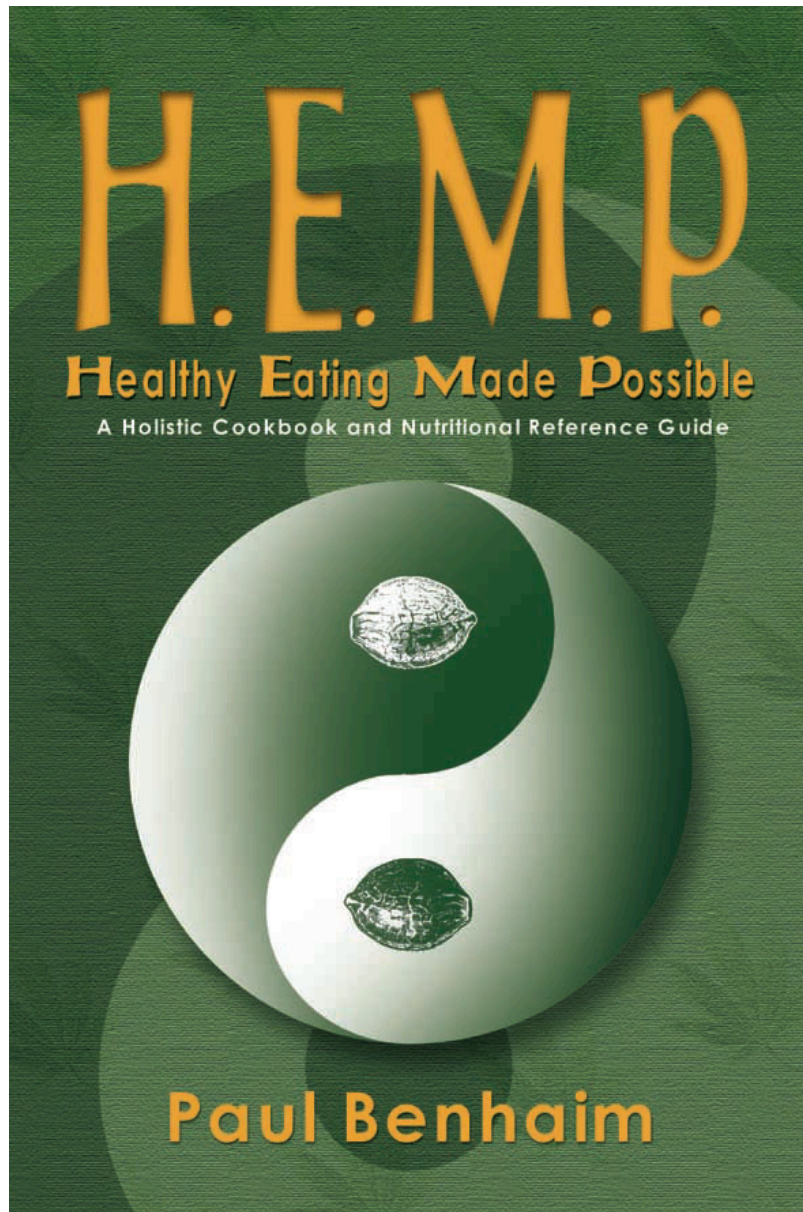


H.E.M.P. Healthy Eating Made Possible by Paul Benhaim



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The following recipes are just a small sample of what is possible and available in Healthy Eating Made Possible – a holistic reference guide and recipe book.

Learn so much more than just recipes in this all inclusive, award winning book now translated into four recipes and updated for 2013

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Sourdough VNS

Makes 4 lib loaves

This Russian rye bread is a yeast-free, wheat-free bread. The whole process takes about five days and is split into three stages.

This recipe is much improved when freshly ground rye flour is used.

The Starter

30g wholemeal rye flour

90g warm water

Stir together in a small bowl, cover with a damp cloth or plastic and leave for at least three days in a warm, but not hot place. It will start to ferment and produce a sweet smell.

The Sourdough

340g wholemeal rye flour

560ml warm water

110g the starter (as above)

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Mix all in a large bowl and leave covered in a warm place for 24 hours to ferment further. This is the sourdough and will go into the bread, but keep some in the refrigerator for your next batch. To keep the sourdough going feed with equal parts rye flour and water every five days. It is then ready again for use five days after. If it is not being used for several weeks then freeze.

The Final Stage

900g sourdough (as above)

600g rye flour

300ml warm water

15g salt

Mix all ingredients in a bowl and scoop the wet mix into your bread tins. Leave in a warm place until it rises (approximately 3 hours). Place directly into a pre-heated (230°C) oven and bake for approximately 45-55 minutes, depending on size of loaves. Let cool completely then wrap in a polythene bag and allow loaves to rest for 24 hours before eating. They improve with time.

Herb Bread VNS

This recipe is one of my favourites. Try other herbs and other dried vegetables as an option.

510g Village Bakery bread dough, made the previous day or several hours before

500g organic white flour, fresh

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110g hemp flour
215g wholemeal flour
40g olive oil
10g sea salt
425g water
24g yeast
Pinch chilli powder
1/2 tsp ground cumin
1 tsp oregano
70g onions, chopped 60g tomato puree

For tomato mix, add together:

110ml water
120g tomato puree
70g organic sun-dried tomato
50g hulled hemp seeds

Soak for two hours

Make a dough with all ingredients except tomato mix. Knead well for five minutes and leave for two hours. Cut into approx. 270g

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pieces and roll them to a 170mm (7") x150mm (5") rectangle. Spread each dough piece with 40g of the tomato mix. Roll up like a Swiss roll, and give the end a final twist. Smear the tops and sides with a thin layer of the tomato mix. Now place dough into bread tins and cover with a damp piece of hemp cloth or loose plastic bag. Place dough in a warm place to prove for one hour to double in size. Bake in a moderate oven (200°C) for approximately 20 minutes. Do not overheat oven as this bread can easily be burnt due to the paste covering.

Soda Bread VN

450g wholemeal flour

2 tsp bicarbonate of soda

2 tsp cream of tartar

1 tsp salt

25g hemp butter (ghee)

1 tbsp honey

275ml organic milk (or soya or hemp or 1/2 milk 1/2 yoghurt)

2 tsp hemp seed, lightly ground

1 tsp whole hemp seeds

Mix flour, ground hemp seeds, bicarbonate of soda, cream of tartar and salt together. Melt butter and honey over gentle heat.

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When butter has melted, remove from heat and add milk. Pour into flour and mix to a soft firm dough. Add a little more water if necessary. Knead lightly and form into a round loaf. Place on a baking sheet and cut a cross in the middle. Press the whole hemp seeds lightly into the top of the loaf. Leave in a warm place to prove for around thirty minutes. Bake for thirty minutes at 200°C.

Masala Rice Buns VNS

450g rice

110g black gram dhal (urad dhal)

1 small coconut

12 small dry red chillies

1/2" diameter ball of tamarind or (1 tbsp lemon juice)

2 onions

2 tbsp hemp seeds, roasted 1 tbsp hemp ghee 1 tsp salt or to taste

Clean rice and daal then wash and soak in separate vessels overnight. Grate the coconut and grind these gratings with the hemp seed, chilli, tamarind and a cup of water until a coarse paste has formed. Drain rice and daal and add to the paste. Grind again to a soft paste. Finely chop onions and add to the paste. Add salt to taste. Grease a steaming dish with some ghee and place paste into steamer. Steam for 45 minutes. Traditional Indian food served with fresh yoghurt.

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Naan Bread VNS

175g flour, unbleached white or whole-wheat

50g hemp flour (or fresh residue from the hemp milk)

2 tbsp bicarbonate of soda

1 tsp tartar

Pinch salt

150ml hemp milk (or soya milk)

10g vegetable ghee (or hemp butter (ghee)) melted

Put flour into a large mixing bowl with bicarbonate of soda, tartar and salt. Mix together to form a stiff dough adding a little more flour or liquid to obtain a thinner consistency. Melt ghee in a flat pan, add the milk and mix. Leave to rise for 30 minutes. Divide into four and roll out to 6" diameter. Heat flat pan (without adding more ghee). Cook naan on one side until brown. Spread a little ghee on top and put under hot grill or in a hot pan. Alternatively, finish in hot open wood fire to give that authentic taste. Serve with daal, curry or any sloppy dish!

Fenugreek is high in B vitamins and folic acid, it stimulates blood and hair cell development.

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Zarathustra VNS

This is an 8,000 year old bread recipe, slightly adapted for modern use.

175g hard red wheat or rye grain 175g hemp seeds

Caraway seeds (optional)

Soak wheat or rye in a large jar overnight (cover by at least 2 inches of water as they will swell). Drain water and rinse thoroughly. Let grains and seeds sprout in a warm, dark place. Rinse at least twice a day until both are between 1/8 and 1/4 inch long sprouts. Be patient: you must only make the bread when they have reached this length. Rinse the grains one last time, drain off any excess water and grind well, preferably using a food processor for a few minutes. The resulting consistency will be like a sticky smooth pancake batter. Spread with a large spoon on a baking sheet (not aluminium) or nonstick pan, in discs no more than 1/2 inch thick. Cover with caraway seeds if required and bake for 35 minutes at 325°F. After practice you will be able to enjoy unburnt simple bread.

Raw Sprouted Hemp Bread RVGNS

An essence variation

525-700g hemp, wheat, rye grain sprouts, or a mix

2 tbsp hemp seeds

1 tbsp millet, amaranth or quinoa seeds

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1 tsp poppy seeds

1 tsp wheatgerm

1 tbsp hemp or olive oil

Purified water for soaking

Mixed herbs are optional (sage & thyme or cinnamon & nutmeg)

Soak seeds and grains, except the hemp, for 14 hours and sprout for two days. Grind the hemp seed into a fine flour. Separately, grind the millet seed into a fine flour and grind sprouts as fine as possible. Mix sprouts and seed flours with poppy seeds and optional herbs. Roll into a ball and mix with oil. Sprinkle a wooden board with wheatgerm and remaining mixtures. Roll the dough into as thin a sheet as possible without the dough breaking. Leave the bread in warm place for 10-12 hours (or overnight) turning half way if possible. Keep the temperature below 60°C as this is when the enzymes are killed. Add raw honey or maple syrup, raisins and cardamom for a sweet bread.

Savoury Sunflower Wafers RVGNS

3 tbsp sesame seeds (natural or toasted)

2 tbsp hulled hemp seeds

2 tbsp soy sauce/ Hempso (tm)

1 tbsp sunflower seeds

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4 tbsp water or rejuvelac

Few chopped chives (optional)

Grind the sesame seeds finely in the food processor. Add the remaining ingredients and grind well. The mixture should be of a stiff dough consistency. Cut into small pieces and roll into balls. Flatten on a board with your palm and cut with a sharp knife before placing onto a wire cooling tray. Leave in a warm place to dry fully.

