Cookbooks need not—indeed, should not—involve cooking, say the authors of this authoritative, beautifully illustrated book. And they should know. Sergei and Vayla Boutenko bring fifteen years’ experience to this collection of scrumptious, sophisticated recipes and comprehensive guide to the raw life.

Fresh covers the whole range of recipes, including savory dishes, desserts, fermented foods, drinks, and wild foods. Techniques common to the recipes are introduced and clearly explained, including an inventory of uncommon fruits and how to handle and prepare them, as well as an immersion into the five basic flavors and the herbs, fruits, vegetables, and grains that help chefs bring out each flavor best. The authors introduce the three stages of adaptation to this lifestyle and provide a concise review of minimal equipment requirements and ideal appliance additions for the well-stocked raw kitchen.

“Raw food makes us healthy, reverses aging, and improves our appearance, and now you are holding in your hands the proof of raw food's value in rearing exemplary youth. On every page of this book, the authors will surprise and delight you with fresh insights and deep understanding into the child-parent relationship. Their intelligence is vivid, their wisdom is astute, and their love for others is stupendous. Whether you are a parent or child, you will gain insight from this book.”

“Not only do Sergei and Valya prepare the most delicious raw foods, which is talent enough, but the clarity, wisdom, and insights they share about food and health are breathtaking. This book is a must-read for any aspiring health seeker—no question. What they teach now is unbelievably cutting-edge, and everyone should know it.”

“The Boutenkos are so far ahead of their time in nutritional wisdom, but draw from the oldest and most simple, instinctive knowledge... The first quarter of [Fresh] is full of insight and information. The rest is comprised of recipes that are accessible and loosely written as to encourage experimentation.”

“Fresh has many savory dishes, fermented foods, travel and survival foods, drinks, and desserts, plus an inventory of all the uncommon fruits you’ve wanted to eat, but didn’t know how to handle... You’ll find the special section that introduces foraging for wild edibles... and suggestions for ways to get kids involved in a raw kitchen.”

Sergei Boutenko and Vayla Boutenko are second-generation members of the Raw Family, among the foremost authorities on raw foods. With their father Igor and mother Victoria, the award-winning author of Green for Life, they have inspired raw food communities to form worldwide. They live in Ashland, OR.

I have at least four other raw food cookbooks. The recipes in them always have a thousand ingredients and take forever to produce. I wind up not using them because of the exotic ingredients or the time it takes to make the food. Soaking, cutting, blending, juicing, dehydrating, all in one

recipe usually!

This book uses simple, available ingredients and a minimum of time to prepare. I can usually prepare a dish from what's already in my house, which if you've used any other book, is usually impossible. Yes you might need to blend something and then dehydrate it, but you probably didn't have to soak it and juice it and hang it somewhere first.

The other thing I really like about the book is that if you use their recipes for salad dressings, for example, you are not just adding flavor, but you are also adding nutritional content. It's all very well thought-out. It's a lovely little book that I recommend to anyone who is interested in making simple, elegant raw food dishes that taste great.

Fresh includes "over 250 recipes from the Raw Family test-kitchen," both favorites from earlier Boutenko books, as well as new recipes using raw cacao, goji berries and wild edibles. They offer full color photographs of common "wild foods" like nettles, sheep sorrel, chickweed and purslane often belittled as "weeds" and show how such no-cost foods can supercharge salads and smoothies without breaking the bank. Readers who recall stories of the Boutenkos foraging for wild lettuce and berries on their Pacific Coast Trail hiking journey can now harvest some of nature's best superfoods at home. The book lists the twenty-three most toxic plants (excluding mushrooms) and encourages readers to be safe and learn how to identify them. Despite this warning, Fresh focuses on the abundance of nutritionally dense and beneficial plants available sometimes, quite literally, in our own backyard!

All recipes exclude meat, fish, eggs, and dairy, but some do contain honey. Vegans can easily substitute raw agave nectar or dates for the honey, though. In fact, Sergei writes an entire section on the importance of improvisation and customization. For those with gluten allergies, this book offers an almost gluten-free experience. A few recipes call for sprouted barley or rolled oats, but the vast majority are completely gluten-free, vegan and tasty!

