

**Nomi Shannon**

**The Raw Gourmet**

Presents

**Holiday  
Recipes**

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# First... Wow 'em!

**Start Off With Something That Captures the Eye like this...**

Lemon Cups



**or this**



Rainbows in Ribbons

**If you plan to serve salad, this would be**

Nice...



Confetti Salad

But let's start with a plan:

# menu

Vanilla nut nog  
\*Lemon cups  
\*Rainbows in Ribbons  
\*Confetti Salad  
Marinated Mushrooms  
Wilted greens  
Stuffing  
Faux mashed potatoes with  
Mushroom gravy  
Sweet potato Souffle  
Cranberry sauce  
Yam pie with Cashew cream

☒ = optional: choose 1 or use them all depends on how many are coming to dinner.

# Vanilla Nut Nog

(Adapted from Raw Food Celebrations by Shannon and Duruz)

**Yield:** 8-10 servings

**Preparation time:** 1 hour (plus advance soaking time)



**Yield:** 8-10 servings **Preparation time:** 1 hour (plus advance soaking time)

Similar to eggnog, this beverage is rich and creamy, and the flavor of the Brazil nuts complements the spices well. Whether you have a high performance blender (K-Tec or Vita-Mix) or a regular home blender, you will have the best success if you prepare the nog in batches. For convenience and best taste, make the nog one day in advance of your event.

Soak the Brazil nuts in water to cover for 8-12 hours. In a separate bowl, soak the dates and vanilla beans together in water to cover plus 2 inches for 8-12 hours.

Drain the Brazil nuts, rinse well, and drain again. Remove the dates and vanilla beans from the soaking water and add enough additional water to make 10 cups. Pour into a blender, add the nuts and process until smooth. Add the dates, vanilla extract or beans and cinnamon to the blender. Blend again until smooth, stopping occasionally to scrape down the sides of the container. The mixture will be quite thick; if you prefer a thinner nog, add up to 1 more cup of water and blend again.

Taste and add more dates, vanilla or cinnamon as desired and process until smooth.

Place a nut milk bag in a large bowl, pour the blended mixture into it in batches, and gently squeeze out the liquid. Pour the strained nog into clear cups, grate a bit of fresh nutmeg on top, and enjoy.

## **Vanilla Nut Nog Ingredients**

5 cups Brazil nuts

30-40 pitted medjool dates

5 vanilla beans or two Tablespoons vanilla extract

9-11 cups water

1 teaspoon ground cinnamon

Fresh whole nutmeg

# Lemon Cups

(Adapted from *The Raw Gourmet* by Nomi Shannon, page 69) **Yield:** 4 servings



How can anything this simple taste so good? These adorable stuffed lemons are a great side dish with a main course, or you can pipe Sweet Potato Soufflé (see recipe and instructions below) into the lemon cups and serve as a first course.

Use more lemon juice in the recipe if you like; if it is too tart add a touch of agave or maple syrup. This recipe works best when the carrots are grated very fine.

In a small mixing bowl, toss the carrots, lemon juice, zest and oil. Taste. Sweeten if desired. Fill the lemon halves with the carrot mixture.

## Lemon Cup Ingredients

2 cups finely grated carrots  
1 Tablespoon lemon juice, or more to taste  
1 teaspoon grated lemon zest, or  
1 teaspoon extra-virgin olive oil, or walnut oil  
Maple syrup, agave or stevia to taste  
4 lemon halves, after juicing

# Rainbows in Ribbons

(Adapted from *The Raw Gourmet* by Nomi Shannon, page 71) **Yield:** Serves 4 as a side dish



or place atop a salad.

This recipe is visual dynamite; make it when you want to impress someone. Tying the scallion in a knot or bow takes a bit of fussing but the results are very worthwhile.

Rainbows in Ribbons can be used as your first course alone on a plate or topping a salad. Color is important in this recipe. Experiment with winter squash, yellow and orange peppers, broccoli stems, celery, jicama and zucchini.