Optional variations for a sweeter variety are 1/4 cup of raisins and 1 tsp cinnamon.

Starch Free Hemp Crackers (R)VGNS

Makes 12

150g hemp seeds, ground into flour

25g hulled hemp seeds

25g sunflower seeds, ground

25g sesame seeds

1 tsp baking powder

1 tsp wheatgerm

25g hemp butter (ghee) or non-hydrogenated margarine

2 tbsp hemp, soya or pea milk, use more if needed

Options for toppings include ground hemp, sunflower, sesame, almond or 2 tbsp finely grated coconut

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An optional extra for savoury crackers is 1 tbsp Hempso (tm) sauce Set oven to 190°C. Rub in the butter/ margarine, seeds, baking powder and any extras in a bowl to form fine crumbs. Add milk and use your hands to make a firm dough. Cover a surface with some flour and ground seeds of your choice or the coconut. Roll 5-10 mm thick squares from the dough. Top the mix with more ground seeds and, carefully, using two sharp knives, move to your greased baking paper (coated in coconut gratings or preferred topping). Bake for 10 minutes or until starting to brown. Allow to cool and harden before placing on a wire rack to complete the process.

Instead of baking, the raw option is to leave on a wire rack in the sun to dry out for a day.

Tortilla VNS Makes 4:

25g hemp flour

75g cornmeal flour

750ml warm water

Pinch of salt (optional)

Mix hemp flour, cornmeal and salt in a bowl. Slowly add water until a smooth dough. Leave to stand for at least half an hour. Divide into four pieces, roll out onto well floured board to about 5" diameter. Heat heavy pan (non-stick or cast iron) and cook tortilla for about a minute, or until golden. Turn and cook other side. If

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they do not hold together, add 1 tbsp flour. Serve with chilli or re-fried beans.

SOUPS

Asparagus, mushrooms, salads or soups are great starters. If eating a starchy meal then garlic herb bread or corn-on-the-cob (dripped in luscious hemp oil) are a wonderful beginning to a feast. In Egypt the traditional Friday night soup for Muslims is called melokhia. Melokhia is closely related to hemp and jute. It is the national vegetable of Egypt and widely sold throughout North Africa, the Middle East and parts of Asia. The leaves of the plant are eaten young and fresh like spinach. It is mucilaginous like okra. Often served with olive oil and lemon juice, it can be added to soups in the last 10 minutes of cooking. Immature seed pods and young shoots are also eaten.

Thai Hemp Miso Soup (TT) VGNS

2 carrots sliced

4 slices fresh ginger

65g creamed coconut

25mm piece of fresh chilli chopped

1 bunch spring onion chopped small

100g broccoli chopped small

2 sticks lemon grass cut in 50mm lengths or

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2 lime leaves

200g hemp miso

Toasted sesame oil for sauté

Water to cover

Sauté onion in oil. Add carrot then everything else except hemp miso. Add water, cook until soft. Add miso and serve.

Cream of Spinach Soup RVGNS

400g spinach, chopped

1/2 avocado

50g hulled hemp seeds

50g onion

50g celery

Sprig parsley

Options: 1 tbsp kelp, 50g green pepper

Blend and serve garnished with parsley

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Asparagus Soup RVGNS

400g asparagus

1 tbsp dulse or kelp or 1 stalk celery

1 tbsp parsley

Small piece of oregano to taste

Small piece of thyme to taste

1 tbsp hulled hemp seeds

1 tbsp hemp seeds, ground

Water or rejuvelac (warm in winter) to taste

Blend and serve

Onion Soup VNS

3 large onions, cut into quarters and sliced

2 cloves garlic, chopped

1 tbsp barley flour

1 tbsp hemp flour

2.1 litres water

2 tbsp ghee

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1/2 bunch fresh parsley, chopped

3 tbsp barley miso

Heat ghee in saucepan and add onions and garlic. Slowly (approx. 30 minutes) saute until tender and sweet, stirring occasionally to prevent sticking. Add flours and mix into ghee. Gradually add water, stirring into the flour mix over low heat. Bring to the boil. Separately mix three cups of the above soup mixture with miso and parsley. Puree. Stir into the rest of the soup and serve garnished with parsley.

Hemp Borscht R(V)GNS

2 large beets, shredded

100g hulled hemp seeds

1 small onion

1 carrot

1-2 tbsp Hempso (tm)

1 tbsp fresh thyme

1 cup of thick yoghurt, sour cream, buttermilk or avocado – your choice

1 tsp hemp oil

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1 tsp salsa (optional) Salt & pepper to taste

Cut cleaned vegetables into bite sized chunks. Either blend with remaining ingredients to a smooth consistency or place in large pot with extra hemp oil and warm (don't boil) for five minutes (optional). Traditionally served in Poland at Easter and Christmas, a sprinkling of hulled hemp seeds, sprouts, yoghurt, pepper, dill, sour cream or lemon and raw honey finishes off this soup nicely. As recommended by long-life experts, buttermilk is milk deprived of the oily butter part, the milk sugar that has been mostly turned into lactic acid.

Green Soup RVGNS

2 avocados, peeled and stoned

3 cups fresh apple juice

1/2 lemon, juiced

1 courgette, grated

Handful alfalfa and hemp sprouts

1 stick celery, finely diced

Handful parsley

1 tbsp Hempso (tm) tamari

1 tsp hemp oil

1 tsp yeast

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1 large mushroom sliced

Ground ginger

Combine avocados, apple and lemon juice, parsley, Hempso (tm), hemp oil and pinch of ginger. Mix sprouts with grated courgette and diced celery. Combine both parts and serve garnished with sliced mushroom.

Gazpacho (R)VGNS

1 onion, finely chopped 4 tomatoes

1 red pepper

2 small cucumbers, diced

100g tofu (optional)

3 tbsp vinegar 3 tbsp hemp oil

1 tbsp hulled hemp seed 1 clove garlic 1 stick celery

1 tsp raw honey

2 spring onions

1/2 tsp cumin, ground

1 tsp Hempso (tm)

Fresh parsley and basil

Dash of red wine (optional)

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Pinch chilli pepper (optional)

Place the onion, tomatoes, half the red pepper, celery and one of the cucumbers in a blender and blend. Add the tofu, vinegar, hemp oil, garlic, tomato paste, herbs, pepper, Hempso(tm), honey and wine. Blend once more. A traditional Spanish dish to be served chilled with finely chopped spring onions, the other cucumber and remaining red pepper.

Sprinkle with hulled hemp seeds if desired.

Some carbohydrates can be digested and absorbed nearly as fast as table sugar!

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STARTERS AND SIDE DISHES

The Miso Starter VGNS

Great with a salad or just when you feel peckish and are not sure what to eat.

Simply mix a tsp or more of a miso of your choice with hot water and drink or use as a thin spread with cucumber. Note that the barley miso is not gluten free.

Sushi Starter VGNS

For sushi roll, see main dishes

1 nori sheet (available from whole-food stores, see resource section)

175g short grain rice

1 strip parboiled carrot, same length as nori sheet

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1 strip cucumber, same length as nori sheet

1 tbsp hulled hemp seed

1 tsp wasabi paste

1 tsp umeboshi puree (optional)

Sprinkle of brown rice vinegar (optional)

Place the nori (shiny side down) on a sushi mat. Take the rice and with moistened hands mix with the hemp and press it gently and evenly over the nori, leaving a 1 inch space at the top (furthest end from you) and about 1/4 inch from the bottom. If you wish to use vinegar, sprinkle it on now. Take the cooled strip of carrot and place it lengthwise about 1 inch from the bottom. Place the cucumber next to the carrot. Add optional umeboshi paste and wasabi with the back of a teaspoon. Wasabi is hot, so beware! Start to roll up the sushi mat from the bottom, making sure the vegetables stay in place. Add firm pressure as you continue rolling and keep pulling the end of the sushi mat as you go along. When rolling has finished, add moisture to the end of the nori and press to seal. Using a very sharp, moistened knife slice the sushi into 6-8 pieces. Wet the knife in between each slice.

Sushi Dipping Sauce RVGNS

1 tbsp ginger juice

2 tbsp Hempso(tm) sauce

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1 tbsp hemp oil

5 tbsp cold water

Mix and serve

Arame, Sauerkraut, Hemp and Almonds VGNS

60g arame

120g sauerkraut, chopped finely

50g hulled hemp seeds

25g whole almonds

2 tsp Hempso(tm) sauce

Soak arame for 30 minutes in plenty of water. Rinse and drain the arame quickly in a sieve under a tap. Place the arame in a saucepan with water to cover. Warm the water to just over touchable temperature and add the soy sauce. Turn the heat to low, cover pot and leave for 15 minutes. Take sauerkraut and spread over arame. Simmer for 5 minutes, then remove the lid and cook remaining liquid. Mix arame, sauerkraut and hulled hemp seed together and place on a serving dish. Roast almonds and some whole hemp seeds under the grill or dry roast in the frying pan. Cut almonds into slithers and place on top of dish with the hemp seeds. For a main dish, serve with a colourful salad, cucumber slices and basmati nice rice.

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Snackie Snakes RVGNS

This recipe has been donated by a dedicated living foods author of numerous books Jeremy Safron and is more of a snack than a starter. It is a wonderful energy boost. Jeremy, who is based in Hawaii, runs retreats and offers many useful tools - find him in the resource section.

Amounts to taste

Sunflower seeds

Hulled hemp seeds

Nori sheets

Curry powder

1 tsp HempSo(tm) or pinch of sea salt

Cilantro

Parsley

Optional: finely diced red peppers, thinly cut dried tomatoes or fresh cherry tomatoes

Soak sunflower seeds for 8 hours then leave them to sprout for at least 4 hours. Cut nori sheets into 4 strips (2 inches wide). Mix with hemp seeds and then grind both with herbs and optional veggies in your coffee grinder or champion juicer. Add spices and seasonings and blend again for 2 seconds. Lay a strip of ground

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seed mixture on nori strips so they can be rolled to about 10mm thick. Roll them up and dry them in a dehydrator for 15 (if on grid sheets) to 20 hours, depending on climate. These can also be made without rolling them up and will take less time to dry

Garlic Toast VNS

Bread of your choice, sliced

Garlic to taste

Hemp butter, hemp or olive oil or salt-free organic butter to taste

Pinch herbal salt

Pinch of dried oregano, basil or herbs to taste

Hempso (tm) sauce (optional)

Pinch of mixed sea vegetables

1 tsp hulled hemp seed per slice

Lightly toast whole grain bread. Rub raw garlic cloves on both sides of toast. Crush remaining cloves to a paste. Spread toast with butter or oil and top with garlic paste to taste. Sprinkle with hemp, salt, herbs and a splash of Hempso(tm) sauce if required. Return to oven to warm and serve with flakes of sea vegetables before serving.

