

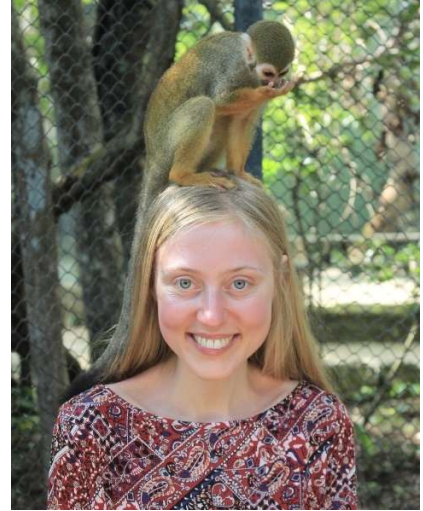
Indian raw food favourites



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Who am I?

My name is Victoria and I have been eating a raw food diet for about 9 years. My interest and passion for raw food have through the years grown enormously. I broke through with my blog www.rawvegan.se and then I started two YouTube channels, one in English, "rawveganse" and one channel in Swedish "rawveganse (svenska)" where I share raw food recipes, tips and everything you can think of about health, beauty, and travelling. I am a certificated Raw Life Educator/ plant-based nutrition educator, raw food chef, health & lifestyle therapist, also a bronze medalist in the Swedish Championship where I competed against other chefs in making delicious and beautiful smoothies. I have also a background and experience as a rawfoodist while I was an elite athlete in badminton as well as model. Through the years after school, I have studying nutrition, raw food, superfoods and learned about nature's own ingredients, fruit, vegetables, herbs, spices, and wild foods and different chemistries. I teach courses and give lectures in raw food and living food (making foods sprouting, fermenting etc), health, diet, nutrition, wild plants, and natural beauty. I have also collaborated with Erica Palmkrantz Aziz at Raw Life Education and also Dan Uhrbom who was one of Sweden's most famous experts in wild plants and nutrition. Dan was actually my greatest teacher through the years.



My books

Except for my social media accounts where I share lots of different recipes I create myself, I have also written the Swedish books "Näringstät & naturlig raw food för alla" (translation: Nutrition-dense & natural raw food for everyone) and "Nordisk raw food" (translation: Nordic raw food). I have made a 10-day raw vegan meal plan in Swedish that inspires people to discover raw food on a high level, which is called "Discover raw food" (Upptäck raw food) and I sell on www.piggabutiken.se. I also have whritten some other e-books, both in English and Swedish that you simply can download here: <https://payhip.com/rawveganse> .

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**The portion sizes in this book is different depending on who is eating them, everyone has different needs, but in general the recipes is great for 2 people, and one batch can be enough for more people if you make many dishes at the same time. Indian food is famous for serving different small dishes in different bowls, like a little buffet at the table! The great thing about the recipes in this book is that you can choose between only making 1-2 dishes or making many different ones, all of the dishes are fantastic on its own, therefore you don't have to spend too much time making food if you don't want to! In the beginning of recipes in this book, I give ideas how to serve it if you're not making them in the style of an Indian buffet!*

About Indian food

Isn't Indian food heavy and cooked for a long time?

Indian food is typically not heavy. Indian food is famous for its spices, and many people think about the heavy fatty cooked food at the restaurant when they think about Indian food. The truth is that real Indian food is actually very light and not that fatty if it's not for a big party. They have more vegetarian dishes than the restaurants give you a picture of and all the spices is very good for you and helps digestion. In order to make the food lighter and to preserve its nutrients better, I made the dishes in a raw vegan way where you don't cook it. Traditional Indian food does sometimes include raw dishes, but in this book I have converted the cooked dishes to fantastic raw food version. You still get the feeling of the original dishes but in a juicy, fresh and new way. All the spices will help the organs in different ways, and they balance your energies so the raw food doesn't make you feel cold. Therefore Indian food and raw food go very much hand in hand by balancing the body beautifully!

Is Indian food spicy?

Just because it's Indian food doesn't mean its spicy food as many people believe. The use of spices and herbs is probably more than other countries, but that doesn't mean the food is spicy and will burn you. Spices like cinnamon, cardamon, coriander are actually very mild spices. The spices give the dishes nice flavors and some dishes have lots of spices but it's still mild. If you want hot strong spice, you easily regulate the amount of spice yourself by adding more or less of stronger spices like ginger, chili, cayenne or garlic.

What is chutney?

A chutney is like the Indian version of ketchup, mustard and it's eaten as a side to other dishes. It often sweet, sour or spicy and gives a freshness to the meal.

What is raita?

Raita is a cooling component to the dish. Raita is creamy and often yoghurt based, but in this book, we use avocado, coconut/ or nut yoghurt instead in order to make it creamy. Raita balance spicy food and works great together with chutney in two different bowls as a side dish to a meal.

What is Hing?