In a small bowl mix the lemon juice, Nama Shoyu, oil and ginger; set aside. In a shallow dish, combine the carrots, parsnip, red pepper, daikon and broccoli. Pour the marinade over the vegetables and allow to marinate for 30-60 minutes. Drain well, pat dry with paper towels. (Save the marinade to use as a dressing in another recipe.)

Working on a cutting board, divide the vegetables into 4 equal piles, making sure that each pile has a variety of veggies. Place each pile on a scallion and tie, as you would a ribbon, making a knot or a bow. (It is easier to make a scallion "ribbon" if you cut the scallion in half lengthwise, to within one inch from the end, then open the scallion so that it is twice as long as before.) Garnish the bundles with a sprig of parsley, cilantro, radish sprouts or edible flowers.

**Note:** you can also make ribbons from fresh lemon grass or large chives. Maybe you will be lucky enough to find some perfect chives with the flowers still on them at the farmers market.

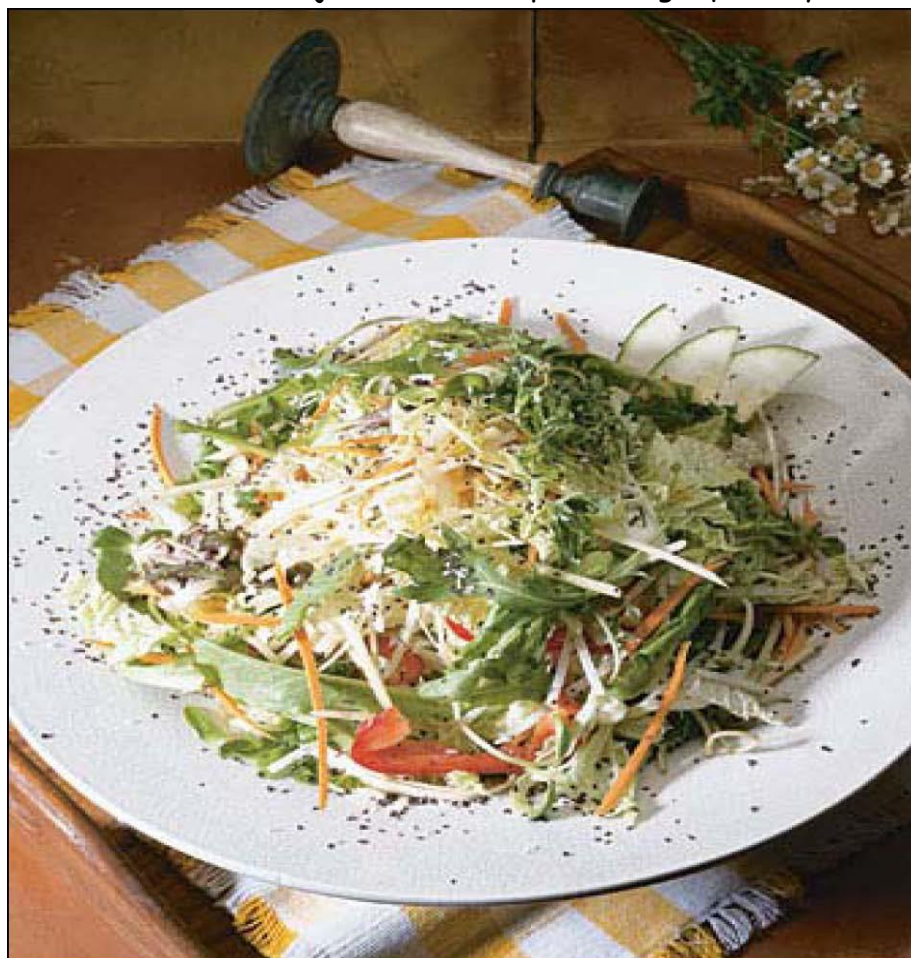
## Rainbows in Ribbons Ingredients

1/2 cup lemon juice  
2 Tablespoons Nama Shoyu  
2 Tablespoons Extra virgin olive oil  
2 teaspoons grated fresh ginger  
2 carrots, sliced into very thin 5 inch long julienned strips  
1 parsnip, sliced into very thin 5 inch long julienned strips  
1 large red pepper, sliced into very thin 5 inch long julienned strips  
1- five inch piece of daikon radish, sliced into very thin 5 inch long julienned strips  
1 five inch broccoli stem, sliced into very thin 5 inch long julienned strips  
4 scallions green part only