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Roasted Garlic with Hemp Seeds VGNS

9 cloves garlic

9 olives

2 heaped tsp hemp seed

Juice of 1/2 lemon

1 tbsp extra virgin olive oil

Put ingredients in a dish and cover with silver foil. Place in oven at 150°C for 30 minutes. To be served as a starter or main dish for two with a large green salad.

Wild Mushroom Starter VGNS

Organic fresh field mushrooms of choice

1 tsp hulled hemp seeds

Olive oil

Large sprig of organic rocket leaves

Parsley

Hempso (tm)

1 tbsp cider vinegar

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Sauté mushrooms in a frying pan with a liberal layer of olive oil, splash of Hempso (tm) and vinegar. Just before mushrooms are tender add generous sprinkling of parsley and hulled hemp seeds, leave for a further minute before serving hot with rocket salad.

Wild Rice Mesquito RVGNS

Wild rice is actually a seed and not a grain, that is why it sprouts so easily.

This recipe only takes a few minutes in total, but you will enjoy it more with a little time spent on it everyday.

175g black long grain wild rice

50g onion, chopped

50g red pepper, diced

50g corn removed from the cob

1 tsp hulled hempseed

1 tsp Hempso (tm)

1 tsp paprika or

1/2 tsp cayenne pepper if you dare

Soak rice for 12 hours. Drain, rinse and drain again. Rinse morning and evening until rice is soft (usually 24 hours). Add remainder and serve.

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Greek Horta VGNS

Dandelion leaves are tasty as well as being helpful to liver, gallbladder, kidney and digestion. If you pick your own, like nettles go for the fresh young leaves, and pick in a clean, organic area.

15 young dandelion leaves

1 small onion

8 black olives

2 tbsp olive oil or hemp oil

1 tbsp cider vinegar

Salt to taste

Steam dandelion leaves and onion until soft. Add olives and top with the oil and vinegar. Season with herb salt.

Aubergine Starter RVGS

1 aubergine

Pinch freshly ground cinnamon

1 clove per person

175g red cabbage

100g cashew nuts

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100g hulled hemp seeds

1 lemon, juiced

Bunch of fresh thyme, to taste

Cut the aubergine in half. Cut out the inside. Finely chop the cabbage. Place cashew nuts in grinder. Mix remaining herbs with cabbage, nuts, seeds and lemon juice and place in the aubergine. You may optionally cook by roasting for 30 minutes in a 180°C oven.

Golabki NS

These cabbage parcels are often served in Poland on Christmas Eve.

1 large cabbage

75g organic hemp butter (ghee)

2 large onions, peeled and diced

450g flat mushrooms, diced

175g couscous, cooked

1 1/2 litres tomato juice or vegetable or mushroom stock

1 tbsp hulled hemp seed

25g hemp flour

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Salt and pepper to taste

Slice through the base of the cabbage and cook whole in salted boiling water until tender. Drain. Melt 50g of butter and fry onions until soft. Add mushrooms. Mix with couscous and season well. Separate the cabbage leaves and place a spoonful of the filling on each leaf, wrapping up the ends to form a parcel. Heat the oven to 200°C, 400°F. Grease a roasting tin and fill with the cabbage parcels, packed closely together. Pour over juice or stock to cover. Cover with foil and bake for 20 minutes. Remove foil and bake for further 10 minutes. Mix together butter, hempseed, flour and roasting juices to make a gravy. Serve parcels covered in the gravy. Hulled hemp seeds also make a suitable garnish.

Crunchy Apple Avocados RVGS

2 avocados

2 red apples, finely diced

2 tsp hulled hemp seed

1 tbsp hemp seed, coarsely ground

1 handful raisins

1 stick celery, finely chopped

1/2 lemon, juiced

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1 tbsp hemp oil or 3 tbsp hemp mayonnaise

Pinch of cinnamon

Cut the avocados in half and scoop out the flesh, keeping skin. Mash the flesh with lemon juice (which stops it going brown). Mix diced apples, celery, hemp seed, almonds and avocado together and add the oil/ mayonnaise with cinnamon. Fill the skins with the mix and garnish with a soaked almond, hemp seed or two and slice of apple.

Sprout Croquettes RVGS

Makes 6

2-3 handfuls of a mixture of whatever sprouts you have around like hemp, mung, lentil or alfalfa.

2 spring onions

100g hulled hemp seeds

100g cashew nuts

50g hemp seeds, whole

2 tbsp Hempso(tm) tamari

1 tbsp fresh marjoram, ground

1 tbsp fresh basil, ground (if only dried herbs available, use half the amount)

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1 tsp yeast

Grind nuts and seeds until they are fine. Add onion herbs, yeast and Hempso(tm) tamari. Add the sprouts and blend for 2-3 seconds so they do not lose their crunch. Form the mixture into croquettes or balls and serve immediately.

Welsh Lava Bread (R)VNS

12g (or 5 sheets) dried nori

6 tbsp oatmeal

2 tbsp hemp flour

1/2 tsp stock or pinch of herbs to taste

Ground pepper to taste

Sunflower oil for shallow fry or bake

Rip the nori sheets in any way you can and place in a saucepan with a little (1/2 cm) amount of water. Place over very low heat and turn into a thick paste. Use as much water as necessary, but not so much as to make it sloppy. Remove from heat. Add oatmeal and hemp flour or ground seed, stock or herbs and pepper to taste. Let cool, place in an airtight container and leave in the refrigerator all night. For breakfast, form into burger or sausage shapes, roll in sesame seeds and shallow fry for a few minutes on each side until crisp on the outside. Alternatively bake for 10 minutes at 180°C.

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Carrot and Hemp Rapee RVGNS

A French African dish, courtesy of Dan the Brighton Chef man.

1 carrot, peeled & grated

Garlic, finely chopped, to taste

1 tbsp sesame oil

Black pepper, coarse ground, to taste

Sprig of parsley

1 tbsp hemp seeds

1 tbsp lemon juice

1 tbsp raisins or sultanas

1 tsp maple syrup

Pinch of caraway seeds

Dry roast seeds. Mix in other ingredients. Let sit for 30 minutes.

Stuff It! RVGS

2 large tomatoes

100g carrot, grated

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100g sprouts (clover or hemp recommended)

100g soaked currants or raisins

1 tbsp onion, chopped

Alfalfa sprouts, to taste

Blending:

50g cashews

50g hulled hemp seeds

1 tsp dulse

1/2 tsp paprika

150ml rejuvelac

1 tbsp hemp oil

1/2 lemon, juiced

Mix the blending ingredients together and blend. Cut out flesh of tomatoes. Mix flesh of tomatoes, blended ingredients and all remaining ingredients together. Fill tomato skins and top with hemp or alfalfa sprouts and hulled hemp.

Spicy Puffed Rice (Pun) VNS

This is a dish I picked up in Calcutta, called Jhaal Muri.

400g puffed rice

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1 small onion, diced

2-4 green chillies, finely chopped

1/8 coconut, peeled and cut into slithers

50g chickpeas, cooked

50g potato, boiled and sliced into flakes

1/4 cucumber, finely chopped

2 tsp mustard oil

Black salt, to taste

Coriander, to taste

Garam masala, to taste

1 1/2 tsp lemon juice

1 raw tomato, cut into small chunks

1 tbsp hulled hemp seeds,

Roast chickpeas in a pre-heated oven (180°C) for 5-10 minutes.
Mix all ingredients together and toss well to coat all the ingredients. Serve immediately.

Savoury Hemp Popcorn VGNS

1 tbsp hemp oil

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1 tsp hemp butter or ghee

1 garlic clove, crushed

1 tsp Hempso(tm) sauce

1/2 tsp herb salt

Pinch cayenne pepper

1 tbsp dried flakes of sea vegetables

225g corn

Heat the butter in a pan. Place one piece of corn in the fat and wait to pop. Now place remaining corn in pan and cover. Shake until popping has stopped. Mix hemp oil, Hempso(tm) sauce, garlic paste, herb salt, pepper and sea vegetables and drip over popcorn, mix and serve.

Other options include some mustard powder mixed with a tablespoon of miso paste and a teaspoon each of vinegar and hemp oil. Cover with sea vegetables and pepper to taste. Try mustard powder mixed with miso, vinegar, hemp oil or spirulina, cayenne and garlic powder as base for other toppings to taste.

In parts of China toasted hemp seeds are still sold like popcorn in movie theatres and by street vendors.

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Sweet Dehydrate Hemp Treat RVGNS

One of my favourite kitchen tools is a dehydrator, and although I am still experimenting with numerous recipes, I find this is one of my favourites:

3 tbsp toasted hemp seeds

6 tbsp almonds, soaked overnight

3 tbsp sunflower seeds

10 dates, soaked overnight

2 tsp blue-green algae

1 1/2 tbsp maple syrup

1/2 tsp vanilla essence

Grind seeds and nuts into a flour. Blend with remaining ingredients (a vita-mix is best) until they form a paste, adding water as necessary. Make into biscuit shapes. Place in dehydrator for 36 hours, turning every 12 hours. Try with one drop of organic mint essential oil instead of vanilla.

Hemp Crackers RVGNS

Makes 6 savoury dehydrate hemp treats

3 tbsp hemp seed

3 tbsp almonds, soaked overnight

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1 tbsp sunflower seeds

1 clove garlic

1 tbsp Hempso(tm)

1 carrot

1 stick celery

1 tbsp tahini

1 tbsp basil (fresh if possible)

1 tbsp oregano (fresh if possible)

Grind seeds into a flour. Finely grate carrot and celery. Mix all ingredients into a paste, add water if necessary. Make into patties. Place in dehydrator and dry for 36-48 hours (test to see what works best for you). Don't forget to turn the trays every 12 hours. Try with red pepper instead of celery

Nasturtium Capers RVGNS

Nasturtium buds to fill a 1.2 litre (2 pint) jar

1 tbsp hemp flour

1/4 tsp nutmeg

1/2 tsp black peppercorns

6 cloves

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1.2 litres vinegar

Gently stir buds in cold water, drain, repeat, then lay on sieve to dry. Mix all herbs. Loosely fill the jar with buds, adding herb mix as you go. Fill jar with vinegar and seal. Sit in a cool dark place for six weeks before opening.

Nasturtiums are native to South America, but I have seen these colourful plants on every continent. Both leaves and flowers of organic nasturtiums can be consumed.

You can also stuff these flowers with fresh herb paneer as a salad topping treat.

Soy Nuts VGNS

50g soybeans

Hempso (tm), to taste

In the morning, soak soybeans in an 2 litre jar. Fill to the top so as to compensate for them swelling to three times the original size. Around lunchtime the next day rinse soybeans without removing the skins. Drain soybeans and mix with Hempso (tm) (to taste). Place on a baking pan in an oven at 350°F for 15 minutes. Transfer to a plate to cool before serving. This makes a great addition to salads, soups, scrambled eggs and cooked vegetables. Try with hemp butter (ghee).

