

KITCHEN TECHNIQUES & LIVING FOOD RECIPES



EXECUTIVE CHEF, KEN BLUE



VERY VEGGIE DRESSING

Yield: 1 cup

2 ½ oz. lemon juice
 1 ½ cloves of garlic
 ½ red bell peppers, roughly chopped
 ½ carrot, sliced
 ½ green zucchini, roughly chopped
 ½ yellow squash, roughly chopped
 ½ tsp. kelp powder
 2 tbsp. pizza seasoning
 5 oz. extra virgin olive oil

Blend all the ingredients in a blender until smooth. Adjust consistency, if necessary, by adding water while the blender is running.

Note: The sweetness of the vegetables in this dressing makes it sweet enough. However, you can always add Stevia if needed.



SESAME GINGER DRESSING

Yield: 1/2 cup

¼ cup lemon juice
 ¼ cup raw sesame oil or extra virgin olive oil
 1 tbsp. kelp powder
 1½ inch fresh ginger
 1 large garlic clove
 Pinch of cayenne

Combine all ingredients in a blender and process until smooth.



RED PEPPER TAHINI DRESSING

Yield: XXXXX

2+ 1/2 red bell peppers, roughly chopped
 2 oz. lemon juice
 1+ 1/2 cloves garlic
 1 + 1/2 tbsp. Frontier pizza seasoning
 7 drops stevia
 ¼ tsp. kelp powder
 7 oz. raw organic tahini

1. In a blender, combine all ingredients, except tahini.
2. Blend well, then add tahini and blend again.



CAESAR SALAD

Yield: XXXXX

Caesar Salad Prep

1 head romaine lettuce, washed and chopped
 1 cup almond flour (left over and dehydrated from making almond milk)

Caesar Salad

1 head romaine lettuce, chopped
 1/8 cup hijiki, soaked

Dressing

2 cloves garlic
 1/8 cup extra virgin olive oil
 ½ tbsp. mustard powder
 2 tbsp. kelp powder
 2 tbsp. oregano
 4 oz. lemon juice, freshly squeezed
 ½ cup raw sesame tahini
 Powdered garlic to taste
 Cayenne to taste
 Leftover almond flour from making almond milk

Directions

Rinse hijiki well and place in a mixing bowl with the romaine lettuce and set aside. In a blender, combine the garlic, kelp powder, oregano, mustard powder, olive oil and lemon juice and blend until well mixed. Add the tahini in small amounts, and blend to desired consistency. Combine dressing while tossing the romaine mixture, and simultaneously add the almond flour. Toss well and serve.



RED PEPPER KETCHUP

Yield: 2 cups

2 cups red bell pepper, chopped
 ¼ cup red onion, chopped
 ½ cup red beet, chopped
 2 tbsp. paprika
 2 tbsp. ground flax seed
 1 tbsp. celery powder
 ½ cup extra virgin olive oil
 1½ tbsp. lemon juice
 2 tsp. garlic powder
 ¼ tsp. liquid stevia
 Pinch of ground clove

Combine all ingredients in a blender. Blend well and season to taste.



NO HONEY MUSTARD

Yield: 2 cups

2½ oz. lemon juice
 1 garlic clove
 ½ tsp. kelp powder
 ¾ tbsp. yellow mustard
 10 drops of stevia
 1 tbsp. turmeric
 6 oz. raw sesame oil
 2 cups parsnips, small cut

In a blender, add all the ingredients and blend until smooth. Add water - "little at" lime, about ½ a cup, to adjust consistency, if necessary.



RED PEPPER CORN SALSA

Yield: 3 cups

2 red bell peppers, diced small
 ½ red onion, diced small
 ½-1 cup fresh cilantro, chopped
 1 cup fresh corn
 1 tbsp. fresh lemon juice
 Bragg's aminos, dulce or kelp to taste

1. In a bowl, combine all ingredients.
2. Season to taste.
3. Let stand at least 30 minutes before serving.



OLIVE TAPENADE

Yield: 4 cups

3 cups green olives
 2 cups black olives
 6-8 cloves garlic
 1 bunch parsley
 6 tbsp. lemon juice
 ½ tsp. crushed red pepper flakes

Combine garlic, parsley and lemon juice in a food processor and blend. Add olives and pulse. Toss in red crushed pepper flakes to taste and serve.



SPRING ROLLS

Yield: 4-5 rolls

5 cups sliced napa cabbage
 6 oz. shredded carrot
 2 oz. sliced scallion
 2 large cucumbers
 2 tbsp. chopped mint
 1 tbsp. chopped cilantro
 2 tbsp. chopped basil
 4-5 rice paper/spring roll skins

Raw

1. Slice cucumbers on mandolin.
2. Lay slices out flat with slight overlapping at the edge.
3. Combine all ingredients, place in center of cucumber slices, and roll it up.