# Confetti Salad

(Adapted from *The Raw Gourmet* by Nomi Shannon page 76) **Yield:** 10-12 servings

The picture doesn't do this salad justice. Done up in a large quantity and served in a deep



salad bowl topped with both unsweetened coconut flakes and dulse flakes in a design, my favorite is in a yin/yang design, this salad really looks beautiful.

A festive and unusual tasting salad, this dish is good for a crowd and also stays fresh for an amazingly long time. Perhaps this has to do with the staying power of the root vegetables. By shredding and dispersing root vegetables throughout the salad, their energy seems to be transferred to the more perishable ingredients.

Tossing the salad in lemon or lime juice also helps to preserve its freshness. Other good vegetables you could use for the base are celery root and winter squash.

If you can, use a salad shooter or mandoline to shred the vegetables because the sharpness of the blades results in a shred that is firmer and more defined than shreds from a hand grater or a food processor.

Serve the dressing on the side so that any leftover salad will keep fresh longer.

In a very large salad bowl, combine the carrot, parsnip, rutabaga, turnip, daikon radish, greens, sunflower sprouts, kale, red pepper, cabbage, cucumber, parsley, celery, scallions and shallot. Toss well. Sprinkle the salad liberally with lemon juice. Toss thoroughly.

Top half of the salad with the dulse, sprinkle coconut flakes over the other half, choose a design such as the yin/yang symbol, or stripes as the brownish purple of the dulse and the white of the coconut make a striking contrast, and once mixed in to the individual portions taste wonderful too. Decorate around the edges with red pepper or daikon radish rounds. Serve your favorite dressing on the side.

## Confetti Salad Ingredients

2 carrots, shredded	1/2 cup cucumber rounds, cut in half
1-2 parsnips, shredded	1/4 cup chopped parsley
1 rutabaga, shredded	1/4 cup sliced celery
1 turnip shredded	2 scallions, finely chopped
1 3" slice daikon radish, shredded	1 large shallot, finely chopped
2 cups mixed baby greens	Juice of 1 lemon or lime
2 cups sunflower sprouts, cut up	2 Tablespoons dulse flakes
1 cup kale, torn and blanched (see note)	2 Tablespoons grated unsweetened coconut
1 cup slivered red pepper	

**Note:** To blanch kale, tear into bite-sized pieces, removing stems. Place the leaves in a sieve, and pour 2-3 cups of water that has been brought to a boil then cooled for a minute or two over the kale.

**Note:** To make this salad the day before, prepare all except: mixed baby greens, sunflower sprouts and kale, then add these items the day of the event, toss well, and decorate the top.

# Marinated Mushrooms

(Adapted from Raw Food Celebrations by Shannon and Duruz)

**Yield:** 8-10 servings

**Preparation time:** 45 minutes



**Yield:** 8-10 servings **Preparation time:** 45 minutes

This dish can be prepared 1-4 days in advance of your event. Keep it tightly covered in the refrigerator and toss the ingredients once a day. If you make it the same day it is served, allow at least two hours for it to marinate at room temperature before serving, tossing the ingredients often.

Remove the stems and gills (scrape out with tip of spoon) from the mushrooms and wipe the caps clean with a damp cloth or paper towel. Cut each mushroom cap in half, then thinly slice it. Place all of the remaining ingredients in a shallow bowl, add the mushroom slices, and gently toss until they are evenly coated. Let marinate at room temperature for one hour. Cover and refrigerate, tossing occasionally. Bring to room temperature before serving.