Hing is an herb, also called Asafoetida. It's a liquid from roots that is dried to a powder that is really strong. It's not strong in a burning way like chili, its more in a bitter crazy flavorful way, therefore you can only use a small pinch in recipes, it's easy to use too much because the flavor is so concentrated and powerful! Please be careful, because too much can really destroy a whole dish. When I say a pinch, I mean A PINCH not half a teaspoon...even 1/4 of a teaspoon can be too much! On the other hand, if you use just a little pinch, it will bring the dish to next level! I believe this herb gives the perfect touch to food in order to give it the little extra Indian flavor kick, especially in raw food recipes because this herb is so savory, so it will remind you of the cooked dishes. If you can't find this herb, you can simply use garlic or onion powder instead in the recipes in the book. If you are someone who don't eat garlic and onion, hing might be your best friend because hing makes it extra savory that otherwise garlic and onion used to give

to dishes. The flavor actually reminds a little bit of garlic, onion and chives I would say, but in a fresher way. Hing is also good for people that suffer from digestion problem like bloating and gas. India uses it in dishes with beans and lentils, because that will make you less gassy from it.

What is Garam Masala?

Garam Masala is a mixture of different spices that is often added to dishes together with other spices in order to bloom out the rest of the dish's aromas. "Garam" means "warm" and "Masala" means "spices". If you google Garam Masala you might find many different ways of doing it. There is no single recipe, since everyone has their own special blend of it. Sometimes it's only 5 spices in the blend and sometimes it can be more like 20...but Garam Masala always has a warm and soft flavor that brings the dish together. Below, I share my special homemade blend of Garam Masala that you can use in all recipes that calls for Garam Masala, you can always use prepared Garam Masala spice mixes from the store instead. Just make sure to read at the ingredient list before, you don't want sugar or chemicals added to eat. A good Garam Masala should contain spices and nothing else. If you have time, I highly recommend that you try making the spice mix yourself with whole spices, you might notice a huge difference! The recipe I have created calls for whole seeds. I like to use whole seeds instead of pre-made powders you can buy. After a few weeks the oils, antioxidants and health benefits from the seeds start to decrease a lot, and the storebought stuff is often too old. That's why I like to use whole spices, because they don't oxidize as powders do, they can actually keep for years! If you can't find whole seeds, it's fine to use powders instead in this recipe, but if you get a chance to try whole spices that you blend yourself to a powder you will notice a difference, it's fresher and will have more aroma!

People might wonder if it's okay to roast spices in raw food recipes in order to bloom out the flavors more. I don't roast my spices because it tastes fantastic raw! Roasting changes the natural cell structure of it, which means some nutrients get destroyed, like antioxidants and healthy fats. If you do want an extra savory or "more to cooked like" feeling to your raw food dishes the only spice in this mixture I think can be bloom out roasted, is the cumin seeds. Just dry roast them and make sure you don't burn them if you don't want them raw.

Ingredients:

- 1,5 tsp cardamon seeds
- 6 cloves or 0,4 grams powder
- 1 small Ceylon cinnamon stick or 1,5 tsp powder (or substitute with Cassia)
- 1/2 tsp Cassia powder (or substitute with Ceylon)
- 2 star anises (optional)
- 1 tbsp coriander seeds
- 1/2 tbs cumin seeds
- 2 tsp fennel seeds (optional)
- 1 tsp black pepper

Salads & chaats

While salads are not a big part of Indian food, they have something that they call Chaat, which is often based on a starch or vegetable. Chaat is like a term used for Indian street food. It's like snacks or finger food that is found at street stalls and food carts all over the Indian subcontinent. The word "Chaat" in Hindi means taste, like a delicacy. Therefore, a Chaat recipe is spicy, sweet, sour and usually served with chutneys, raita or yoghurt. Chaat often requires some preparation if you compare them to salads or other dishes.

Indian sprout salad with corn

This salad is a great main dish, fantastic to eat together with cilantro chutney, or any yoghurt of choice if you want!



Ingredients:

3 cup green mung bean sprouts
 1,5 cup sweet yellow corn
 3 chopped tomato
 4 tbsp chopped red onion
 1 cup finely chopped cucumber
 1/2 cup pomegranate kernels
 1/2 lime, zest+ juice
 1,5 tbs grated ginger
 1/2 tsp cumin
 1/2 tsp coriander
 3/4 tsp dried mint
 A handful finely chopped cilantro/coriander leaves
 (Black) salt to taste

Instructions:

Mix around everything with a spoon in a bowl and serve immediately.

Cabbage Thoran

This fantastic flavorful creamy salad is perfect eaten together with Naan bread or as a side!

Ingredients:

500 grams cabbage
1 shallot or 1/2 white onion
3 tbsp lemon juice
2-3 tbsp almond butter
1 tsp honey or other sweetener of choice
1 tsp yellow mustard seeds, soaked or mustard, optional
1 tsp cumin
1/4 tsp hing
1 tsp turmeric
A pinch of (preferably black) salt, optional
1/2 cup grated coconut
4 tbsp chopped cilantro, optional



Instructions:

Shred the cabbage and slice the onion. Mix in a bowl with the other ingredients, massage well, and garnish with cilantro.

Zucchini Sabzi

Sabzi, or subji, is an Indian term that simply means a "vegetable dish." All vegetables can be included in a sabzi, and the preparation can take many forms, such as serving it with or without liquid. When made this dish in a raw vegan way I found it to come out like a delicious zucchini salad with lots of flavor, so much flavor that I would love to eat this as a snack. It's also delicious together with Naan bread, cilantro chutney or mango chutney and a great piece of Naan bread!



