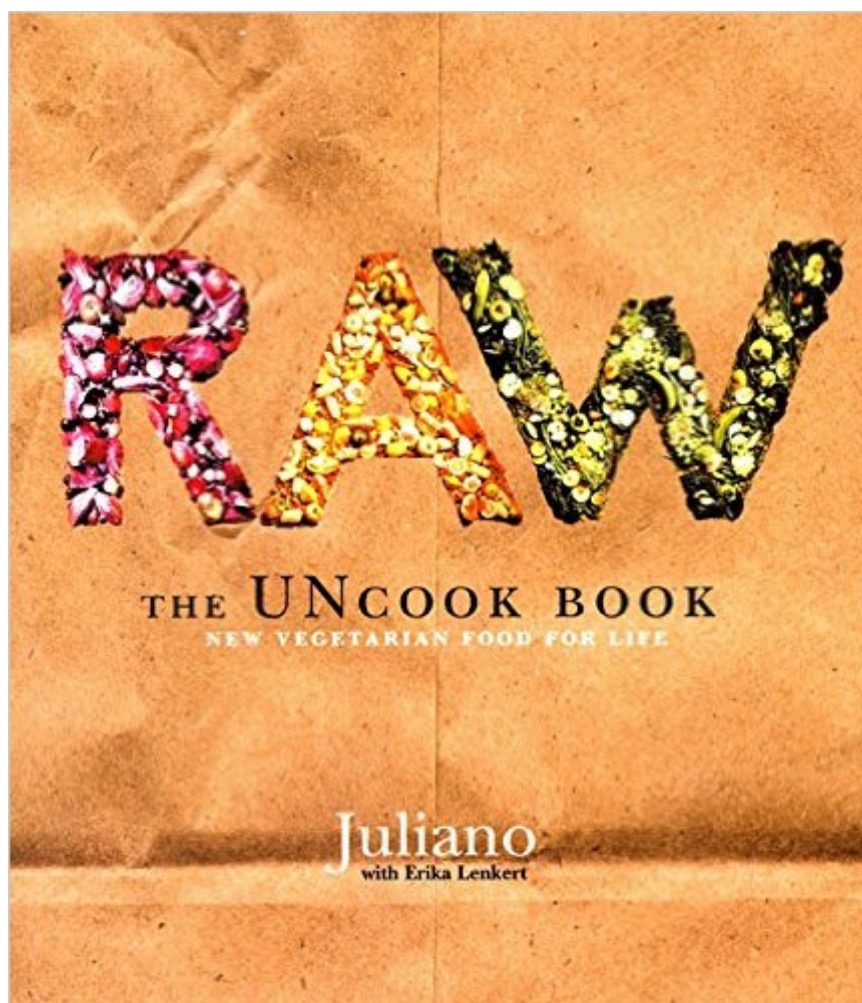


The book was found

Raw: The Uncook Book: New Vegetarian Food For Life



Synopsis

"When you eat raw foods you feel great. I just wanted to share that."-- Juliano
Raw [adj]. 1. clean 2. pure 3. uncontrived 4. free 5. safe 6. uncontaminated
Raw [adj]. 1. uncooked. 2. in the natural state; not processed or manufactured
Cook [v]. 1. to prepare food. 2. Brit. Colloq. to tamper with; falsify. 3. slang to ruin
What is Raw? UNcooked UNadulterated UNbelievably Delicious Living Food Raw is the first major guide to preparing gourmet raw cuisine, an introduction to the finest dining this planet has to offer, with unique dishes made entirely from vegetarian and living foods. Raw offers ultimate pure flavor, thousands of textures, and beautiful effects on body, mind, soul and the environment! This isn't 100 variations of salad, but an ultra-gourmet cuisine, which fuses ancient culinary techniques with a modern and practical lifestyle. From sun-baked pizzas, satisfying sandwiches, vegan sushi, the best burritos and sprouted-rice dishes, to sangria and shakes, cookies, pudding, and pies. You're about to acquaint yourself with the vibrant flavors and miraculous nutrition of plant life in a way you never have before.