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Soyemp Nut Butter (TT) VGNS

2 tbsp soynuts, cooled and ground finely

2 tbsp toasted hemp seeds, cooled and ground finely

1 tbsp avocado, mashed

1/2 tsp lemon juice

Make soynuts (see previous recipe) and toasted hemp seeds (see basic essentials) and allow to cool. Grind nuts with seeds. Add avocado and lemon. Eat immediately. Will not keep long because of the avocado.

Simple Snax RVGNS

Try munching on caraway and dill seeds for a super snack. Soaked (overnight) seeds and nuts or a celery stick or four, maybe a sweet carrot? Yum!

Salad

Salads can be made into beautiful pieces of art, as well as a great main meal. Take an extra deep breath before you start, and take a little more time to prepare one of the greatest food gifts, whether for guests or yourself.

Salad ingredients are best grown at home to guarantee freshness and no added chemicals. In this way you will be able to appreciate cooking with your own creations. Salad greens are easy to grow. The resource list gives you addresses where you

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can obtain permaculture guides to help you with this, surprisingly easy, step.

Be creative and use finely chopped vegetables with your choice of dressings to make it a true meal. Cabbage (red is best), broccoli, beetroot, celery, chicory, watercress, radish, sorrel, Swiss chard, kale, spinach and tomatoes are all foods that are best added raw. Try to make sure they are organic.

Other mixers include avocado, toasted pine kernels, sprouts, toasted seeds, sea vegetables and coconut. Try only three or four main vegetables at a time, as if you use them all at once your stomach will shout chaos!

Radishes (try the black ones) are also a great addition to most salads when sliced and placed on the side of the dish.

Lettuce Salad Supreme

'Lettuce is a natural tranquilliser containing a chemical called lactucin which in large amounts is said to have a similar effect to cannabis flowers!'

Lettuce forms the basis of many salads, but little is known about the basics of this everyday ingredient. Use fresh crispy lettuce only. Chinese leaves are a great, mouthwatering substitute. The less time from being picked to being put in the mouth, the better. If you need to use lettuce that has not picked the day before, place in a bowl of cold water and refrigerate for two hours.

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Washing salad leaves under cold water, leaving them to drain dry in a salad basket then shaking in a clean cloth makes lettuce so much more enjoyable. The heart of the lettuce and cabbage should not be washed to enable you to savour the fresh flavour of this delicacy.

Use leaves tossed in a salad and served with lashings of hemp oil and a little lemon juice for a nourishing choice.

Don't forget that whatever salad you make, serve it with garnishes to make that extra difference. And nothing tops a salad with more style than some flowers! Choose from nasturtium, geranium, lavender, violet, rosemary, elderberry (elderberry can prevent flu and rheumatic pain), sage, thyme, chives, chamomile, sorrel, rose petals and chrysanthemum to name but a few!

Young Okra is also popular in North Africa and the Mediterranean. It is enjoyed as a good source of vitamins and minerals. In Greece and Turkey okra pods are cut into chunks and soaked in vinegar overnight to remove the slippery sensation.

Coleslaw RVGNS

1/2 large fresh cabbage

1/4 small cauliflower

1 medium carrot

2 tbsp vinegar or lime juice

75ml hemp oil

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1 tsp fresh dill or

Small bunch fresh chives, chopped

1/4 tsp salt

Freshly ground pepper to taste

1 tbsp apple concentrate

Fresh coriander leaves, parsley and hulled hemp seeds as garnish

Finely grate the cabbage, cauliflower and carrot. In a small bowl mix together vinegar, dill or chives, salt and pepper. Stir in oil and apple juice. Mix together and serve with garnish.

Indian Style Sprouts RVGN

525g mung-bean sprout

175g hemp or other sprout

2 tbsp hemp oil

1 tsp salt

1/2 tsp turmeric

40ml water or rejuvelac

2 tsp coriander powder

1 tsp ginger, juiced

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1/4 tsp curry powder

2 tsp brown rice syrup or honey

Rinse sprouts in cold water. Mix thoroughly and serve.

Egyptian Sprouted Salad RVGNS

175g sunflower sprouts

175g hemp sprouts

1 tbsp hulled hemp seeds

175g alfalfa sprouts

100g fenugreek sprouts

100g black olives pitted

100g shredded Jerusalem artichoke

1/2 chopped avocado

Rocket leaves to taste

Mix with garlic or lemon hemp oil dressing. Serve on a bed of rocket

'When preparing salad, eat immediately. By leaving it sitting around for hours you lose many valuable enzymes and nutrients due to oxidation'

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Polish Cabbage VGNS

1/2 lb white cabbage, shredded

1 medium size apple, peeled, cored and shredded

2 tsp caraway seeds 4 tbsp hemp seeds

1 tsp hemp oil/ hemp butter (ghee)

Mix all and steam until cabbage is cooked, but still firm. Add hemp oil (or butter) if desired and serve

Sauerkraut RVGNS

1 medium size head of fresh cabbage, green and healthy looking
1 slice whole wheat bread, placed in a small piece of muslin or hemp cloth (1 tbsp of raw whole-grain also works)

4 cloves garlic, cut into tiny pieces

1 tbsp hemp seeds

2 tsp Hulled hemp seeds

1 tsp caraway or cumin seeds

Fresh water

Coarsely shred cabbage. Place bread in bottom of a wide-mouth glass jar. Add cabbage then mix in garlic and seeds. Do not pack down too tight and leave 2 inches from the top. Place a tall drinking glass (not plastic) bottom down in the centre of the jar,

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packing down the ingredients. Fill with distilled water, not all the way to the top. Cover jar with hemp cloth and fasten securely with rubber band. Leave near a radiator, on top of a fridge or anywhere else warm. The fermentation is quick and can usually be smelt within a day, hence the need for the drinking glass to keep mix packed down. Made without salt this is the real sauerkraut. Ready in 5 days (taste to be sure), remove the little bag and jar. Keep uncovered in refrigerator and consume within one week. Use remaining juice in a cold drink or as soup stock.

Dressing oils

Flavour your hemp (or other) oil to suit the style of your meal. Thyme, rosemary and bay leaves lend a Mediterranean flavour. Basil, oregano, marjoram give foods that Italian feel. Chilli and cumin go well with Indian and Mexican meals. Chinese favourites include black pepper and ginger. For English dishes, tarragon, sage and parsley make great additions to most oils.

If you do not have these herbs in your garden then see resource list for seed suppliers. Dried herbs don't have as much flavour, but will do.

Store in a warm place (just above room temperature, a top shelf in the kitchen will do) for three days. Strain out herbs and re-store oil in its proper place, the refrigerator.

If using fresh herbs, use within a month.

Most salad dressings work well with a sprinkle of blue-green algae for the life and hidden extra micronutrients it provides

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(by the way, try 2 tbsp blue-green algae with some lavender oil for a therapeutic bath!)

Vinegar

It is important to source a quality vinegar (Aspalls in the UK produce excellent organic vinegar). Add required herbs and store at room temperature for two weeks, strain out herbs (or if they look nice, leave them in) and dilute to taste.

Basic Hemp Dressing (R)(V)GNS

100g hemp butter or hemp oil

100g parsley

1/2 lemon, juiced

1 tsp Hempso (tm) tamari

1 tsp hulled hemp seed

75ml water

Blend and serve.

Vinaigrette au Chanvre RGN

300ml of hemp oil or other oil

100ml of raspberry vinegar or other vinegar

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1 tbsp hemp seeds, ground

1 tsp raw honey or maple syrup

1 tsp mustard

1/2 lemon, juiced

1 clove garlic, crushed

Fresh thyme or mix of your favourite fresh herbs, chopped Salt & pepper to taste

Mix oil and vinegar. Add ground hemp ('chanvre' in French) seeds, raw honey or maple syrup, mustard, lemon, garlic, chopped fresh herbs, salt and pepper. Whisk with a fork and pour onto your favourite raw stuff

When making a salad dressing remember that you need a 1/3 vinegar to the oil. You can use any kind of oil you have, though one day in the not too distant future you'll be able to find quality hemp oil in every large store as it is the preferred choice for a truly healthy diet.

Super Hemp Dressing RGNS

150ml hemp oil

75ml sesame oil

75ml cider vinegar (or lemon juice)

1 tsp mustard or mustard powder

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1 tbsp raw honey or maple syrup

Paprika to taste

1 tbsp red wine (optional)

1 tsp Hempso (tm) tamari

Blend and serve.

Other options: spring onion, chopped, basil & thyme, garlic, oregano, cayenne pepper etc. Be aware of pre-made sauces and dressings. Mix and make your own!

Garlic-Ginger Dressing RVGNS

150ml hemp oil

2 tbsp lemon juice

1 tbsp Hempso (tm) tamari

1 tbsp tahini

1 tsp ginger, freshly grated

1 clove garlic, grated or minced

Combine all in a blender. Use for any salad or vegetable dishes.

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Apple Cashemp Spread RVGS

100g hemp seeds, ground

100g cashew nuts, ground

175g chopped apples

1 tbsp lemon juice

1 tbsp water

Blend and enjoy

Hot Hempy Horseradish R(V)GNS

Horseradish helps digestion of fatty foods, improves circulation and clears the sinuses.

10g Horseradish roots

1 tbsp Vinegar or lemon

2 tbsp hulled hemp seeds

1 cup fresh yoghurt (optional)

1/4 tsp Hempso(tm) (optional)

Quantities may vary depending on quality of horseradish so do experiment. Grind young, not yet sprouting roots and grate directly into vinegar or lemon to minimise exposure to air. Add some hulled hemp seeds to taste and mix. Additionally, if you so wish

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add 1 cup fresh yoghurt and 1/4 tsp Hempso (tm) tamari to above recipe to make a Dresden sauce.

The Japanese sell dried horseradish root as wasabi powder, don't buy the green stuff as this is just coloured with a dye for presentation.

Hot Hemp Mustard RGN

2 tbsp mustard powder, freshly ground if possible

2 tbsp hemp flour, finely ground or hulled hemp seeds

1/2 tsp turmeric

1/2 tsp ginger, ground or juiced

1/2 tsp horseradish, grated

75ml cider vinegar

75ml hemp oil

75ml warm water

1 tbsp raw honey or maple syrup

Small lemon slices

Mix mustard, spices and flour together. In a separate bowl, mix water, vinegar and raw honey or maple syrup. Combine in pan. Bring to boil and leave on low heat for 2 minutes. Let cool until warm, then pack into clean air tight jars. Place lemon slice in jar to

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help keep mustard fresh (needs to be replaced every 3-4 days). Always refrigerate. Add more flour to thicken. Exchange oil for water to make hotter!