Ingredients:

400 grams zucchini (about 2)
 2 tbsp coconut butter
 1 tbsp lemon juice+ 1 tsp zest
 1,5 tbsp shredded ginger
 1/8 tsp hing
 3 tbsp red onion, chopped
 1/2 tsp turmeric powder
 1/2 tsp cumin
 1/2 tsp coriander powder
 1/2 tsp garam masala
 Salt to taste (preferably black if using salt)
 A handful of cilantro (optional)
 Shredded coconut to garnish (optional)

Instructions:

Melt the coconut butter and mix with lemon juice+ zest and the rest of the spices except salt and cilantro. Chop zucchini in pieces and mix in to the bowl together with onion. Warm in the dehydrator 1 hour. Salt to taste just before serving and optionally add fresh cilantro.

Swede Pakoras

*This is a great snack or starter!
Pakoras is recommended to be eaten with a raita and a chutney of choice to make it complete! If paired with Lingon berry chutney, you get the "Swedish meets Indian" amazing touch to it!*

Ingredients:

1/2 cup cashew nuts
1 yellow bell pepper (150 grams)
1 tbsp lemon juice
1 tsp sunflower lecithin or 2-3 tsp olive oil
1 tbsp turmeric
1 tsp fennel seeds or powder
1/4 tsp hing
1/4 (preferably black) salt

2 sliced onion (300 grams in total)
150 grams rutabaga/ swede*
1 red bell pepper
2 handful of spinach

Recommended condiments:

(see recipes for raitas & chutney in this book)

Lingon berry chutney
Yogurt of choice
Lettuce

Instructions:

Roughly shred the rutabaga and freeze it over night to make it softer. Thinly slice the onions and bell pepper, and put in a bowl. Break the spinach into smaller pieces by hand, but if you have baby spinach that have pretty small leaves you don't have to break them. Blend the sauce (first section, the 9 ingredients in the list) until smooth (try to not add water, if you need more liquid consider using more lemon juice) and coat the veggies in the sauce in the bowl. Mix in the flax powder. Use a spoon and spoon the mixture out on teflex sheets. Dehydrate 4-6 hours and flip after one hour.

*You can substitute rutabaga/ swede with carrot if you can't find it.



Samosa, 12 pcs

A note about the recipe:

Rice or tapioka sheets are not fully raw, so instead you can use raw nori sheets or coconut wraps to keep it 100%, its more pricey and can't be find in all countries, and also it will be a little messier to shape and eat.

Ingredients:

1/2 cup sunflower seeds
1 cup cauliflower, chopped
1/4 cup celery, chopped
1 tsp lemon juice
1 tbsp ginger, minced
1 tsp onion powder
1 tsp garam masala
1/4 tsp hing
1/2 tsp turmeric

2 tbsp cilantro finely diced
2 tbsp green onion sliced
1/2 cup peas (frozen and thawed works)
About 6 rice (or tapioka) sheets

Recommended condiments:

Avocado & coconut raita or mango chutney (*see recipes for raitas & chutney in this book*)
Lettuce of choice

Instructions:

Process the first 9 ingredients in a food processor until it's like a mash. Put everything in a bowl together with cilantro, green onion and peas. Soak rice sheet in lukewarm water half a minute to a minute depending on which brand you use. It should be a little soft without being too soft. Put the sheet on a cutting board and cut it in half. Place 2 tbsp of the samosa filling in the middle of one half of a round sheet (so the samosa filling is on the 1/3 of the area in the middle). Fold over the sides and close it. Place on a plate and make the other half. Then you soak another sheet and do it the same way until all filling is done! Serve the samosa with optional raita and/ or chutney. Avocado coconut raita is highly recommended for this recipe!



Kofta lettuce boats

Koftas in Malai sauce is a classic Indian dish. When I created the Indian kofta in a raw vegan way I noticed they were so delicious on its own so I decided to not make a big batch of spicy sauce with it! They are perfect on its own with raw veggies, fruit and maybe just some kind of yoghurt or sauce that not takes over its flavor. Make this dish as a main, starter, snack or whatever you want. Get creative with this super tasty koftas!

Ingredients for the kofta: (about 20 psc)

1.3 cup sunflower seeds
 3,5 tbsp almonds
 1/4 cup raisins (preferably yellow/ golden)
 2 small carrots
 1 thumb ginger
 2 garlic cloves
 1,5 tsp coriander powder
 1 tsp cumin
 1 tbsp sauerkraut (or a little squeeze lemon/ lime juice+ extra salt)
 A pinch of salt
 1.3 cup green peas (frozen)



Recommended condiments:

Raita of choice
 2-3 heads of lettuce
 Baby tomatoes, how many you want
 Fresh cilantro
 Pomegranate seeds

Instructions:

The nuts and seeds should be dried in this recipe, so if you want to soak them over night beforehand (which I recommend) make sure to dehydrate them afterward. Place all ingredients except peas in the food processor and run the machine until its like a paté in its texture. Put in a bowl and add frozen peas (don't thaw them!). Mix around with a spoon and spoon out kofta balls on a teflex sheet, it should be around 20. Dehydrate them 1 hour.