## **Marinated Mushrooms Ingredients**

- 8 Portobello mushrooms
- 1/2 cup extra virgin olive oil
- 2 green onions, thinly sliced
- 1/4 cup minced fresh parsley
- 3 Tablespoons fresh lemon juice (or apple cider vinegar)
- 2 Tablespoons finely minced onion
- 2 Tablespoons Nama Shoyu
- 2 cloves garlic, finely minced or crushed
- 1 teaspoon sea salt

# Wilted Greens

(Adapted from Raw Food Celebrations by Nomi Shannon and Sheryl Duruz)

**Yield:** serves 8-10 **Preparation time:** 15 minutes, plus time for greens to soften

Use the type of greens that are usually cooked, like collard, beet greens, dandelion, kale, mustard, turnip or chard. These greens are thicker and heartier than lettuce or spinach. If you use pungent greens (mustard, dandelion, turnip) use the sweetener indicated in the recipe to soften their strong taste. If you use hardy but not pungent greens (chard, kale, collard) use the lemon juice as indicated in the recipe. Taste testing works best, feel free to add or not add that bit of sweetening according to your taste buds.

Wash and dry the greens and cut out any hard stems. Arrange the leaves in stacks, using 4-5 leaves per stack. Roll up each stack tightly like a cigar, then thinly slice the rolls crosswise into strips (this is known as chiffonade). Place the strips in a bowl and sprinkle them with the sea salt. Toss the greens and massage and squeeze them with your hands for several minutes until they soften and begin to get juicy.

Add either agave syrup or lemon juice, depending on how mild or pungent the greens you are working with are, and toss thoroughly. Let rest at room temperature for 1 to 3 hours to soften and develop some liquid. If time is limited, toss and massage the greens gently with a wooden spoon every few minutes; they will be ready in 10-15 minutes. Just before serving, add the oil and toss. Taste and adjust the seasonings.

## Wilted Greens Ingredients

35-30 large, hardy, dark green leaves

1-2 teaspoons sea salt, Herbamare or Trocomare

1-2 teaspoons agave syrup, date sugar or maple syrup or sugar (if using pungent greens)

1-2 Tablespoons fresh lemon juice (for less pungent greens)

2 Tablespoons Walnut or extra-virgin olive oil

additional seasoning to taste, if desired: diced onion, red pepper, Italian seasoning etc

# Stuffing

(Adapted from Raw Food Celebrations by Shannon and Duruz)

If you're expecting a crowd and want to have more offerings this is a good choice. Because the main ingredients are walnuts and macadamias, this stuffing recipe is dense and therefore more filling. 1/4-1/2 cup is a good serving amount. The chopped zucchini absorbs the flavors of the herbs and seasonings and lightens up this recipe. Make 1 day to several hours prior to serving so the flavors can mingle and develop. If you don't have the fresh herbs called for in the recipe use poultry seasoning as it contains herbs and seasonings that are similar.

Place all ingredients in a food processor fitted with the 'S' Blade and process until coarsely chopped and well combined. Cover and refrigerate for 1-24 hours. If desired, dehydrate at 105-115 degrees F for 1-2 hours before serving to warm and soften the mixture, taking care that it doesn't dry out.

## Stuffing Ingredients

- 1 cup walnuts not soaked
- 1 cup macadamia nuts not soaked
- 1 1/2 cups peeled, coarsely chopped zucchini
- 1 small white onion, coarsely chopped
- 3 stalks celery, peeled and coarsely chopped
- 3 Tablespoons fresh thyme
- 2 Tablespoons fresh sage
- 1 teaspoon fresh rosemary
- 2 cloves garlic, minced
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon sea salt

# Faux Mashed Potatoes

**Yield:** serves 8-10 **Preparation time:** 25 minutes plus advance soaking time

This recipe is Sheryl's and my adaptation of one made famous by Juliano, author of *Raw: The Uncook Book*. It tastes like the real thing, especially when smothered with our Mushroom gravy (see below). Make this recipe the day of your event.