Other Mustards

Other types of mustards just use red wine vinegar instead of cider vinegar. Real Dijon mustard uses Champagne. Chinese mustard uses flat beer. Try adding a pinch of powdered cloves, garlic, onion, sea vegetables, whole black mustard seeds or dill for unusual tastes and colours. In ancient Rome black mustard seeds were crushed and mixed with wine to make an early version of our table mustard.

Hemp Pesto RVGS

125g Pine nuts

50g hemp seed

100g fresh basil leaves

3 large cloves garlic

Juice of 1/2 lemon

2 tbsp extra virgin hemp or olive oil

Pinch salt and oregano to taste

75g parmesan (optional)

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Lightly roast hemp seeds for five minutes at 160°C. Add all ingredients except salt and oil. Mix into a blender until a crunchy paste. Over mixing will result into more of a liquid than a paste. Add pinch of salt. Add oil slowly. This makes three small jars.

When kept in jars, cover with one tsp olive oil and refrigerate. If you can, vacuum pack the jars. Pesto can also be stored frozen. It is excellent as a spread, sauce for pasta or even as a salad dressing. To be totally authentic this recipe should be made in the Italian countryside whilst sipping a glass of your finest hemp wine, but your kitchen will do.

Basil, the main ingredient in pesto, helps relieve high blood pressure and is a gentle sedative. Some varieties are used to treat colds, the flu, stomach cramps, nausea and headaches. For variety, instead of basil try fresh coriander, parsley, watercress or sorrel mixed with either oregano, sage, thyme or spinach.

There are also many varieties of basil that can be grown on your shelf or in your herb garden (see resource list for seed suppliers). Each one is a delicacy deserving a separate description. See your permaculture books for more information.

Once made, pesto should be covered with a layer of olive oil and refrigerated so it will store for a few weeks fresh, or alternatively it can be frozen. If it is harvest time, store fresh herbs in oil and refrigerate until needed.

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North African Hemp Condiment VGNS

Chilli peppers contain capsaicin, a natural painkiller. They also stimulate digestion.

10 dried red chilli peppers

1/2 tsp black peppercorns

1/2 tsp ginger, grated

5 cloves, whole

1/2 tsp coriander seeds

1/2 tsp cumin seeds

1 tbsp hemp seeds, coarsely ground

6 cardamom seeds

1/2 tsp fenugreek

1/2 tsp cinnamon, ground

Heat a heavy pan and cook chillies for two minutes. Add remaining spices, except hemp seeds, and cook for two minutes. Add hemp seeds and cook for final two minutes. Shake and stir constantly to prevent burning. Scrape mix out with a spoon, grind into a fine powder and store airtight for up to six months

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Black Pepper

An ancient spice, once literally worth its weight in gold. Pepper helps food digestion and Ayurveda uses it frequently for colds and infections amongst other things.

Mataji's Garani Masala VGNS

5 cinnamon sticks, 3 inches long

25g whole cloves

100g cumin seed

175g coriander seeds

25g whole black peppercorns

1 tbsp hemp seeds, roasted

Mix all ingredients, except hemp seed, in a roasting pan and place in a pre-heated oven at 180°C. Roast for 30 minutes on bottom shelf, stirring occasionally. Let cool then place in coffee grinder with hemp seeds. Mix then blend repeatedly until a powder. Store in an airtight jar. A warming spice that helps digestion. Use in many dishes – sparingly.

Super Green Salad Dressing

1 tbsp roasted and powdered cumin seeds

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1 tbsp hemp seed, roasted

1 tsp. pepper

1 lemon, juiced

Pinch of blue-green algae powder

Mix and serve.

Dry Roasted Seed Mix VGNS

175g mixed seeds (hemp, sesame and pumpkin are an ideal mix)

1/2 tsp. ground cumin

1 tsp. coriander powder

1/4 tsp. turmeric

1/2 tsp. Hempso(tm)

Options: pepper or lemon juice.

Roast in an oven at 160°C for 5-10 minutes, or until starting to brown. Alternatively mix in a pan and cook over low heat or until pumpkin seeds start to pop – about 10 minutes. Stir, cooking for a further minute. Briefly roasting seeds like this helps the digestion by breaking down the inhibiting enzymes (though not present in hemp seed)

Russians pack their pockets with sunflower seeds, as some of the Chinese, Indians and Nepalese do with hemp seeds. The old

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Russian Czar's army was given them as rations. Very high in potassium they are an ideal snack

Mayonnaise VGNS

Makes one pint

425ml olive oil

1 lemon, juiced or 3 tbsp cider vinegar

150ml double strength hemp milk (half water to seed ratio) or concentrated soya milk

1 tbsp French mustard

1 clove garlic, crushed

Salt and paprika to taste

Pour the milk into a blender. Add the garlic, lemon or cider vinegar and mustard and blend for three seconds. Add some salt and paprika then blend again. Slowly, drop by drop, dribble the oil a little at a time until the mixture thickens to the required texture. If you do not stop as soon as the mixture goes thick then you will find it reverts back to a thin liquid.

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Tahini Mayonnaise (T) RVGNS

150ml hemp tahini

1 large lemon, juiced

150ml water

Whisk tahini and lemon juice in blender. Add a little water at a time until you reach desired consistency. Keep airtight in refrigerator and you can use for up to 4 days.

Preservatives in food are so dangerous that workers in dried fruit factories have to wear gas masks to prevent themselves being poisoned.

Suncashemp Hemp Dress (R)VGS

100g hemp seeds (soaked overnight)

100g sunflower seeds (soaked overnight)

100g cashew nuts 1 large carrot Juice of one lemon

1 tbsp raw honey or maple syrup Sprig of parsley

Rejuvelac to taste or 1 tbsp yeast extract (optional)

Blend seeds and nuts in food processor until fine. Add roughly chopped carrots, lemon juice, raw honey or maple syrup and seasonings. Blend well and add water until the desired

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consistency is reached. Place in a bowl, cover with a cloth and place in warm spot for 6-8 hours. Add other fresh herbs to your liking.

Super Mint Dressing RVGNS

2 tbsp lemon rind

3 tbsp hemp oil

1 1/2 tbsp water

1/4 tsp. paprika

1 tsp. Hempso (tm) tamari

2 tbsp fresh mint, finely chopped

1 tbsp fresh parsley, finely chopped

1 tbsp fresh chives, chopped

1 tbsp fresh tarragon, finely chopped

Squeeze of fresh lemon

Mix all ingredients well, refrigerate and serve with salad, especially cucumber or on jacket potatoes. Optionally garnish with your preference of ground hemp seeds or hulled hemp seeds.

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Miso Dressings Introduction VGNS

Fresh miso is a wonderful base for an easy, tasty and healthy dressing. For every tbsp of miso use 150ml water to 100g seeds and 1/2 tsp. ginger/lemon. Try with hemp, pumpkin, sunflower or umeboshi. Parsley and mustard are also tasty, for example:

Miso Mustard Dressing VGNS

570ml water

5 tbsp miso (ginger is nice, try other miso's as they all taste different)

2 tbsp mustard

1 1/2 tsp ginger.

Blend miso and a little water first, then add mustard, then ginger and pour.

Garnishes and Top Tips RVGNS

Some suggestions to give you inspiration include: Hemp (oil, seed or nut), sunflower, sesame, pumpkin, fennel, poppy, caraway, dill, cumin, or any seeds or nuts whole, ground, roasted or hulled. Sprouts, cress, wheat-grass (chopped finely), grated coconut, wheatgerm, honey, maple syrup, rose or rose water, marigold or other edible flower petals (see free food, grated raw beetroot or small cubes of tofu. You can mix varieties of these ingredients, my

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suggestion is to try and mix your favourite foods or what you perceive to be the strangest combinations.

Up The Wall Nutty Dressing RVGS

15g walnuts

10g hemp seeds

30g creamed coconut, chopped roughly

2 tbsp walnut oil

2 tbsp hemp oil

100ml water

Blend all ingredients together until smooth and creamy. Leave cool, but do not refrigerate. Great on all salads, especially with peppers and tomatoes

Fruit Topping RVGNS

Cut, cool fruit is often combined with rose water and a sweetener in India. Try maple syrup or raw honey. Rose water is so refreshing and alive. Rose water can be purchased from most Indian groceries.

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SAUCES AND SPREADS

Guacamole Dip RVGNS

An ancient Aztec dish, enjoyable with most any food or on its own

2 very ripe avocados

2 tbsp onion, finely chopped

1 clove garlic, minced

1/2 red pepper, finely cut

1/2 tsp ginger, juiced

1 tbsp hulled hemp seeds

2 tbsp orange juice

1 small chilli, finely cut (optional)

6 sticks of celery

Halve the avocados. Remove pits and scoop flesh into a glass container. Mash with a fork and blend in remaining ingredients. Top with hemp seeds

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Serve as quickly as possible with the celery as an edible fork. Parsley or paprika are good optional toppings.

Coconut Chutney VGNS

175g freshly grated coconut

2 1/2 tsp urad daal

1 tsp olive oil

2-3 dry, whole red chillies

1/2 tsp asafoetida powder

small amount of seedless tamarind or juice of 1/2 lime

Salt to taste

Tasty mix:

2 tsp oil

1 tsp Hulled hemp seeds

1 tsp mustard seeds

Curry leaves to taste

Fry daal and red chillies in oil. Fry on a low flame until daal changes colour. Grind fried daal and chillies along with coconut, tamarind or lime, salt and asafoetida and a little warm water to

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make a fine paste. Transfer to a serving bowl and keep aside. Heat the oil from the 'tasty mix' and add mustard seeds until they start to splutter. Add curry leaves then remove from heat and pour onto the chutney. Mix together with hulled hemp. Serve with dosas and coconut sambar.

Asafoetida clams gas and bloating, particularly good for Ayurvedic Vata' types. Should be heated before consumption

Spicy Mango Chutney RVGNS

2 ripe mangos, washed, peeled and sliced

1/4 tsp fresh ginger, finely chopped (or 1/2 tsp dry powder)

3 tbsp lemon or lime juice

1 tsp hulled hemp seed

1/8 tsp turmeric

2 tsp brown rice syrup

1/4 tsp fresh ground black pepper

1/16 tsp cayenne pepper

Place all in blender until a puree. A hot chutney that aids digestion.

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Coriander Chutney RVGNS

1 bunch fresh coriander leaves (cilantro)

75ml fresh lemon juice

75ml water

75ml grated coconut

2 tbsp fresh ginger, chopped

1 tsp hemp oil

1 tsp raw honey or maple syrup

1 tsp salt

1/4 tsp fresh ground black pepper

Blend lemon juice, water and coriander until the coriander is chopped. Add remaining ingredients and blend into a paste. Will keep for one week if covered and refrigerated. Serve with dosas or salad

Cucumber Raita GNS

300ml freshly made yoghurt

50g cucumber, peeled and finely diced

1 large radish, peeled, quartered and sliced (optional)

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1 tbsp fresh ginger, peeled and finely grated

1/8 tsp turmeric

1/4 tsp fresh black pepper, finely ground

1/8 tsp cinnamon

50g fresh coriander leaves

Method

Combine all ingredients in a mixing bowl. Great with most curries, daal and rice.