Enjoy them on lettuce leaves together with tomatoes, pomegranate seeds, raita and cilantro!

Rice dishes

India has lots of different rice dishes, which all use rice of course, but in the raw vegan kitchen we don't use rice because rice needs to be cooked. It's actually easy to get the feeling of Indian rice dishes without rice by using flavorful cauliflower, wild rice or zucchini and then let the spices and condiments talk for the dishes.

Zucchini jeera rice

Enjoy this rice dish with any stew, raita, and/ or chutney of choice!

Ingredients:

2 zucchinis
2 apples
1/2 tsp cumin
½ cup shredded coconut

Instructions:

Make the zucchini rice by spiralizing the zucchini and then chop it in a size that is similar to rice. Shred the apples and preferably mix the apple shred with a tiny splash of lemon juice so it doesn't turn brown, and then mix the apple shred and coconut shred with cumin into the rice. Serve the stew together with the rice. You can also have some raw crackers, bread or lettuce as a side if you want.



Matar pulao

Enjoy this rice dish with any stew, raita (or just yoghurt) chutney of choice! This dish is also great as a main dish itself!

Ingredients:

500 grams cauliflower
2 cups green peas
3 tbsp finely chopped onion of choice
1/2 tsp cardamon
1/2 tsp cumin
1/8 tsp cloves
1/2 tsp cinnamon
1/4 tsp black pepper
2 tbsp flax seed oil or olive oil

Instructions:

Finely dice the cauliflower in pieces and process it in the food processor until it's a texture and size similar to rice. A tip is to pulse it, which is easier in order to make sure it will not be over processed. Put cauliflower in a bowl with the rest of the ingredients and stir it. Let it sit at least 15 min before serving.



Lemon rice

Enjoy this rice dish with any stew, raita (or just yoghurt) chutney of choice! This dish is also great as a main dish itself!

Ingredients:

500 grams cauliflower
1 cup sunflower seed
2 tsp turmeric
1/2 tsp hing
1 tsp coriander
1 lemon (about 2 tbsp of the juice) + zest
1 tsp mustard, optional
2 tbsp coconut butter or 1 tbsp coconut oil
A handful of cilantro
Salt to taste



Instructions:

Finely dice the cauliflower, you can do this by pulsing it in a food processor until it's like a rice sized pieces. Put the cauliflower in a bowl with the sunflowerseeds. Melt the coconut butter (or oil) and add that together with all the other ingredients except cilantro and massage well. Add the chopped cilantro and serve!

Kitchari

Kitchari means mixture, usually of rice and mungbeans. Kitchari or Kitcharee (pronounced kich-uh-ree) is a traditional food used in Ayurveda as a cleanser. Kitchari is also called khichdi in different parts of India and has its origins in Sanskrit (khiccā, meaning "a dish made with rice and pulses"). The combination is especially good for digestion, and it's famous for its nourishing effect in the body with all the essential nutrients. It is considered tri-doshic as well. The dish is also cheap to make, and as a result of all this, it's one of the most common staple dishes in many homes across India. It's often eaten as a breakfast, lunch



or dinner. This raw vegan version is made with black wild rice instead of white cooked rice. The black wild rice is a seed that you can bloom at home by following the instructions, which means you don't need to cook it. Its great as a main dish and you can enjoy it with yoghurt or raita for a nice sauce at the side!

Ingredients:

- 1 cup black bloomed wild rice or buckwheat sprouts
- 1 cup mung bean sprouts
- 2 tbsp flaxseed oil (or olive oil)
- 1 tbsp lemon juice
- 1 tsp cumin
- 1/2 tsp ground coriander
- 1,5 tbsp grated ginger
- 1 tsp turmeric
- 1/4 tsp hing
- 1/2 cup mixed finely chopped vegetables of choice, I like celery & carrots
- 2 tbsp chopped cilantro, for garnish

Instructions:

Combine all the spices with lemon juice and oil until it's like a dressing, its easiest to use a fork in a bowl to mix this. Pour in bloomed rice and vegetables and mix it around well, pressing the fork in to it so it's like massaged. Put in mung bean sprouts and mix around again. Add cilantro to garnish.

Tomato rice

Tomato rice, a.k.a. Thakkali Sadam, is a traditional South Indian flavourful rice dish made with rich, tangy tomato flavours blended into cooked rice or in this rawfood recipe, cauliflower "rice". Great as a main dish, together with peanut yoghurt or even Papadum, Naan bread as a side. Instead of yoghurt it's also nice to top with avocado, even if that's not so Indian, but so delicious!

Ingredients:

600 grams cauliflower
2 tomatoes
1/2 cup sundried tomatoes
1/4 avocado
1 tbsp ginger
1 garlic clove
1 tsp turmeric
1 tsp garam masala
1/4 tsp fennel seeds
1/4 tsp mustard seeds
Chili or cayenne to taste



Instructions:

Blend everything except cauliflower until smooth and put in a bowl. Finely dice the cauliflower by pulsing it in a food processor until it's like a rice-sized pieces or finely chop it by hand. Mix in the cauliflower well into the sauce in a bowl with a spoon and serve!

