

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

Scott Mathias

www.scottmathiasraw.com

Basil Pesto and Tomato Sauce

Ingredients

For the Basil Pesto

You will need a good 'clutch' of fresh basil leaves although you can also make this pesto using cilantro also called coriander. Make sure the basil leaves are stripped from the woody stem if this is how you get it from the farmers market.

Half a cup of pine nuts

Half a cup of macadamia or olive oil

Salt and Pepper



Instructions

Place all the basil leaves into your food processor (which I find best for doing pesto in) Add the pine nuts, holding back some depending on the amount of basil you have. Start the blender at high speed and begin pouring the oil thru the top until the mixture becomes runny but not flowing. Be careful!

I always add the oil a little at a time because if you put too much oil in and you don't have any more basil it's hard to thicken it up. So check 'image' to get an idea of consistency. Push down the sides of the processor to make sure all the bits and pieces are included. Season to taste.

Decant into a container and use daily or as required on top of Snackers or as a pasta accompaniment.

Ingredients

For the Tomato Sauce

I use basically the same ingredients I used when I was 'cooking' food. My family will tell you that I made a very mean Italian red sauce. Now I make an even meaner RAW tomato sauce !!

I use my Bullet for this as a small amount goes a long way.

2 whole ripe and juicy tomatoes chopped into quarters

Half a red bell pepper

Half a red onion

1 glove of garlic

3-4 halves of sundried tomato

½ teaspoon of mixed herbs

Dash of paprika

A squeeze of lime juice (acts as a sweetener)

A good grind of peppercorns

Salt for tasting

Instructions

Add all the ingredients to the bullet and let it rip until nice and creamy and smooth.

Decant for later use although I have to say I really only make my tomato sauce as and when required but mainly for my RAW 'pasta' dishes.

Here is the tomato sauce over some freshly spiralised zucchini pasta which is coming up shortly in the video series. Knowing how to run a sauce up makes this dish so much easier to do.