White Sauce Basics (V)(R)NS

Useful as a base to more interesting herb, hemp or mushroom sauces this will help get you on your way:

2 tbsp hemp butter (ghee) or oil

300ml milk (your choice)

2 tbsp fine flour or flour of your choice

Hulled hemp seeds, to taste

Salt and pepper to taste

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Measure out milk in a bowl and add flour. Mix together thoroughly. Heat butter or oil over low flame. Pour milk and flour mix into it and cook. Stir continuously until mix is thick and has started boiling. Cook for two to three minutes before adding seasoning as required. If you require an extra thick sauce use a little less milk, if you prefer it thinner then add a little more milk.

Add hulled hemp seeds, mushrooms, onions, celery, leek or flavourings as desired.

Hemp and Apple Sauce RVGNS

150ml apple juice

75ml raisins (soaked)

2 large sweet apples, diced.

1 tsp hemp oil

1 tsp hulled hemp seed

2 tsp freshly squeezed lemon juice

1/2 tsp ginger

Blend liquid and oil at low speeds in blender. Work in raisins, followed by apples, lemon juice and ginger. Delicious accompanying roasts, or great on its own.

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Hemp Tahini (R)VGNS

3 tbsp hemp seeds

1 tbsp sesame seeds

2 tbsp toasted sesame oil (use almond, safflower or hemp to change the taste)

Method

Toast hems seeds for 15 minutes and sesame seeds for 5 minutes at 140°C. Grind in a coffee blender or similar and mix with oil. Try this recipe with maple syrup.

Hemp Walnut Miso Saucey RVGS

Great as a topping on rice, beans, pasta, a sauce for green vegetables, a spread on tofu, tempeh or try as a dip with apple!

50g walnuts

50g hemp seeds

3 tbsp amakuchi or other dark miso

3 tbsp water or rejuvelac

1-1 thsy white wiue, sweet cider or port

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Roast walnuts and hemp seeds in the oven or on a deep heavy pan until they begin to turn dark, before they start to burn. In the pan add rest of ingredients, mix and serve. Use more liquid as required. Warm if required.

Tofu Spread VGNS

450g tofu

15cm kombu

170g pumpkin, cut into cubes

3 tbsp hemp seeds

1/2 avocado, mashed

3 tbsp white miso

1 tbsp rice vinegar

1/4 cucumber

Chives for garnish

Place kombu in a steamer. Steam tofu on top of pumpkin for 10 minutes on a high heat. Dry roast seeds and grind for later. Cut the cucumber into small pieces and blend with tofu, miso, avocado, vinegar and then the seeds. A great dip topped with chives and/ or blue-green algae powder.

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Cream Spread VGNS

1 banana

1 tbsp hulled hemp seeds

1 tbsp barley miso

1/2 tbsp tahini

Mash and combine thoroughly. Serve with starch free crackers on fresh bread or with a luscious salad.

Amasake and Chestnut Paste VGS

350g amasake

175g cooked whole chestnuts

1 stick kuzu

Prepare amasake (see desserts). Cook chestnuts (soak overnight and cook for 40 minutes). Blend chestnuts in a mixer. Blend the stick of rinsed kuzu in cold water. Re-heat amasake, take off heat and add the kuzu and chestnut paste. Stir constantly and heat until it thickens. Serve with lemon and roasted hemp seeds.

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Chestnut and Olive Pate VGS

Serves 4 as a starter

225g dried chestnuts, soaked and cooked (saving liquid) or 425g unsweetened chestnut puree

100g black olives, pitted

1 1/2 tbsp finely chopped fresh thyme

1/2 tbsp soy or Hempso (r) tamari sauce

Paprika to taste

Blend all ingredients thoroughly until smooth, using extra cooking juice if using dried chestnut. Serve on crackers, with salad and topped with black olive and fresh thyme. Alternatively, as a pancake mix this is a real treat!

Salsa VGNS

6-8 tomatoes, diced

1/4 bunch of coriander leaves, finely chopped

1/2 medium onion, finely chopped

1/2 lemon, juiced

Pinch of salt if desired.

Mix all ingredients well. Serve with tacos or beans.

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Pickle Mix RVGNS

900g your favourite vegetables (see below)

1-2 cups whole hemp seeds

1-2 tbsp herbs and spices (depending on strength of herb you are using)

Water to cover

Cut, slice or dice approx. 900g of your favourite mixed vegetables. Be sure to add onion as this enhances the overall flavour. Whole hemp seeds work well added here. Red cabbage changes the overall colour. Green peppers are also good. Herbs and spices can be added such as cloves and cardamom. Bring one pint of water to boil and add one tsp sea salt. In a suitable container, pour water over vegetables, and weigh down so all vegetables are covered with the brine solution. Cover with a cheesecloth or piece of muslin. Vegetables take between three days and three weeks to ferment depending on temperature. They should taste sour and not raw when ready. Refrigerate and use within 3 weeks. Onions can take up to 8 weeks to ferment, and will last two months. Great served with pakora and salad.

Houmous RVGNS

350g chick peas

100g hulled hemp seed

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100g unhulled tahini

2-4 cloves garlic, crushed

1/2 lemon, squeezed

1 tsp Hempso (tm) tamari sauce

6 dates, soaked for 12 hours

Paprika and parsley topping (optional)

Soak chick peas for 12 hours. Leave to sprout for 48 hours. Place in a blender and blend well, slowly mixing in remaining ingredients.

'It is ordered that all my workers take garlic every day to maintain there health and strength' Knoom Khoufouf, The builder of the Ancient Pyramids (4500 B.C.)

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MAIN DISHES

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As in all Indian Ashrams I have visited, food penetrates us in a different way from food served in 'fast-food' canteens. After cooking a meal for my guests I also like to briefly consider the plant that provided the food and the earth that supplied nutrients to that plant. The field workers and the transportation are also worth thinking about. Give a few seconds of your time and you will slowly be more conscious of the more subtle energies you receive from food.

Why not make an extra large salad with one of the unusual and tantalisingly tasty and tempting hemp dressings or spreads?

Take-away' or To-go' Sandwich Ideas (V)(G)(R)NS

Avocado and sprouted alfalfa, tomato and basil leaves

Carrot, cooked and mashed with toasted pine kernels and ground coriander and cumin

Cucumber and toasted almonds

Cottage cheese with miso and chives

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Raw mushrooms with red pepper and fennel seeds

Tahini, miso, grated carrot and chopped chives

Tomato, onion, chopped black olives and fresh basil leaves

Raw Spaghetti RVGNS

Courtesy of Christina Sapphire of *REAL* news - an excellent Australian raw food publication - see resource section for more information. Serves 2-3

Step 1: Dried vegetable powder

4 tomatoes, thinly sliced

1/2 small aubergine, thinly sliced

1/2 courgette, thinly sliced

1 onion, thinly sliced

1/2 red capsicum, sliced in strips

Place vegetable slices in dehydrator set to 45-50°C. Dry for 1 to 1 1/2 days, until vegetable slices are crispy dry. Blend into a powder. Set aside

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Step 2: Sauce

Dried vegetable powder from step 1

8 medium to large juicy tomatoes, blended or pureed

1 tbsp chopped fresh parsley

1 tbsp hulled hemp seeds

2 tsp chopped fresh oregano

1 tsp chopped fresh basil

1 clove garlic, crushed (optional)

8 mushrooms, thinly sliced

Mix all ingredients together. Leave to marinate for 15 to 20 minutes while you prepare the pasta.

Step 3: Pasta

2 medium sized courgettes or yellow squash

Grate the courgette or squash lengthwise with a grater or vegetable slice to grate/ slice vegetables into long threads. Or use a 'spaghetti maker' for raw spaghetti, which can make spaghetti as long as your arm from courgettes (see FRESH in resource section for availability).

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Step 4: Serving

Sauce from step 2

Pasta from step 3

2 spring onions, thinly sliced

Rocket or other salad leaves

1 tbsp hemp oil

1 or 2 tsp sesame tahini (optional)

Olives to taste

Place the pasta into a bowl and pour the sauce over it. Garnish with the sliced spring onions, hemp oil and sesame tahini. Serve with green leaves and olives. Serve as it is or, if you prefer, warm it up in the dehydrator before serving.

Avocado Yum RVG(N)S

1 avocado

175g broccoli, spinach, hemp flowers, hulled seeds or cashew nuts

Sprig of parsley

Mix in a blender. Serve with sprig of parsley and sprinkle with hulled hemp seeds, or any of the above options.

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Hemp Tempura VNS

1 tsp cumin, freshly ground

250 ml sunflower or ground nut oil

Vegetables of your choice, such as red onion, courgette, aubergine, mushroom, parsnip, broccoli or celery

Batter (see basic essentials)

Hot mustard sauce, sambar or soy sauce, to taste

Prepare batter 1/2 hour in advance. Add teaspoon of freshly ground cumin to the batter. Cut vegetables into bite size pieces. On slippery, shiny vegetables thinly cover with flour. After some experimentation you will know which vegetable you prefer. Heat sunflower or ground nut oil in a deep pan (a tempura pan if you are lucky). Do not let it smoke. Whilst the oil is heating, place batter into a deep bowl. Drop vegetables into the bowl, one at a time until covered in batter. Test the oil by dropping a small piece of vegetable into it. It should sink, then immediately rise, sizzling. Place vegetables in hot oil for one to two minutes, turning once, or until golden brown. (Hot oil can be dangerous. Please keep this 'obvious' thought in your conscious mind whilst keeping the oil constantly hot, as if you let the temperature drop you will produce soggy tempura.) Take the tempura from the hot batter with a slotted spoon and place on a mesh rack for one minute before serving with hot mustard sauce, sambar or soy sauce.

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Jamaican Patties NS

The Pastry Mix:

225g organic whole flour

25g hemp flour

5oz hemp butter or non-hydrogenated margarine

1 tsp paprika

1 1/2 tsp turmeric

3 tbsp ice cold water

Mix flours together with the paprika, turmeric and a pinch of salt. Rub in the fat so the mixture resembles breadcrumbs. Slowly add cold water until it becomes a firm dough. Place in the fridge for at least one hour. Roll out on a lightly floured surface and cut into 4" circles. Roll each circle into a 4" x 8" oval ready for the mix.