Cilantro rice

Enjoy this rice dish with any stew, raita (or just yoghurt) chutney of choice! This dish is also great as a main dish itself together with mango chutney and coconut or peanut yoghurt! If you're not a fan of cilantro, use parsley in this dish!

Ingredients:

500 grams cauliflower
0,75 cup sunflower seeds
1 tbsp lemon juice
1 tbsp olive oil (optional)
A bunch of fresh cilantro (or parsley), finely chopped
1/4 tsp hing
3 tbsp finely chopped red onion (optional)
Salt and black pepper to taste



Instructions:

Finely dice the cauliflower by pulsing it in a food processor until it's like a rice-sized pieces. Put the cauliflower in a bowl and add the other ingredients. Massage well with your hands or a spoon.

Warming soups & stews

Indian cuisine includes fantastic stews and soups with lots of different spices and herbs. They usually cook them a very long time, but when I tried to mimic the traditional recipes into raw vegan versions it came out so flavorful, so nope, you don't have to cook them! Stews and soups are actually much fresher when made raw which I really like! These recipes are especially good in the colder months since they are warming and comforting, especially if warming them in the dehydrator a bit before serving! If it's warm outside you can enjoy them when they are room temperature or even cold if you like!



South indian Rasam (tomato soup)

A warming healing soup that is more than the traditional broth-like soup. This is instead a creamy and filling version! It's perfect as a starter or main dish. Enjoy with Naan or even sliced avocado and/ or sprouts on top to make it more filling.

Ingredients:

6 tomatoes
1 carrot
2 tbsp onion
4 brazil nuts
1,5 tbsp tamarindpaste
2 dates
1 thumb turmeric or 1 tsp dried turmeric
1/2 tsp cumin
1 bay leaf
1/4 tsp hing
Fresh cilantro and finely diced onion to garnish

Instructions:

Blend all ingredients until smooth in a mixer and serve with cilantro and onion on top!

Tips!

Add sprouted lentils in the end (not blend them, just mix them into the soup with a spoon before serving).

Mushroom Tikka Masala

This is one of the most famous Indian dishes, but it's actually not truly Indian. Tikka masala is a dish that was first made in Great Britain. This dish was inspired by other Indian stews, like butter chicken. Tikka Masala is now so popular all over the world and also even in India actually. It has the Indian feeling due to the inspirations from other Indian dishes, so yes absolutely, I took the decision to include this special raw vegan version of the fantastic "Indian dish"! A tip is to enjoy it with zucchini jeera rice or cilantro rice! It's also great with Naan bread.



Ingredients:

- ½ cup almonds
- 1 red bell pepper
- 2 tomatoes
- ½ lemon, peeled (or 2 tbs sauerkraut)
- 2 tsp fresh ginger
- 6 cloves
- ½ tsp cumin
- ½ tsp cinnamon
- 2 tsp paprika powder
- ½ tsp hing
- ½ tsp coriander powder
- 1 tsp dried fenugreek leaves
- ½ tsp turmeric powder
- 2 tsp honey
- 1 tsp garam masala
- 8-10 mushrooms
- Optional: salt to taste

Instructions:

Soak the almonds at least 8 hours, but its best to soak them 24 hours with changing the water after 12 hours, which makes them easier to peel. It's not necessary to peel them but it will make the sauce more creamy and easier to digest. Put all in ingredients except mushrooms in a mixer and blend until completely smooth. Pour in a bowl and chop the mushrooms in pieces and mix them together with the sauce.

Saag Panээр

This amazing stew is often made with Indian milkbased cheese, or tofu for vegan versions, but fortunately I found another super flavorful way of making it! I like to enjoy this stew with zucchini jeera rice, Papadum or Naan!

Paneer ingredients:

1/4 cup brazil nuts
1/4 cup cashew nuts
1,5 cup water
2 tbsp lemon juice
1/4 tsp hing
A pinch of salt
1 tbsp agar powder*

Palak Curry ingredients:

100 grams spinach
300 gram tomatoes
1 thumb ginger
1 clove garlic
1 tsp garam masala
1 tsp cumin powder
2 tsp olive oil
Salt to taste
1/2 red chili or chili flakes, optional



Instructions:

Start with the panээр. In a food processor or highspeed blender, blend brazil nuts, hemp seeds, 1/2 cup of the water, lemon and hing until smooth. In a small pot, boil the rest of the water, and add the agar powder. Lower to a simmer, and stir 5 min. Cool agar and water mixture to 42 degrees Celsius (108 degrees Fahrenheit) and add the nut/ seeds mixture and give it a quick stir until there are no lumps. Let it cool in the fridge and cut into cubes when it has set (about 1/2- 1 hour).

Make the Palak curry. Finely dice the onion and put everything in a food processor. Pulse until its almost smooth. Put in a bowl. Mix paneer cubes into the palak curry.

