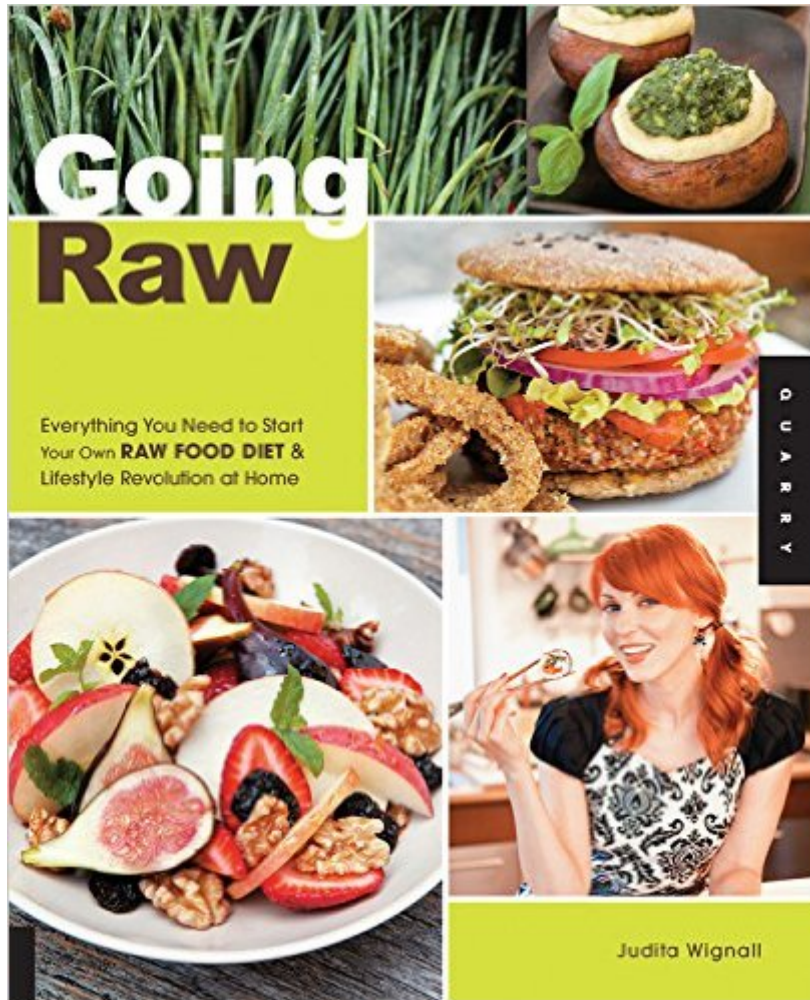


The book was found

# Going Raw



## Synopsis

Go raw, get radiant, start a revolution! A raw-food diet is a healthful way to detox, clear up your skin, shed a few pounds, and feel radiant. But who has time to track down hard-to-find ingredients and whip up labor-intensive recipes every day? (Hint: not you!) So what's the best way to start? Going Raw gives you everything you need to start enjoying the benefits of a raw-food lifestyle, all in this gorgeous guide. Judita Wignall's Going Raw combines the flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. Fully illustrated raw-food techniques, from slicing a coconut to sprouting your own seeds More than 100 delicious, fresh, gourmet food recipes smoothies, salads, œburgers, and beyond On the bonus DVD you'll find a video tutorial for several raw-food techniques, including how to use a dehydrator, basic knife skills, slicing with a mandoline, and spiralizing vegetables Inside you'll find:

- Green Smoothies
- Berries and Cream Crepes
- Dandelion Salad
- Thai Green Bean Salad
- Herbed Cashew Hemp Cheese
- Broccoli and Mushrooms with Wild Rice
- Spaghetti Bolognese
- Asian Noodle Stir Fry
- Classic Veggie Pizza
- Coconut-Curry Samosas with Plum Chutney
- Orange-Chocolate Mousse Parfait
- Mexican Spiced Brownies
- Apple Cobbler with Maple Cream
- How to grow your own sprouts
- How to ferment kimchi and sauerkraut
- ...and even 100% raw Ice Cream, Coconut Yogurt, and more!

## Book Information

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Average Customer Review: 4.6 out of 5 stars See all reviews (182 customer reviews)

Best Sellers Rank: #51,120 in Books (See Top 100 in Books) #26 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #78 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #113 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

I bought this as my first raw cookbook. Based on the reviews, I thought I would be able to make a fair amount of the recipes with what I had for equipment- just a food processor. There are a few reviews with different opinions on the subject, so I thought I would use numbers to make it easier to decide whether you have what you'll need. There are 98 recipes in this cookbook, not including the salad dressings. 24 recipes need a blender 13 recipes call for a high speed blender such as Blendtec or Vitamix. 26 recipes use a food dehydrator. 17 recipes need a food processor. 4 recipes use a mandoline. 4 ice cream recipes use an ice cream maker, which I think can be made with a high speed blender. A few recipes use a mortar, spiralizer, coffee grinder, nut bag or a chocolate mold. 18 recipes don't use any special equipment. Many of these are salads. I'm not saying don't buy this book- I like it a lot. After buying a Blendtec, I can make a lot of the recipes- soups, smoothies, salads. But I'll need a dehydrator to make anything substantial. There are also good recipes that come with the Blendtec blender- smoothies, milk alternatives, salad dressing, sauces, soups- that are or can easily be turned raw. What I'm trying to say is, if you're seriously considering going raw, you'll definitely need a blender (probably high speed) and a food dehydrator. Then you'll want to get food processor, a sprouter and mandoline and nut bag. And this book! It does have very good recipes that you just know will taste great. Update: Creamy Tomato Fettuccine- I am becoming more amazed at how raw foods are really delicious. For a junk foodist like me to actually like this cold, raw zucchini pasta is saying something.

I really like this book. The accompanying DVD helps, Judita is a cutie and the kitchen is trendy (complete with a gazillion other cookbooks in the background, likely intentional). The book is well organized, with WONDERFUL, LARGE COLOR PHOTOS. Collecting the materials mentioned in the book quickly turns into a scavenger hunt; finding the right, high quality goods for the best price. But it's all fun...unless you're piss poor, which many are. Some may grow disillusioned with 'healthy eating' as marketed by all but the Raw Food on a Budget book (and even that advises that one saves up for a Vitamix). "Going Raw", like most other raw food cookbooks, require:- Vitamix - centrifugal juicer - masticating juicer - bamboo mat - zester - whisk- mandoline plane - slotted spoon - citrus juicer - dehydrator - food processor- ice cream scoop - spiralizer - Ice cream maker - Cocktail shaker - whisk - microplane- pie/tartlette pan - Colanders (varying sizes)- ceramic knives - quality boilers (tea; melt cocoa)- Lg glass + SSteel mixing bowls - TONS o mason jars (+ sprouting top) - tongues- Bamboo cutting boards - molds - rubber icetrays - glass measuring cups (vary sizes)- spice mill/grinder (incl stone AND ceramic) - SSteel Sieves (varying mesh density)- SSteel/plastic

dry measuring cup So, we're talking about some serious cash! Not to mention the obscure nutritional supplements, sea veggies, nuts and seeds, herbs, spices, fermented goods and the like. And once THAT'S all taken care of, you'll need the TIME to actually do this stuff. Perhaps that's why it's called a lifestyle. Perhaps that's also why the USA thinks that it's considerably more expensive to eat healthier, when in fact it really isn't.

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