

COOKING DEMONSTRATION

London, November 23, 2014

RECIPE N°1: “AGAR-AGAR CAKE”

INGREDIENTS:

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|----------------------------|--------------------------|
| ✓ 1 ½ coconut milk | ✓ ½ papaya |
| ✓ 22 gr. natural agar-agar | ✓ ¼ melon |
| ✓ 200g brown sugar | ✓ 100g honey |
| ✓ 2 persimmons (kakis) | ✓ 4 tblsp grated coconut |

PREPARATION:

- Put the coconut milk to boil.
- Just before the milk boils, add the agar-agar and the brown sugar, stir until the agar-agar completely dissolves (it takes about 15 to 20 min).
- Remove the milk from the hob and pour it in a suitable molding pot to cool down. The mixture will start to coagulate (this process takes about 1 - 2 hours).
- When the mixture has cooled down a little bit (about 5 – 7 min.) chop the fresh fruits into squares and add them to the mixture. (Note: if you add them while the milk is still hot, the fruits will go at the bottom of the pot).
- After you have put in the fruits, place the mixture in the fridge to coagulate properly for about a couple of hours.
- Serve arranged with fresh fruits using your creativity.

RECIPE N°2: “VEGAN CHOCOLATE MOUSSE PIE”

INGREDIENTS:

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| <u>Crust:</u> | <u>Filling:</u> |
| ✓ Nuts (walnuts, cashew, almonds, macadamia) – 2 cups | ✓ Soaked Dates – 1 cup |
| ✓ Coconut – 2 cups | ✓ Agave Nectar – 1 cup |
| ✓ Pitted Dates – 1 cup | ✓ Vanilla extract – few drops after your own taste |
| ✓ Salt – 1 teaspoon | ✓ Mashed Avocado – 1 cup (2 ½ medium avocado) |
| | ✓ Water – upon consistency |
| | ✓ Carob – 1 cup (or if you are in transition to a vegan diet and still miss the chocolate flavour you could use raw cocoa powder) |

PREPARATION:

Crust:

- Add in the processor the nuts, coconut, salt and process it evenly until is flaky powder.
- Add the dates and process it until it binds the ingredients together.

- Once it is fully processed and the mixture begins binding together, put the mixture into a pie plate and mold it evenly in the shape of a crust to be able to fill it later with whatever filling you choose.

Note: this crust can be kept in the freezer up to 2 months so you can use it whenever you are in a rush.

Filling:

- Add to the processor the dates (soaked for 30 min) and the agave nectar.
- After processing until smooth add some drops of vanilla extract and then add the mashed avocado with a little water. Process the mixture again until smooth. (Don't worry; it is not going to be green).
- Add the carob (raw or organic cocoa powder) and add some water to adjust the consistency according to the need. After the mixture becomes smooth fill up the pie.
- Decorate on the top with your favorite fruits.

Note: This filling can vary, you could do a line mouse, or fruit fillings.

RECIPE N°3: "LINSEED & FRUIT CREAM"

INGREDIENTS:

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| ✓ 1 cup of linseed | ✓ 1 handful of fresh berries – for decoration |
| ✓ 1 banana | ✓ Almond nuts for decoration (optional) |
| ✓ ½ avocado (middle size) | ✓ Few drops of lemon juice |
| ✓ Honey on taste (by your choice) | |

PREPARATION:

Soak the linseed for few hours.

- When the linseed has become sludgy, put it into blender (you could use a hand blender too) and add the banana and the ½ avocado. Mix the ingredients until nicely creamy. If you are using a food processor (not the hand blender) you may need to add a little bit of water.
- When the cream is ready add few drops of lemon juice to prevent rapid oxidation of the fruits. Mix again.
- In little cups or cupcakes put at the bottom a layer of almond nuts or blackberries or blueberries (according to your choice) and pour on the top from the cream.
- Decorate on the top with strawberries or raspberries, or with dry fruits, according to your choice.

* Note: this cream could be used as a filling for birthday cakes (but do not put in the oven to bake it as all the quality nutrients of the fruits and the honey will be destroyed).

We hope you enjoy these delicious recipes!

*"God is as truly the author of physical laws as He is author of the moral law. His law is written with His own finger upon every nerve, every muscle, every faculty, which has been entrusted to man. The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God". **Counsels on Diet and Food, 17.1***

For more information: Tel: 07927289470, britain@sdarm.org – www.sdarmuk.org