**A note in this recipe: Using agar agar powder in this dish makes it not fully raw because you cook it in water. Because agar agar has almost no calories so is the whole recipe with the agar 99,5 % raw. An alternative method is using Irish moss paste in this recipe if you want it fully raw. High quality irish moss is more expensive and can be hard to find in some countries.*

Zucchini-Semiya Upma

This dish is perfect as a main dish just as it is, but feel free to serve it with avocado coconut raita, classic raita or yoghurt and maybe Papadum!

Ingredients:

2-3 zucchini
1/2 lime, the juice
2 tsp mustard or soaked mustard seeds
2 tbsp grated ginger
1/4 tsp hing
1/4 tsp cumin
1,5 tsp turmeric
2 tbsp coconut butter or 1 tbsp coconut oil
2 tbsp green onion, finely chopped

1 tsp turmeric powder
1/2 cup red bell pepper, finely chopped
1/2 cup carrot, finely chopped
1 cup peas
1/2 cup peanuts
A bunch of chopped coriander
1/2 chili or to taste (optional)
Salt, to taste (optional)

Instructions:

Spiralize zucchini into noodles with spiralizer, veggie/ potato peeler. Add all the other ingredients in the first section (the 7 other ingredients) to the zucchini noodles and massage well. Add the rest of the ingredients and add salt and chili to taste.



Gobi Matar Masala

*Enjoy this dish as a main dish
or eat it with Naan bread!*

Ingredients:

400 grams cauliflower

2 cups peas

2 tbsp chopped yellow or
white onion

1/2 cup sunflower seeds

2 tomatoes

1 tbsp sundried tomatoes

2 tsp ginger powder

1/2 tsp turmeric powder

1/2 tsp coriander powder

1/2 tsp garam masala

1/4 tsp cumin

2 bay leaves

Salt to taste

Instructions:

Soak the sunflower seeds at
least 3 hours but preferably

overnight. Chop the cauliflower in small pieces and place in the dehydrator half an hour. Make the sauce by straining the sunflower seeds and put in a mixer together with everything except cauliflower, peas and onion. Pour in a bowl with the cauliflower, peas and chopped onion. Put the bowl in the dehydrator an hour (preferably mix around after half the time) and serve.



Chana Masala

This stew is a perfect main dish itself or you can enjoy it with coconut yoghurt, zucchini coconut rice, lettuce or avocado as a side.

Ingredients:

2 red bell peppers (about 200 grams)
1/2 cup sundried tomatoes+ 1 cup water
2 garlic cloves, minced
1 thumb ginger
1/2 tsp cinnamon
1/2 tsp coriander
1/2 tsp turmeric
2 tsp garam masala
1 tsp amchoor powder (or 1 tbsp lime juice)
1 tbs olive oil
Cayenne, or chili powder of choice to taste

2 cups sprouted chickpeas*
1/2 white, red or yellow onion, chopped
¼ cup fresh cilantro, chopped (optional)



Instructions:

Soak the sundried tomatoes in the water a few hours. If you have a strong machine, this step is optional. Put the sundried tomatoes and its water+ all sauce ingredients (the first section of the recipe) until smooth and put in a bowl. Mix in the rest of the ingredients by hand with a spoon.

*While some chickpeas can be hard to digest and some people have problem digesting them raw, you can substitute them with raw sprouted mung beans, peas or lentils in this recipe. Steaming chickpea sprouts 3 min and then cool them down directly keeps it nutrition pretty well, and this method can make them easier to digest.

(Nut)Butter (jack)chicken

Butter chicken originated from Delhi and it's now one of the most popular Indian dishes. In this recipe I show you how this popular dish can be made without butter and still have the buttery flavor by combining different ingredients that mimic a butter feeling together. Chicken can easily be substituted with delicious jackfruit or mushrooms like in this recipe. Serve this dish with zucchini jeera rice, cilantro rice, lemon rice or Matar Pulao. Naan bread is also great as a condiment!

Ingredients:

400 gram tomatoes (about 4 medium/big)
 2 tsp lemon juice
 2 tbsp hempseeds
 2 tbsp almond butter
 2 tbsp raisins (preferably yellow/ green)
 1 tsp sunflower lecithin (optional)
 2 garlic cloves
 1 Tbsp garam masala
 1 Tbsp fresh grated ginger
 1/2 tsp smoked paprika (optional)
 Salt and cayenne to taste

Chicken substitute:

400 grams of jackfruit (bottled in brine, probably not always raw, you can substitute with fresh ripe jackfruit if you want a sweet flavor, or simply use mushrooms instead)

Instructions:

Blend all the ingredients to the sauce until smooth. Wash the jackfruit and chop in smaller pieces, mix the jackfruit in to the sauce with a spoon. Let sit at least 15 min to marinate before serving.



Makai Ka Shorba (Spiced corn soup)

Makai translates to “corn” in Indian, and shorba means a rich stew. I like to eat this filling soup as a main dish with crispy Papadum as a side!

Ingredients:

3 cups corn kernels
1 carrot
1/4 lemon, the juice
3 tbsp hempseeds
1/4 tsp cloves
2 bay leaves
1 garlic clove
1/2 tsp cumin
1/2 tsp turmeric
1 tsp onion powder
1/4 tsp cinnamon
1 cup water
Salt to taste

Instructions:

Thaw the corn if it's frozen. Blend all ingredients except the water until it's smooth. Add water little by little until you have that texture you like.

