

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Lime Infused Carrot & Cucumber with Porcini Mushroom

Ingredients

½ Peeled Carrot

½ Peeled Cucumber

½ Avocado

Dash of Cashew Milk

Juice of 1 Lime



7-9 pieces of Dried Porcini or Swiss Brown Mushroom (both are very nutty) -3 of which you will need to rehydrate and use as a topping.

S&P as required

Instructions

Spiralise the carrot and the cucumber into a separate glass bowl and add the Lime Juice. Do not add salt at this stage as it serves to release water from the vegetables. Mix through with your fingers and leave for an hour or so.

In the grinder attachment of your Bullet, grind down 6 pieces of the mushroom (you can use more if you want a tastier cream). Replace the blender head on your bullet and coarsely break down your avocado. This can also be done with a fork and add the dried mushroom powder with a pinch of salt. This is the cream which fills the centre.

On your serving plate place your large stainless steel or pvc food form. Wrap a layer of the infused spirals carrot around the inside of the base (as shown in the pic) followed by a layer of infused cucumber and then another layer of carrot.

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Now fill the centre of the 'twirled carrot and cucumber' with the avocado mushroom cream until it just comes over the top. Finally a couple of pieces of the rehydrated porcini on the top at the same time fleck some of it around the centre piece. Remove the food form and you are left with something quite magical.

Another grind of cracked pepper and a splash of macadamia oil can finish the plate off.

Enjoy!