The Mix:

2 onions, finely chopped

2 fresh chillis

1/2 thumb of fresh grated ginger or 2 1/2 tsp ground ginger

1 clove garlic

Pepper, fresh coriander or coconut (optional)

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Vegetables for two (recommended potatoes, cut into 1cm cubes, or sweet potatoes, carrots, sweetcorn, parsnip)

Olive oil for frying

Fry the onions and chilli for one minute, add the garlic, then the ginger. Fry for one more minute before adding vegetable cubes and sweetcorn. Just before cooked add optional coriander, coconut and pepper. Place your mix into the formed pastry and cook in a preheated oven (200°C) for 15 minutes.

'Tip - if you burn your mouth from too many chillies – yoghurt (preferably live) not water will cool you down.'

Baked Cauliflower with Tofu Dressing VGNS

1 whole cauliflower

225g tofu

2 tbsp miso

30g sesame seeds

30g hulled hemp seeds

1 tbsp hot hemp mustard

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Remove the leaves of the cauliflower, then place it in a large saucepan with one cm of water, Cover and steam for 15 minutes. While the cauliflower is cooking, place the tofu in 1/2 cm water in a pan and steam for 10 minutes. Wash the sesame seeds and dry roast in a frying pan on a medium heat, stirring frequently. When the seeds can be easily crushed between the thumb and the third finger they are done. Grind the sesame seeds to a powder in a coffee grinder. Mix the ground seeds, hemp seeds and tofu together and blend to a cream in a blender. Blend the miso in a little water and mix into the tofu and seeds. Mix in the mustard. Transfer the cauliflower onto a baking tray and spoon the tofu dressing over it. Bake in a preheated oven on a medium setting for 15 to 20 minutes, then serve.

Hot mustard is useful in combating gas and helpful for digestion.

Thai Coconut Curry RVGNS

One of my favourite all time recipes - and alive too!

Curry

1/4 cup red pepper or mild chilli, diced

1/2 cup cauliflower, grated

1 tbsp Sweet potato, diced

1 cup kale or other greens, chopped

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1 carrot, grated

1 tbsp Currants, soaked

Sauce

1/4 coconut, juiced (use 2 tbsp Water in your juicer to produce this coconut milk) or

4 tbsp Dried coconut

1/4 cup hemp milk

1 tsp lemon grass

1 tsp cumin

1 small chilli, chopped finely or to taste

1 bunch fresh coriander or to taste

Mix all curry ingredients in a large serving bowl. Add other fresh ingredients to taste.

Blend all sauce ingredients in a blender and pour over curry. Serve with fresh coriander

Hemp and Tofu Burger VGNS

100g hemp seed, ground

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150ml hemp or soya milk

225g tofu

100g beans, grains or potatoes (try aduki, black-eye or chick pea beans)

100g onions and celery, chopped

25g hemp flour

1 tsp parsley, freshly chopped

3 cloves garlic, pressed into a paste

1 tbsp yeast

2 tbsp hulled hemp seed

1 tsp Hempso (tm) tamari or soy sauce

1 tbsp tomato paste (non-genetically engineered)

Olive oil for frying

Pepper to taste

Toast hemp seeds for five minutes at 200°C. Grind, then soak in heated milk for 10-15 minutes. Mash tofu and mix remaining ingredients. Make burger or sausage shapes, dip in hemp flour and fry in olive oil with extra onions to taste. Place in a large cabbage leaf or sheet of nori, then in a freshly made hemp roll and

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cover with thin layer of hemp cheese and hemp ketchup to taste.
Serve with a large salad of lettuce and cucumber.

Sushi Roll VGN

Serves five as a main dish

For sushi starter and dipping sauce see starters

200g carrots

150g mange tout beans

100ml home brewed white hemp wine (optional)

200g organic tofu

10g wasabi or to taste

6 pieces nori

300ml sugar cane vinegar (or wine vinegar)

600g basmati rice

50g raw cane sugar

50ml Hempso(tm) sauce

20gm shiitake mushrooms

50gm ginger pickle

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300g button mushrooms

Salt to taste

1 tbsp hulled hemp seeds

Other optional ingredients: paneer, mayonnaise, miso paste

Wash the rice, drain and leave stand for two to three hours. Boil carrots and beans with some salt, cool with cold water and drain. Whisk tofu with one third of the sugar and salt. Add the second third of the sugar and salt to vinegar and wine and heat until salt and vinegar melt. This is an egg free version of 'awasezu' and is used to flavour rice. Cook rice and then divide rice into four shallow containers and mix with two thirds of the awasezu. Mix shiitake mushroom, Hempso (tm) sauce, remaining sugar and stir fry until cooked. Put nori, button mushrooms, carrots, beans, remaining awasezu and any optional ingredients into Malcisu (Malcisu is the equipment used to make sushi roll). Cut each roll into five or six pieces and serve with wasabi, ginger and cucumber julienne style

Stuffed Mushrooms with Peppers (V)G(N)S

Base:

2 large mushrooms (approx 5 oz)

10g hemp butter or non-hydrogenated margarine

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2 large peppers, slice top off and de-seed

Pre-cook mushrooms and fat in a pre-heated oven at 180°C, or in a heavy pan over a low flame for 5-10 minutes. Steam peppers for 5-10 minutes until soft.

Stuffing:

1/2-1 tbsp vegetable ghee or olive oil

1 large onion, chopped (approx. 110g)

1 medium mushroom, chopped (approx.50g)

2 clove garlic, chopped

1 tbsp Breadcrumbs (wholemeal)

2 tsp fresh chopped thyme or dried

50g hulled hemp seed

2 sun-dried tomatoes in olive oil or pre-soaked for 1 hour

25g chopped walnuts (optional)

1/2 tsp salt

Black pepper or paprika to taste

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Heat oil in heavy pan over medium heat. When hot add onion and stir until almost soft. Add mushroom and stir for further minute before adding garlic. Turn to a low heat. Add thyme, salt and pepper to taste. In a bowl add hulled hemp seed and fried mixture. Add breadcrumbs, tomatoes and walnuts if desired. The stuffing should be fairly dry, but should be able to form a ball without falling apart. Place the stuffed the peppers into an oven dish and cover with their tops. Cook at 180°C for 10 minutes (this stage is optional). Place the mushrooms next to the peppers and cover with remaining stuffing. Garnish with finely chopped garlic and two kalamata olives if desired. Cook for 10 minutes, (it can be left longer with oven 'off'). This stage is also optional. Serve with mushroom or asparagus sauce or new potatoes, and salad.

Leek Crumble

3 leeks

50g shallots (or small onions)

1 tbsp extra virgin olive oil 3-4 cloves of garlic

100g organic mushrooms

25g flour

175g organic jumbo oats

40g hulled hemp seeds

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75g hemp butter or organic non-hydrogenated margarine

75g organic plain white flour

25g chopped cashew nuts

2 tbsp red-wine (optional)

Pinch fresh black pepper

Pinch salt

1 tsp fresh chopped tarragon (or pinch of dried)

Quarter leeks and wash them. Cut into inch size pieces. Slice shallots and mushrooms, and chop garlic. Steam leeks for 10 minutes and keep water. Fry shallots in olive oil, then add garlic after one minute. Stir and add mushrooms. When shallots are translucent add flour. Take 1/2 pint of water (preferably from the leeks) and add to frying pan. Add spices and red wine and leave to slowly simmer whilst you prepare the crumble. In a mixing bowl add oats, flour, cashew nuts, hulled hemp seeds and a pinch of salt and pepper. Rub together with hands until the mix is the texture of bread crumbs. Add leeks to frying pan and place into a lightly greased oven dish (approx. 12' round). Cover with crumble mix and place into 180°C oven for 20 minutes. Best served with potatoes, salad or green cabbage.

'You are what you eat - WRONG, you are what you absorb and assimilate'

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Millet Loaf VNS

450g millet

1 1/2 ltr water

3 tbsp hemp miso

3 tsp ginger juice (freshly squeezed from grated ginger)

4 onions, finely chopped

2 grated carrots

2 tbsp olive oil

1 tbsp chives, finely sliced

50g sunflower seeds

100g hulled hemp seeds

Pinch sea salt

Wash and dry roast millet in a frying pan for about five minutes until you start to smell a nutty aroma. Bring the water to the boil, add onions and cook for about five minutes until transparent. Add the millet and salt. Turn heat to minimum and simmer for 35 minutes. Blend the miso and hulled hemp with a little water and then add to the millet. Stir in the ginger juice, take off heat and leave covered for five minutes. Wash and dry roast sunflower seeds until golden. For that extra crunch, roast some hemp seeds as well. Heat sesame oil in a frying pan and add grated carrot.

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Saute for five minutes. Mix the carrots in with the millet, then the chives and seeds, saving some to sprinkle on top. Grease a bread tin and sprinkle remaining seeds and chives on bottom. Spoon in millet mixture and press down firmly. Cover the mould and chill for two hours. Serve with a spread of your choice, vegetables such as broccoli, green pepper and cucumber.

Couscous VNS

650g couscous

1 1/2 ltr water

60g hemp seeds

30g sesame seeds

3 carrots, finely grated

1 red pepper, finely chopped

2 tbsp hemp miso or 1 tbsp Hempso (tm) tamari

60g parsley or chives, finely chopped

Sesame oil for frying

Dry roast the sesame and hemp seeds in a frying pan until golden, then grind to a powder in your coffee grinder. Bring the water to the boil, take three tablespoons and blend it with the miso to make a smooth paste. Return the miso and water to the saucepan and

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turn the heat as low as possible. Add the couscous and cover with a lid. Leave the couscous on the heat for three to four minutes, then take the saucepan off the heat. Let the couscous cook in its own heat for 10 to 15 minutes, then mix in the parsley, grated carrot, pepper, sesame and hemp seeds. Heat a frying pan and add a splash of sesame oil. Wet your hands lightly and make the couscous mixture into 8 to 12 rissoles. Fry gently on each side for 5 to 10 minutes depending on how crisp you like your rissoles. Longer frying needs a lower heat otherwise the outside of the rissole burns. Serve hot or cold with salad.

Kichadi NS

This is the basis for the staple ayurvedic diet. A basic mix of split mung daal and basmati rice, it can take on many forms. Try different herbs, spices and vegetables for your own creation or try one of these healing recipes:

For your lungs (especially if exposed to pollution or for a body recovering from a cough or cold.):

Serves 4-5

100g dry garbanzo beans

1.8 ltr. water

1/8 tsp asafoetida

2 tbsp ghee

1/2 tsp black mustard seeds

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1 tsp cumin
1 tsp turmeric
1 large onion, chopped
2 cloves garlic, minced 1 tbsp sage
175g basmati rice
1/2 stick kombu
1 parsnip, chopped (optional)
1 carrot, chopped
175g cabbage or broccoli
3/4 tsp sea salt
1 tsp ground coriander
1 tbsp hulled hemp
Water as needed

Wash beans and rice. Place beans, water and asafoetida into saucepan and cook for 1 1/2 hours or until soft. Warm ghee and add mustard and cumin seeds. When the mustard seeds start to pop, add turmeric, onion, garlic and sage. Stir over low heat for two minutes, then add rice and stir. When beans are cooked add spiced rice mixture, kombu, parsnip and a little extra water. Cook covered for one hour or until rice is ready. Add rest of vegetables

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and spices, and cook on low for a further 15 minutes. A great winter warmer.