Alternative!

This recipe is also delicious with green peas as a substitute for corn!



Bread

They have many different breads in India uses flour as a base. For me, only real "need" is a perfect Naan and a perfect Papadum, so please try these recipes, you will be amazed how delicious they are in a raw vegan version!

Naan bread, 8 pcs

Ingredients:

1 cup sprouted quinoa, dried
1/4 cup lucuma powder
1/4 cup flax seeds
1 tsp psyllium husk
1/4 tsp bicarbonate

500 grams zucchini (peeled)
1 tsp sauerkraut juice or lemon juice
1,5 tsp garlic powder
3 tbsp almond butter or cashew butter
1 tsp lecithin, optional

Topping if you want:

Finely chopped garlic
Fresh parsley
Fresh flaxseeds oil, coconut oil, melted coconut butter or olive oil



Instructions:

Blend the 5 first ingredients until it's a fine powder and place in a bowl. Peel and chop the zucchini in small pieces and place in the blender (you don't have to wash the machine). Add the other ingredients except the powder mixture and blend until smooth, use a tamper so that you don't need water. Pour the "zucchini cream" into the flower and mash around well with a fork until no lumps remaining. Spread on a nonstick dehydrator sheet, around 1,5 cm thick, but make the outside edge a little thicker than that if you want. Dehydrate at 42 degrees 1-2 hours, until you can turn them over, removing the nonstick sheet to complete dehydration for another 2-3 hours. There's a sweet spot for dehydration time here, where they're still slightly moist inside, which makes them spongy. A good idea is to bend the bread about an hour before it's finished, so that the cracks appear. Add topping if you want and serve!

Papadum, 15 psc

Ingredients:

1/2 cup red lentils (split is fine)
4 tbs flaxseeds
7 cashew nuts
A pinch of hing
1/2 tsp cumin seeds (optional)
Chili flakes (optional)
1,5 tbsp sauerkraut*
2 tsp sunflower lecithin or olive oil
(optional, makes it shinier and gets a
"fried feeling")
1/4 tsp salt+ extra salt flakes on top if
you want

Instructions:

Soak the lentils in water+ a pinch of bicarbonate (optional) 12 hours. Drain and rinse the lentils and soak in new water another 12 hours, also add the cashews into that soaking. At the same time you can also soak the flaxseeds in the double amount of water in another bowl 12 hours.

Drain the lentils and rinse and put in the blender together with the flaxseed gel and all the other ingredients except chili flakes. Blend until completely smooth, you might need to add about 3-4 tbsp water, but try to not add too much water. Spread the mixture out on teflex sheets very thinly and sprinkle chili flakes and optional salt on top. Dehydrate around 15-20 hours/ until they are totally dried and crisp. If not serving immediately, let them cool down before you put them in a box with a lid. Adding rice kernels in the box keeps them crisp.

*Sauerkraut is optional, but it makes the lentils easier to digest, it also adds a nice salty flavor.



Chutneys & raitas

These are a must in Indian food, used as a condiment to the other dishes! These are actually not dipping sauces since they are so concentrated, it's just condiments they use together with chaats, bread, main dishes etc. Since the raw vegan versions are so healthy and not that concentrated because they are raw, you can eat them as dips and enjoy them to whatever you want!

Peanut yoghurt or other nut/ seed yoghurt

This is a good basic recipe if you want to add something creamy to your dishes. This yoghurt is great as a neutral substitute to raitas, to mango lassi, eaten together with fruit salad, on breads like naan or papadum for example together with a chutney maybe.

Ingredients:

- 1 cup peanuts or other nuts or seeds of choice
- 1 cup water
- 1/2 tsp probiotic powder (or use capsules)

Instructions:

Soak the nuts 8 hours (or overnight) and rinse. Make your own peanut yoghurt by blending them with water until smooth, mix in probiotic powder and let sit 12-24 hours. Store in the fridge.



Classic raita

Ingredients:

1 cup coconut or cashew yoghurt
(see recipe in previous page)
½ cup seeded finely diced
cucumber
1 teaspoon lemon juice
3 tablespoons chopped fresh
cilantro
½ teaspoon ground cumin
Salt to taste

Instructions:

Mix everything with a spoon in a
bowl and serve.



Spicy avocado coconut raita

Ingredients:

1 avocado
1/2 cup coconut yoghurt
4 tbsp shredded coconut
1 lime, the juice+ zest
2 tbsp finely chopped green onion
2 tbsp shredded ginger
2 tsp honey or any sweetener of choice
Chiliflakes and salt to taste

Instructions:

Mash the avocado well on a deep plate and add in all the other ingredients.



Mango chutney

Ingredients:

200 grams ripe mango
3 tbsp lemon, the juice
2 tbsp raisins
2 tsp shredded ginger
1/4 tsp garam masala
A pinch of hing
1 garlic clove
1/2 tbsp honey
A pinch of salt
1/2- 1 red chili
2 tbsp finely chopped white onion

Instructions:

Soak the raisins in the lemon juice at least an hour. Blend the mango until almost smooth with ginger, cardamon, coriander, lemon juice+ raisins, honey, hing, garlic and a pinch of salt. Finely chop the onion and chili and stir in with a spoon. Ready to serve!