Traditional

1. Soak rice paper for a few minutes or until soft.
2. Combine all ingredients and place a small handful in center of sheet.
3. Fold sides in and roll it up.
4. Let dry before slicing or eating.



HOT DIPPING SAUCE

Yield: 1 cup

½ cup raw sesame oil
 ¼ cup red bell peppers, roughly chopped
 2 tbsp. fresh lime juice
 4-5 drops liquid stevia extract
 1 pinch fresh hot pepper and/or cayenne
 1 clove garlic
 2 tbsp. fresh mint
 Lime zest
 ½ tsp. psyllium husks powder
 1 tbsp. kelp powder

In a blender, combine all ingredients. Blend well and season to taste.

GS

GREEN SOUP

Yield: 2 servings

3 cups green juice
1 cup celery, chopped
1 cup cucumber, chopped
¼ C. red onion, chopped
½ avocado
2 cups fresh herbs, chopped
1 tbsp. lemon juice
Kelp powder, to taste
Garlic and ginger, optional
Bragg's Aminos or Nama Shoyu, optional

1. Combine all ingredients in a blender and blend well.
2. Season to taste.
3. Serve immediately.

G

GAZSPACHO

Yield: 6 cups

Blend:

1 cup lime juice
4 oz. olive oil
5 clove of garlic
7 cups red pepper
½ cayenne
4 Frontier pizza seasoning
2 kelp

Chop:

2 cucumbers
6 stalks of celery
1 red onion
½ cup green olives
½ bunch of cilantro
¼ bunch of parsley

FOUNDATION FOR HIPPOCRATES COOKED SOUPS

Simple vegetable stock (carrots, celery, onion):

- Put carrots, celery and onion in a pot.
- Fill the pot with two or three times as much water as vegetables.
- Turn the stove onto high and bring to a boil.
- Turn off the stove and let it cool down.
- Strain and save liquid.
- Make the day before so it can be refrigerated overnight.

Cooked Soup

- Soak beans overnight.
- Sprout beans for one day if you wish.
- For beans (split pea, lentil, etc.) always start cooking in cold stock liquid, turn the stove on high and as soon as the stock gets warm, add the kombu.
- For vegetables, it can be started with warm stock and add kombu immediately
- Once it comes to a boil, skim off any foam, turn temperature down and simmer
- Add blended or minced garlic.
- Add spices

NR

NIKOLAI'S RAW SOUP

Yield: 2-4 servings

½ cups sesame oil
4 stalks celery
½ bunch parsley
3 cloves garlic
2-inch piece ginger, thinly sliced
½ cup lemon juice
½ cup of Bragg's Aminos
Few drops stevia, to taste or 4 dates
3½ cups water
2 parsnips, shredded
2 cups carrots, shredded
2 avocados, diced
Pinch of cayenne
½ C. scallions, chopped
½ C. fresh dill

For the stock

1. Combine sesame oil, celery, parsley, garlic, ginger, lemon juice, Bragg's and water in a blender and process until smooth.

Next

2. Add carrots, parsnips and avocado to the stock.
3. Add a pinch of cayenne.
4. Sprinkle with dill and scallions.

Variation

- Substitute red pepper for parsnip, cilantro, basil and mint for dill, replace lemon juice with lime juice and add hot peppers or cayenne for a Thai flavor.
- Add curry for another variation.

CA

CREAM OF ASPARAGUS

Yield: XXX

5 cups nut cream (½ almond-½ pine nut)
1 bunch asparagus (no leaves)
4 stalks celery
¾ tbsp. garlic powder
¼ sweet onion
1 ½ tbsp. kelp powder
1 ½ tbsp. dried thyme
½ tbsp. Frontier pizza seasoning
1 oz. lemon juice

1. In a blender, combine lemon juice, spices, celery, onion and cream.
2. Blend for 20 seconds and set aside.
3. Take ½ of asparagus and chop very fine by hand or in food processor.
4. Take the other ½ of asparagus and slice thin or a bias.
5. Combine asparagus with creamy broth and enjoy.



WALNUT TACOS

Yield: 2 cups

Taco Meat

3 ½ cups walnuts (soaked, rinsed and dehydrated)
1 tsp. garlic powder
2 tbsp. chili powder blend
¼ tsp. cayenne
3 tsp. Braggs Aminos
(or ¼ tsp of kelp powder and a splash of water)

1. In a food processor, combine all ingredients
2. Process by pulsing until desired texture is achieved.
3. Season to taste.

To Make a Taco

1. Use a romaine lettuce leaf for the taco “shell”.
2. Add some taco meat and toppings (shredded carrot, scallion, chopped onion, hot sauce, shredded lettuce etc.)
3. Fold or roll and serve.