Rinse and drain the cashews. Place in blender along with the cauliflower, 1/4 cup of the lemon juice and all of the oil and salt. Process until completely smooth, adding small amounts of additional lemon juice as needed to allow the blender to run smoothly. If you want to use them, stir in the dehydrated vegetables and allow 3060 minutes for them to absorb enough moisture to soften.

**Variation:** Replace half of the cauliflower with 3 cups of peeled and chopped parsnips. The parsnips add a delicate almost buttery flavor.

**Note:** If you don't have a K-Tec or Vita-Mix blender, you can make this recipe in a food processor using the 'S' blade. Although it will still taste delicious, it won't be as smooth and creamy as made in a blender. Or you can put the cauliflower and cashews through a heavy duty juicer (*Champion, Green Star, Green Power, SoloStar*) using the blank (solid) screen, then transfer the mixture to a food processor or a regular home blender.

## Faux Mashed Potatoes Ingredients

1 ½ cups cashews, soaked 20 minutes  
1 medium cauliflower, chopped (about 6 cups)  
½ cup fresh lemon juice (or fresh celery juice)  
2 Tablespoons Extra virgin olive oil or flaxseed oil  
optional-2 Tablespoons dehydrated vegetables  
(any type, onions, mushroom, mixed veggie)

# Mushroom Gravy

(Served as soup in this photo)

**Yield:** 6-8 servings

**Preparation Time:** 10 minutes



**Yield:** 6-8 servings **Preparation Time:** 10 minutes

This popular recipe was first featured in Nomi's book, [The Raw Gourmet](#). Be sure to have enough ingredients on hand in case you want to make a double batch. If you like, the gravy can be gently warmed over very low heat on the stovetop before serving. It also doubles as a delicious soup.

## **Mushroom Gravy Ingredients**

2 1/2 cups quartered crimini mushrooms

1/2 cup water

1/4 cup raw almond butter

1 Tablespoon minced onion

2 teaspoons Nama Shoyu

pinch of sea salt

Blend all ingredients in a blender until smooth. Use about 2 Tablespoons per serving with the faux mashed potatoes.

# Sweet Potato Soufflé

(Adapted from the Raw Soul Food recipe collection of Lynda Carter at [www.aliveandraw.com](http://www.aliveandraw.com))

**Yield:** 8-10 servings **Preparation time:** 30 minutes

This is a very sweet side dish that contrasts well with all the savory tastes on the menu. Look for yams or sweet potatoes with very deep orange flesh. Garnet and jewel yams are highly recommended.

Sweet potato soufflé would look charming piped into lemon halves and served like the photo of lemon cups.

Peel the yams and cut into small cubes. Transfer to a blender along with the lemon juice and enough water to allow the blender to work properly. Process until thick and chunky. Add the remaining ingredients and process until smooth and creamy. Add more water, 1 Tablespoon at a time, only if necessary to facilitate blending.

(If you don't have a K-Tec or a Vita-Mix blender you can achieve similar results putting the yams through a juicer with a blank screen with a bit of liquid then through again with the remaining ingredients. If necessary for a smooth texture, recipe can then be finished off in a food processor or regular blender.)

## Sweet Potato Souffle Ingredients

- 4 large yams or sweet potatoes
- 3 Tablespoons fresh lemon juice or 1 teaspoon lemon extract
- 1 cup water, more or less as needed
- 1/2 cup cashews
- 1/2 cup pine nuts or macadamia nuts
- 2 vanilla beans or 2 teaspoons vanilla extract
- 6-8 pitted medjool dates
- 1 Tablespoon ground cinnamon
- 1/4 teaspoon fresh grated nutmeg

# Cranberry Sauce

(Adapted from Raw Food Celebrations by Shannon and Duruz)

**Yield:** 8-10 servings

**Preparation Time:** 20 minutes



**Yield:** 8-10 servings **Preparation Time:** 20 minutes

Cranberries need plenty of added sweetness to mellow their tartness; for this we rely on wholesome dates and juice oranges. This is an amazingly simple recipe to prepare, and it is always a big hit, even with those who are use to more conventional holiday fare. Another

bonus is that it can be made two to three days in advance. If using, remove the orange zest before juicing the oranges. Transfer the orange zest, orange juice, and all of the remaining ingredients to a blender and process just until chunky. Taste and blend in more dates, one at a time, if additional sweetness is needed.

