

VEGAN COOKING 101

# Rawesome Recipes



*Take the heat off and try cool raw vegan cooking!*

*Discover the refreshing benefits and incredible flavors of raw foods. We'll explore raw chef JP Alfred's Peace Pies raw cookbooks, their restaurant menu, and sample some of the products available at their Voltaire Street location.*

Sunday, July 28 | 2:00 - 3:30 PM  
Point Loma Hervey Branch Library

Recipes courtesy of JP Alfred, Peace Pies  
(From the book *Fresh, Funky & Raw*)

## Karmic Kale Salad

*Originally created in the kitchen at OB People's Coop*

### Ingredients:

1 bunch of kale, stemmed and very thinly sliced  
1/2 bell pepper, diced  
2 carrots peeled and shredded  
1 gold beet, peeled and shredded  
1/4 cup hemp seeds

### Tahini Garlic Dressing:

1/2 cup olive oil  
1/2 cup apple cider vinegar  
1/4 cup tahini  
1/4 cup coconut aminos  
1 teaspoon minced garlic  
1/2 teaspoon sea salt  
1/2 teaspoon freshly ground pepper  
1/2 teaspoon dried oregano

### Method

In a large bowl, combine the kale, bell pepper, carrots, beet, and hemp seeds.

Combine the dressing ingredients in a blender and puree until smooth.

Pour the desired amount of dressing over the salad and toss well. Store any remaining dressing in an airtight container in the refrigerator for up to 1 week.

## Mock Tuna

*This popular Peace Pies staple is made fresh every single day.*

### Ingredients:

2 celery stalks, finely diced  
1/4 red bell pepper, finely diced  
1/4 cup red onion, finely diced  
1/4 cup fresh dill, finely chopped  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
2 tablespoons dulse flakes  
1 clove garlic, minced  
2 cups sunflower seeds  
2 tablespoons tahini  
1/2 cup freshly squeezed lemon juice  
1/4 cup water

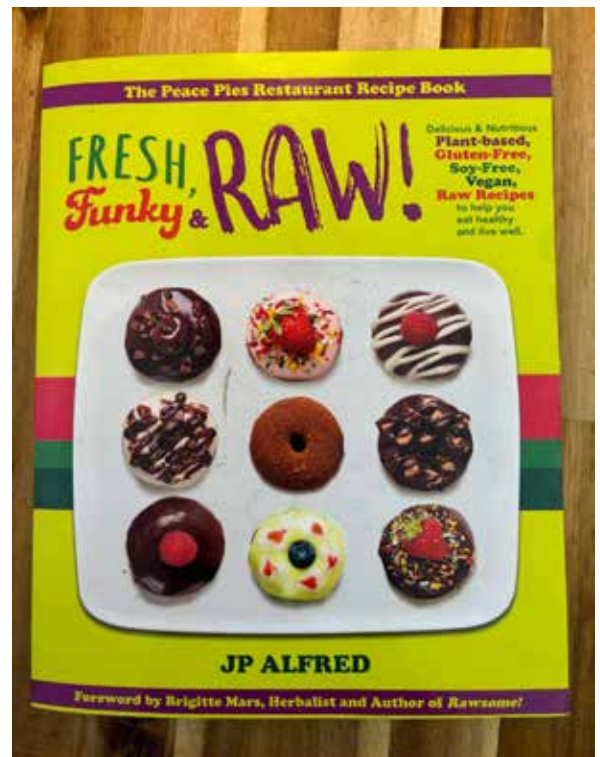
### Method

In a large bowl, combine the celery, bell pepper, onion, parsley, and dill.

Add the salt pepper, dulse, and toss well.

Combine the sunflower seeds, garlic, and tahini in a food processor and process until smooth. With the machine running, stream in the lemon juice and water. Continue processing until smooth.

Add the pate to the vegetables and mix well.



Recipe courtesy of JP Alfred, Peace Pies  
(From the book *This is RAW*)

## Pesto Noodles

*Zucchini is a great alternative to pasta.*

### Ingredients:

4 zucchini, spiraled  
1 cup cherry tomatoes  
1/2 bunch basil, slivered

### Sauce

1/2 cup pine nuts  
1/2 cup fresh basil  
1/4 cup olive oil  
3 cloves garlic  
Pinch o' sea salt

### Method

Combine the prepped veggies. Combine all sauce ingredients except olive oil. Pulse in a processor while drizzling oil through the lid. Mix with veggies and enjoy! The noodles from this recipe can be used with any sauce variation. Use your imagination!

## Link to Peace Pies website:

<https://www.peacepies.com/>