Besides recipes, Fresh offers some of the best advice on how to thrive in mixed-diet relationships. Whether vegan, raw, vegetarian, carnivore or omnivore, you will find valuable tips on how to maintain your dietary preferences in a non-judging and non-threatening way. Valya, in particular, offers valuable insight into helping children choose and enjoy healthier foods. Given the epidemics of childhood obesity and childhood diabetes from which Sergei healed naturally this information provides hope and instruction to well-meaning parents dealing with "rebellious" eaters.

Because Sergei and Valya spent much of their childhood as raw foodists, they can offer insider advice from both angles that of instructors and that of children forced to embrace a new and unusual dietary regime. From them, we learn how they dealt with teasing, peer pressure and social services. With humor, gratitude, and wisdom beyond their years, they reveal a perspective that few, if any, others can share yet.

Chef Cherie Soria, founder and director of the Living Light Culinary Institute, where both Sergei and Valya have trained, provides a heartfelt forward. In Cherie's words, "Sergei and Valya shine as living examples of what is possible when we resolve to squeeze every drop of juice out of life." On a recent visit to Living Light, I repeatedly heard this idea validated by students, visitors and employees. The compassion, presence and creativity one finds in Fresh will touch the lives of anyone who reads it, just as Sergei and Valya's love, clarity and maturity continue to impress and inspire in person.

It is a bold move to include words like "ultimate" in the title of a non-fiction book of any kind. On first look, I was disappointed by the seeming simplicity of the recipes, but after 6 months of ownership, this is the raw foods un-cookbook that I come back to on a daily basis for quick, tasty eats and "weekday" meals. I believe that is definitely one of the "ultimate" in accessible raw food recipes for a few reasons, the first being that the ingredients may be obtained at any well-stocked market. That is great when you are on a budget! Second, the recipes are quick and are only time-consuming if "dehydrate" is part of directions. Third, raw foods is about playing with ingredients and taste! We all

have different taste buds and I have grown to really like the fact that the authors purposefully stay away from exact amounts in the recipes. It leaves one free to play with different combos while having nice guidelines to guide the overall flavor of the dishes. Because of this collection of recipes, I am now able to combine my own raw foods dishes based on the flavor teachings of the authors. All of the recipes that I have tried (and re-tried!) have been delicious and satisfying. I am especially fond of the russian carrot salad, gorilla burgers, chocolate pudding, and a variety of bar cookies.

Fresh is interesting, especially in the beginning where the authors discuss the lifestyle and their own experiences with it. I'm a tad cynical that eating this way will automatically solve all of your health woes like the authors seem to hint at, but I can definitely see the benefit of eating fresh, non-processed foods.

My biggest problem with the book is that all of the recipes seemed to be less a recipe and more of a guide. The actual instructions are usually no more than a sentence or three that involves "Blend ingredients. Serve" or "Dehydrate ingredients. Serve." Sometimes, they're more complicated: "Blend ingredients. Dehydrate ingredients. Serve." I'm being a tad facetious but mostly not.

In the middle of the book there's a few pictures of items. One in particular looked divine: a chocolate dessert. It provided the page number and I was shocked when the instructions were simply to blend and serve. Wait a minute, I thought to myself, the picture is of little bit-sized candies with a little strip of chocolate on them...there has to be more to the instructions than that. But there wasn't. Blend and serve. Right.

Additionally, the smoothies consisted of mixing together whatever fruits you have available, adding lettuce and blending. Voila. A lot of the ingredients mentioned (like Dragon Fruit, for instance) I can't get at my local grocery store, so it helps to be in areas where fresh fruit of this nature are readily available. I did appreciate the little section towards the end that showed how to get the fruit out of its shell and what to look for.

In the end, Fresh didn't really make me want to start eating more fresh/raw items. For those ingrained in this lifestyle, Fresh is probably a very good guide. I wouldn't go so far as to call it a recipe book as some of the recipes aren't exactly complete and require some creativity. But for someone looking for a guide and a good place to start, grab a blender, a dehydrator and go to town. Read more ›

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