For a kidney tonifier use aduki instead of garbanzo, add some burdock root, fennel seeds, bay leaves and turmeric. Cook burdock with beans, add bay and turmeric with onion.

For a liver-gallbladder variation use split mung daal instead of beans, add coriander seeds, 175g dry pearl barley, burdock root and 1 tbsp dry dandelion root. Keep stirring and adding enough water when making Kichadi

Vegetable Curry (V)GNS

175g raw carrots, sliced

175g fresh peas (or frozen)

1/3 bunch fresh spinach, washed & chopped or

175g fresh okra, chopped

2 tbsp sunflower oil

1 tbsp hemp oil

1/8 tsp asafoetida

1/2 tsp black mustard seeds

1 tsp whole cumin seeds

1/2 tsp sea salt

450g hard tofu

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1 tsp coriander powder

75ml water

2 tsp brown rice syrup or raw honey or maple syrup

150ml plain yoghurt (optional) or hemp cream

1 tsp hulled hemp seeds

1 tsp black peppercorns

Heat sunflower oil in heavy pan. Add mustard and cumin seeds. When mustard seeds start to pop add asafoetida, turmeric, salt, pepper, tofu and vegetables with spinach or okra. Cook uncovered for five minutes on medium heat, stirring occasionally. Add water and cover. Cook on low heat for a further five minutes or until vegetables are tender. Shake pan occasionally to prevent sticking. Add all remaining ingredients, mix well and serve with rice and salad. Fresh coriander is a possible garnish. Cumin seeds are best enjoyed fresh; they should not be kept longer than one year. Cumin seeds are a great start when added to warm oil in most dishes.

Gujarati Daal NS

300g split mung daal (yellow lentils)

2 ltr water

1 tbsp ghee

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1/2 tbsp mustard seeds

1/2 tsp turmeric

1/8 tsp asafoetida

1 tsp sea salt

1 1/2 tsp brown rice syrup or barley malt

1 1/2 tsp lemon juice or tamarind paste

1 tsp coriander powder

1/2 tsp cinnamon

1/4 tsp mild curry powder or Mataji's garam masala

1/4 green pepper

1 clove garlic

Soak mung for at least two hours or overnight, then drain. In a heavy pan, heat ghee or oil and add mustard seeds. When they pop, add turmeric, asafoetida, and then remaining ingredients. Mix well, cover and cook for 1/2 hour (one hour if you use whole mung). Best served with rice and chapatti. Garnish with dry ginger or fresh coriander leaves to taste.

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Hemp 'n' Tofu Cube Crunch VGNS

225g firm tofu, cubed

120g mushrooms

2 tbsp lemon juice

1 tbsp tamari

50g hulled hemp seeds

25g sesame seeds

1 tbsp olive oil

Pinch paprika

Marinate tofu, lemon juice, tamari and paprika for between eight and twelve hours. Mix seeds in a bowl, add tofu and lightly toss. Heat oil and add tofu and seeds. Fry for one minute then add mushrooms. Fry until tofu is brown. Top with hulled seeds. Serve as a light dish or dinner with large green salad.

Mini Pizzas RVGS

Pizza Crust:

Use one of the pie crust recipes as found in the basic essentials section

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Toppings:

Red Sauce:

5 sun-dried tomatoes, soaked until soft

1 large tomato, chopped

1 clove garlic

2 tbsp chopped basil

2 tsp Hempso (tm)

2 tbsp hulled hemp seed

Blend until smooth

White sauce:

100g macadamia nuts, soaked 2-6 hours

100g cashews, soaked 2 hours

50g hulled hempseeds

25g hemp oil

3 tsp hempso (tm)

2 tsp nutritional yeast

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1 lemon, juiced

300ml water or rejuvelac as required

Blend until smooth.

Spread white sauce, then red, onto crust pieces. Garnish with onion, tomato, basil and crunchy hemp seeds to taste.

Hemp Pizza 2 (V)S

Makes a 25cm pan pizza (approx. 4 servings)

200g hemp seeds, ground

100g almonds, ground

50g sunflower seeds, ground

1 1/2 tbsp baking powder

25g hemp butter (ghee) or non-hydrogenated margarine

2 tbsp milk of your choice

1 tbsp water

Pinch salt

Pre-heat oven at 190°C. Combine seeds, baking powder and salt in a bowl. Melt butter or margarine and then add to the bowl. Add milk and water while continuing mixing, then use hands to make a

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moist dough. Place into dish and bake for approximately 10 minutes. Check regularly to ensure it does not burn.

Variations: use ground cashews, walnuts or hazelnuts instead of sunflower seeds. This is different from your usual fluffy wheat flour base that can be used, swapping half flour to half hemp flour and reducing fat amount by one third in your regular recipe.

With this base add your own topping or:

1 tbsp olive oil

100g mushrooms, finely chopped

225g onion, finely chopped

400g tin chopped tomatoes

200g tomato puree

4 garlic cloves, crushed

Salt & paprika to taste

2 tbsp hulled hemp seeds

1 tbsp fresh oregano, chopped finely

1 tbsp fresh basil, chopped

150g grated cheese (cheddar and mozzarella or soy or hemp cheese)

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100g leeks, thinly sliced

100g yellow and / or green peppers, de-seeded and thinly sliced

2 medium tomatoes, sliced

Spread tomato paste on base. Heat oil, then fry onion and mushrooms until *onion is translucent, then add garlic and tin of tomatoes and* cook covered for two minutes or until thick sauce. Add oregano, basil, hemp seeds, salt and paprika and cook for one more minute. Leave to cool and place on pizza. Decorate with leeks, peppers then cheese. Bake for 25-30 minutes, watching regularly. When cooked, place tomato slices on top. Serve with salad and steamed vegetables.

THERE ARE MANY MORE RECIPES LIKE THIS IN THE FULL BOOK!

AND WE HAVE NOT EVEN STARTED ON THE DESERTS, MY FAVOURITE BIT:

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DESSERTS AND SWEET THINGS

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'Follow the middle path. Neither extreme will make you happy.'

The recipe

Organic fruit, fresh, lightly rinsed

Do not prepare. Eat with hands

'Chew well the seeds, skin and cores of your fruits as they have a high content of amino acids and enzymes.'

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Amasake VNSG

Coconut Mousse

Chocolate Mousse RVNSG

Avocado Yum 2 RVG(N)S

Hemp Seed Rolls RVGNS

Hemp Gateaux VGS

Hemp Seed Bar

Banana and Papaya Creme R(V)GNS

Banana Pudding RVGNS

Ice Cream RVGNS

Frozen Banana Treats (R)VGNS

Hempy Birthday Cake RVGN

Apricot Fritter VN

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Badam Kheer VG

Beetroot Halva

Sweet Hemp Balls RVG

Highly Hemp Fruit Balls VG

Almond and Hemp Yoghurt RVGS

Honeyed Ginger R(V)GN

Marzipan Apple RVGS

Hemp almond paste

Pulp from Juice Cake

Pulp Sorbet RVGNS

Pure Fruit Non-Dairy Ice-cream RVGNS

Raspberries & Cream RVGNS

Sunflower 'n' Hemp Treat RVGNS

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Tofu Cheesecake VN

CONCLUSION

LONGEVITY

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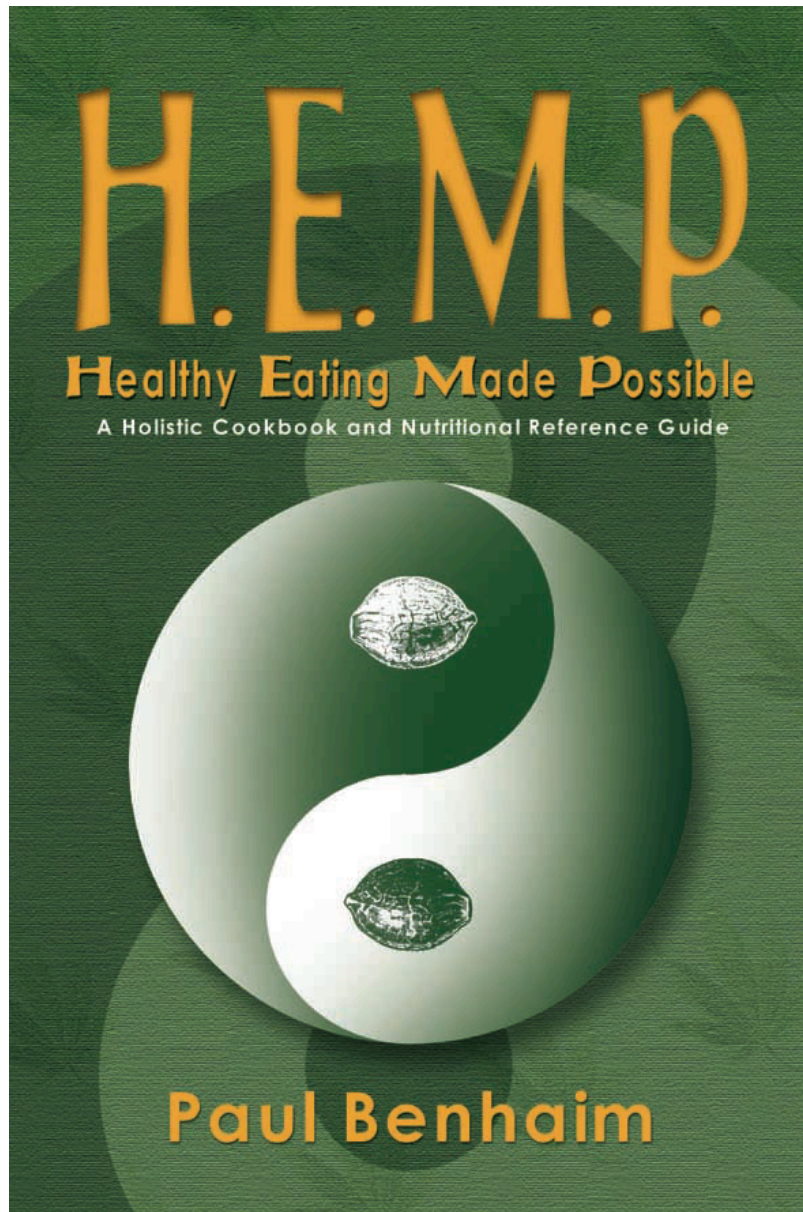
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