**Note:** if you prefer, an equal amount of frozen cranberries may be used instead of fresh cranberries. Thaw them before processing.

## Cranberry Sauce Ingredients

1 teaspoon orange zest (optional)

1-2 oranges

12 ounces fresh cranberries, washed, rinsed and well drained

4 pitted medjool dates, or more as needed

# Yam Pie

(Adapted from Raw Food Celebrations by Nomi Shannon and Sheryl Duruz)

**Yield:** 8-10 servings

**Preparation time:** 1 hour or a bit more plus advance soaking time



**Yield:** 8-10 servings **Preparation time:** 1 hour or a bit more plus advance soaking time

You might be wondering why a dessert made from yams is included with a meal that has yams in it. The answer is that holiday meals often contain many complex dishes, which can lead to digestive discomfort. To help prevent this, it is better to limit the variety of food served at a meal and make as many dishes as possible from the same basic ingredients. The most appreciated feature of Yam Pie (besides its taste) is that it can be made far in advance of an event and successfully frozen. Few raw food recipes freeze well, so if

planning ahead is what you need to do, this pie will fit right in with your schedule.

**Crust:** Rinse and Drain the soaked walnuts or pecans, dry in clean kitchen towels or put in a dehydrator for an hour. Put in food processor using the 'S' blade and pulse until nuts are coarsely but evenly chopped. Add the dates and process until the nuts are finely ground. With the machine running, gradually add the water, optional vanilla and cinnamon through the opening in the lid. The crust should hold together when pinched between your fingers. If it does not, add a small amount of additional water, about 1/2 teaspoon at a time, until it holds together. Gradually add the psyllium husk powder and process until it is evenly incorporated. Immediately press the mixture into an 8 or 9 inch pie pan. Use the crust as is, or dehydrate at 105 to 115 degrees F for 1-2 hours.

## Yam Pie Crust Ingredients

1  $\frac{1}{4}$  cup walnuts or pecans soaked 8-10 hours

1 cup chopped dates

1 Tablespoon water

1 teaspoon vanilla extract (optional)

1/2 teaspoon ground cinnamon

2 teaspoons psyllium husk powder

**Yam Pie Filling:** For the filling, remove the orange zest and set it aside. Juice the orange and place the juice in a bowl. Add the raisins and let soak for 20 minutes.

Drain the dates and reserve the soaking water. Drain the raisins and reserve the orange juice. Peel the yams and cut them into chunks. Combine the yams, orange juice, reserved orange zest and vanilla extract in a K-Tec or Vita-Mix blender and process until smooth. Add orange juice used for soaking dates or some of the date soaking water if necessary to facilitate blending. Add the dates, raisins, pine nuts, cinnamon, salt, Chinese 5 spice powder, cloves and garam masala and process until smooth. Add a small amount of the soaking water only if necessary to facilitate blending. Taste and adjust the seasonings if necessary. Gradually blend in the psyllium husk powder.

Immediately pour the filling into the prepared crust, cover, and refrigerate if using soon. Alternatively, freeze the pie and transfer to the refrigerator to thaw 1 day before your

event.