Cilantro chutney

Ingredients:

50 grams fresh cilantro
2 tbsp lemon juice
A pinch of hing
1 garlic clove
1 thumb ginger
1/4 tsp coriander
1/2 medjol date (optional)
1/4 tsp salt
1/4 cup water

Instructions:

Blend until smooth.



**Lingon berry chutney (or
cranberry chutney if you
want...)**

Ingredients:

1 cup lingon berries (or
cranberries if you can't find
lingon berries)
3 tbsp raisins+ 1/4 cup water
2 fresh dates
1/4 tsp cumin
1/4 tsp cinnamon
A pinch of hing
1 tsp ginger powder
1/8 tsp salt
1/2 red chili (optional)

Instructions:

Soak the raisins in the water 6
hours or at least 30 minutes.
Blend all ingredients until
smooth and add salt and chili
to taste.



Drinks

Mango Lassi, 1 Litre

Ingredients:

400 grams ripe mango
1 cup peanut yoghurt* or
coconut yoghurt
1-3 tsp honey
1 tbsp lemon juice
1/4 tsp cardamom powder
½-1 cup coconut water

Garnish tips:

Saffron strands & pistachios

Instructions:

Blend all the ingredients
except coconut water until
smooth, then pour in coconut
water until you reach the
texture you like. Enjoy!

*See recipe for homemade nut
yoghurt in the raitas & chutney
chapter in this book.



Imli ka soda

This is a sweet and sour drink that is bubbly due to the sparkling water.

Ingredients:

3 tbsp tamarind paste
2 tbsp honey (or maple syrup)
A pinch of salt
1/4 tsp cardamon (optional)
3 cups sparkling water

Instructions:

Mix tamarind with honey and a pinch of salt in a few tbsp of water so it becomes liquid. Mix in sparkling water and whisk very carefully to combine, make sure to not whisk too much, since the bubbles might disappear if you overdo it. Serve immediately.



Thandai

Thandai is a refreshing summer drink popular in India (especially northern States of India) and is always served during festivals of Holi and also Mahashivratri. Thandai is made using a number of nuts and spices which are said to have a cooling effect on the body, hence the name "Thandai", which in Hindi means "cooling".

Ingredients:

1/4 cup almonds
1 tbsp watermelon seeds
1 tbsp poppy seeds
1 tbsp fennel seeds
1 tsp cardamom
1/4 cup fresh dates
1/2 litre water
0,5 grams saffron
A little splash of rose water (optional)

Instructions:

Blend all the ingredients until smooth. Strain through a nut milk bag and enjoy cold or slightly warm!



Desserts/sweets

Pista kulfi

This kulfi is made with pistachios and it's a great dessert! Pistachios improves sleep and is really good for digestion if eaten as your last meal of the day.

Ingredients:

1 cup almond milk or
coconut milk
3 tbsp pistachios
4-5 fresh dates
A small handful of baby
spinach
1/4 tsp cardamon
A pinch of salt

Instructions:

Blend everything in a mixer
until smooth. Freeze in
small bowls or ice cream pops until firm forat least 4 hours.



Rose Chikki, 8-10 psc

Ingredients:

1 cup peanuts, cashews or almonds

1/2 cup fresh dates

A pinch of salt, optional (but highly recommended)

A handful of rose petals

Instructions:

Mash the dates with a little pinch of salt (optional) with a fork on a plate. Chop the nuts and fold in. Roll in chopped rose petals and shape like cakes. You can also do a faster version of this recipe by simply putting everything in the food processor.



**Balehannu rasayana
(banana salad)**

Balehannu rasayana is a traditional banana salad made with ripe banana and coconut.

Ingredients:

2 bananas
2 tsp honey
1,5 tbsp poppy seeds
¼ cup shredded coconut
½ tsp cardamom powder
1 tbsp cashew chopped
1,5 tbsp raisins

Instructions:

Chop the bananas, drizzle honey on top and mix in chopped cashews, coconut, poppyseeds raisins, and cardamon powder. Mix around with a spoon and serve!



Gayar Ka halwa

The word halwa comes from the Arabic word for "sweet," and refers to desserts that are cooked down with ghee and sugar. Carrots are known as "Gajar" in hindi and because halwa is a pudding like dessert from Indian Sub-continent, it's the same as a carrot pudding. It's a traditional dessert in North India, and it is especially popular during winters.

Ingredients:

3-4 carrots
2 tbsp flax powder (or chia) + 2 tbsp water
1/4 cup coconut yoghurt
1 tbsp honey
1 tsp sunflower lecithin
1 tsp lucuma powder
2 tbsp raisins
1 tbsp almonds, sliced
1 tbsp pistachios, sliced
½ tsp cardamom powder

Instructions:

Mix flax powder with 4 tbsp water and let it sit at least 10 minutes. Whisk coconut yoghurt, honey, lecithin, lucuma and soaked flax in a bowl. Add the other ingredients and mix well. Serve!



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