Book Information

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Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (212 customer reviews)

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Customer Reviews

I'm new to raw foods "cooking", so I'll start with the first salad in Juliano's "Raw". Let's see, the ingredients include: anise hyssop, borage, bronze fennel, chickweed, meadow rue... What the heck is meadow rue? Let's check the glossary, "a delicious leaf"... Thanks Juliano. I'll also need mizuna, salad burnet, society garlic and summer purslane. I've heard of some of these items, but I've never seen them in Seattle natural markets, and Seattle's a very vegetarian cuisine savvy city. Unless you

can grow these things yourself, good luck finding them. I must admit that despite the fact that I prepare food from scratch quite a bit, I found Juliano's recipes too complicated and under-explained to attempt a single one. Other raw foods "cookbooks" explain raw foods prep in considerably more detail, such as "Warming Up to Living Foods" by Elysa Markowitz, and "Sproutman's Kitchen Garden Cookbook" by Steve Meyerowitz. Juliano writes that the purpose of the book is to introduce or reacquaint the reader to raw foods, and to provide the tools to eat this way. Unfortunately, I'm not sure Juliano succeeds in these goals, although he certainly gave himself a nice modeling portfolio. Since most readers will be unfamiliar with raw foods, he needs to provide more guidance than most cookbooks in what are the ingredients, how to shop for them, the kitchen equipment needed, and how to prepare the foods. The guidance is too sparse and at times inadequate in these areas. A few of the many examples of inadequate instruction: * Many recipes require a dehydrator, yet there's zero guidance on how to select one. * Several recipes call for "coconut meat", such as the carrot cake which calls for 2 cups. Approximately how many coconuts will I need to buy or find on the beach to yield 2 cups?

Overall, this is a great book. It's inspiring and fun, and the food doesn't get much healthier. I've really gotten into the book during the last couple of weeks, and most of the recipes I've tried are very good. You don't need all of the ingredients he lists, so don't be afraid to omit or substitute. I do not yet have a dehydrator, and my oven doesn't go below 170 degrees, but I have been able to test some of the bread-type recipes. They're very good. Actually, everything has been very good so far (especially the milkshake!), except the Butternut Squash Soup. I found I just don't like raw butternut squash. If you are on a low calorie or lowfat diet, be aware of these things: 1- There is no calorie information. Once I calculated the calories for the Cashew Gelato, I found out why! It was enough for a whole day's calories for anybody. But it really looks like ice cream. 2- Many recipes use nuts, dates, orange juice, olive oil, avocados, and maple syrup. I think that keeping the avocados in any diet is a good idea, though. Flax seeds show up a lot, too, but they are highly beneficial and don't seem to always get digested, if you know what I mean! 3- Juliano's "butter" is olive oil with salt. He says, "Slap an extra slab of 'butter' on everything! You can eat all you want and get what olive oil promotes most: healthier hair and skin and better circulation." Easy for him to say. He's already skinny. About the orange juice- it shows up everywhere. He combines it with things I never would have thought of. However, he usually lists low calorie substitutes. And he never claimed this was a diet book! I found sprouting to be surprisingly easy, but his chart for sprouting and soaking times is incomplete.

The colorful photos and imagination of ingredient components that put together this wonderful work of food art called an uncook book is worth 4 stars. RAW is indeed worthy of coffee table status. Each recipe appears to be indescribably delicious and full of adventure to the chef looking for a challenge. One such recipe, Hummus a L'orange was gold. I've prepared raw sprouted hummus before and the taste was never very desirable, yet Juliano's version with the addition of cashews, miso, amongst other obscure ingredients and exotic spices has turned this ordinary dish into a festival for the tastebuds. The falafel patties were more of a disappointment to me. Since this recipe also required sprouted chickpeas, I made it alongside the hummus recipe. The high percentage of salt called for in this recipe was overkill, leaving the main ingredients without a note of possibility in taste. Suggestion: if you must use salt, add at the end and a little bit at a time. Juliano's intentions for the high amounts of sodium chloride (present in both sea and table salt) is understandably to impress upon the palate of a cooked food eater. Since many of the recipes within this book are multi-stepped, and some requiring other recipes within his book, they appear to be meant for company or pot luck type functions, rather than simple meals a raw eater could throw together to enjoy by his raw self. In other words, if you are a beginner in the kitchen, RAW will prove quite a challenge for you. Yet many recipes DO seem easy to put together, like the soups, salads, and some of the drinks, and as long as you have all the ingredients or good substitutions on hand, you are good to go. Good-quality blenders and knives are a necessity for most of these.

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