**Variation:** Top each serving with a dollop of Cashew Cream or pass a bowl of cashew cream at the table. **Note:** If you do not have a K-Tec or Vita-Mix blender, use a heavy duty juicer like a Champion, Green Star, Green Power, or SoloStar with a blank (solid) screen. Process the yams, dates, raisings, and pine nuts through the juicer. Transfer to a food processor fitted with the 'S' blade and add the orange juice, reserved orange zest, vanilla, cinnamon, salt and spices and process until smooth. Add a small amount of the soaking water only if necessary to facilitate processing. When the mixture is smooth, taste, and adjust seasonings. Gradually add the psyllium husk powder and process until evenly incorporated. Pour into the prepared crust as directed above.

## Yam Pie Filling Ingredients

1 teaspoon orange zest  
1 orange  
1/4 cup raisins  
3/4 cup pitted medjool dates, soaked in orange juice for 20 minutes  
6 small yams (orange flesh or a mix of orange and white flesh)  
1 teaspoon vanilla extract or 1 vanilla bean chopped up  
1/2 cup pine nuts  
1 teaspoon ground cinnamon  
1/2 teaspoon sea salt  
1/4 teaspoon Chinese 5 spice powder  
1/8 teaspoon ground cloves  
1/4 teaspoon garam masala (or additional 5 spice powder)  
1/4 teaspoon fresh ground nutmeg  
2-3 Tablespoons psyllium husk powder

# Cashew Cream

**Yield:** 8-10 servings **Preparation time:** 15 minutes (plus advance soaking time)

Way better than whipped cream! Smooth, Sweet and rich. The cashews and dates must be soaked for the listed times for this recipe to come out right.

Soak the cashews for 8-12 hours in water to cover plus 2 inches. In a separate bowl, soak the dates and vanilla bean (if using) together in water to cover plus 2 inches for 8-12 hours.

Drain, rinse and drain the cashews. Place cashews in a blender, add enough of the date soak water to barely cover the cashews and process until smooth and thick. Add the dates one at a time and vanilla, with enough soak liquid to achieve a smooth thick consistency, similar to whipped cream.

**Variation:** Macadamia nuts can be used in place of cashews

## Cashew Cream Ingredients

1 cup cashews

4 pitted Medjool dates

1/2 small vanilla bean or 1 teaspoon vanilla extract



Nomi Shannon

Nomi Shannon is an award winning author and world renowned coach. Her best selling book, *The Raw Gourmet*, has sold over 150,000 copies. Her second book, *Raw Food Celebrations* (with S.Duruz), is flying off the shelves at bookstores worldwide.

In 2008 Nomi received three Best of Raw Awards for Best Raw Educator, Favorite Raw Chef and Favorite Raw Book.

In 2009s Best of Raw, Nomi placed in the top 5 in five categories: Best Educator, Chef, Blog, Online Store and her personal favorite, Funniest Raw Woman.

She's not only a certified Hippocrates Health Educator. She actually ran The Hippocrates Health Institute's Certification Course back in the early 1990's.

Raw since 1987, Nomi has been featured in *Alive* magazine, *Get Fresh*, *San Diego North County Times*, *Galveston News*, as well as numerous radio shows and other media.

Nomi is known for teaching people proven steps to keeping -- or regaining -- vibrant health. Her website <http://www.rawgourmet.com> offers breakthrough information, product reviews, delicious recipes, an enewsletter and an online course -- all free of charge. She also offers downloadable courses, her books, raw kitchen equipment, DVDs, phone consultations and live classes.

Since there's conflicting information about what's the "best" raw food diet, many raw fooders wonder what to eat. Nomi shows people a simple path to thriving on raw food and leaving the confusion behind. Just as important, she empowers people to whip up delicious meals quickly and easily, turning newbies into thriving home chefs practically overnight.

Nomi's fans and customers are waiting with bated breath for her upcoming program "What Did You Eat Last Week?" This is a project comprised of weekly food diaries of raw foodists both famous and everyday folks, as well as interviews and recipes involving various aspects of media.

This eBook has been written and produced by Nomi Shannon, author of *The Raw Gourmet* and co-author with Sheryl Duruz of *Raw Food Celebrations*.

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