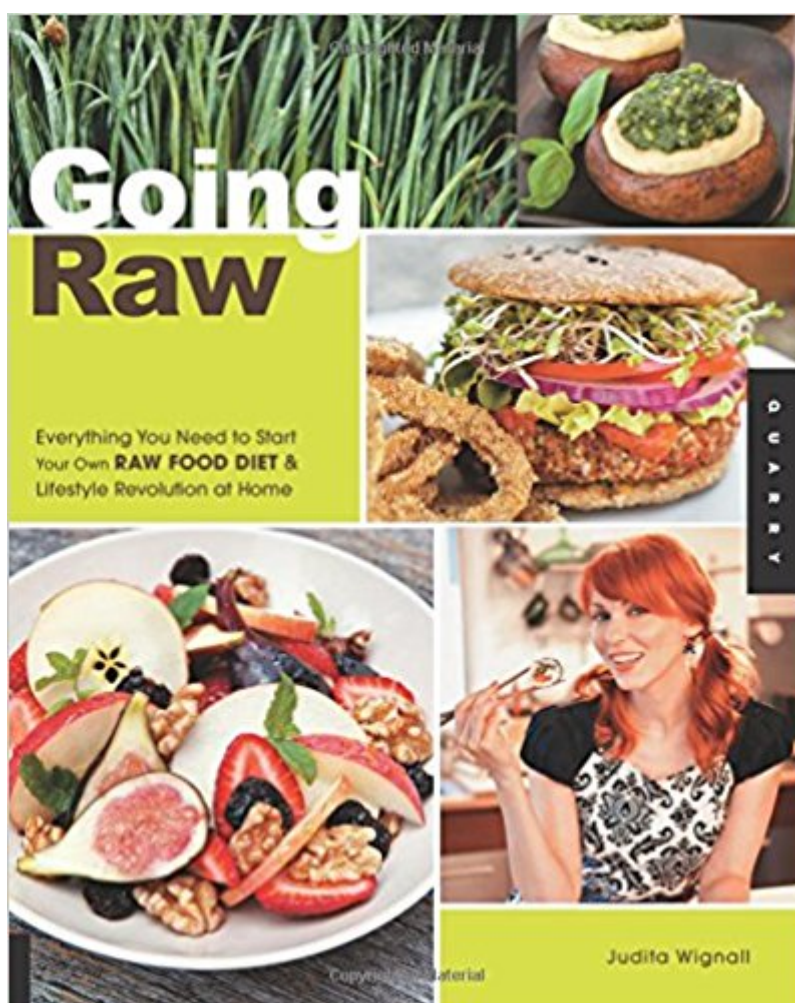


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# Going Raw: Everything You Need To Start Your Own Raw Food Diet And Lifestyle Revolution At Home



## Synopsis

Go raw, get radiant, start a revolution! A raw-food diet is a healthful way to detox, clear up your skin, shed a few pounds, and feel radiant. But who has time to track down hard-to-find ingredients and whip up labor-intensive recipes every day? (Hint: not you!) So what's the best way to start? Going Raw gives you everything you need to start enjoying the benefits of a raw-food lifestyle, all in this gorgeous guide. Judita Wignall's Going Raw combines the flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. On the bonus online videos you'll find tutorials for several raw-food techniques, including how to use a dehydrator, basic knife skills, slicing with a mandolin, and spiralizing vegetables. Inside you'll find: Green Smoothies Berries and Cream Crepes Dandelion Salad Thai Green Bean Salad Herbed Cashew Hemp Cheese Broccoli and Mushrooms with Wild Rice Spaghetti Bolognese Asian Noodle "Stir Fry" Classic Veggie Pizza Coconut-Curry Samosas with Plum Chutney Orange-Chocolate Mousse Parfait Mexican Spiced Brownies Apple Cobbler with Maple Cream How to grow your own sprouts How to ferment kimchi and sauerkraut ...and even 100% raw Ice Cream, Coconut Yogurt, and more!

## Book Information

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## Customer Reviews

Going Raw combines the beauty and flavor of a gourmet cookbook with everyday recipes that are practical for the real-world home chef. There are utilitarian books that offer a lot of great basics but do not illuminate the content with stylish and instructional photography. Going Raw promises the basics (kitchen gear, pantry ingredients, how to plan your grocery shopping and menus, prep and

storage techniques) and delivers delicious, simple recipes for the starter raw foodist. A 30-minute bonus DVD features various food preparation techniques, finished presentations, and "raw food 101" lifestyle tips and advice as well. --This text refers to an out of print or unavailable edition of this title.

Judita Wignall is a raw and natural foods chef and integrative nutrition health coach from Los Angeles, California. A former commercial actress, model and musician, she discovered the healing power of raw foods after health challenges made her reassess her diet and lifestyle. She left the entertainment industry to follow her passion for great-tasting food, holistic health, and wellness. She's a graduate of the Living Light Culinary Institute, Institute for Integrative Nutrition and Rouxbe Cooking School. In between her many creative projects, she continues to run her online health boutique, teach classes, host retreats, and coach clients around the country. Learn more at [www.juditawignall.com](http://www.juditawignall.com).

This book is beautiful and worth it to add to any raw kitchen. I've been raw for a little over a year and have a few of the popular raw recipe books: Sarma's, Ani's Essentials, and Ani's Desserts. Around the same time I bought this one by Judita, a raw blog's ("Rawmazing", which I highly recommend!), and San Francisco's Cafe Gratitude's recipe book. But Judita's is the one I've turned to the most. It has quickly become my favorite, if nothing else than to stare at the beautiful layout and pictures! Her recipes aren't crazy unique, but they are all wonderful and everything I've tried have all come out amazing. Also, like most raw food books, there is a great deal of information on sprouting, dehydrating, technique, and reasons to be raw. Though most raw food books all say the same thing, I still managed to learn new things and think about things I already knew in different ways, which I really appreciated. And the fact that she has a method for blooming wild rice the raw way and have it turn out just as good as cooked rice is reason ALONE to get this book! I seriously love everything about this book, so don't hesitate to go for it!

This book is a great place to start if you're curious about the growing raw food scene. Judita Wignall, in a warm, practical and easy tone, explains it all. She lays out the kitchen basics including tools and techniques, offers a range of wonderful recipes from the simplest, throw-it-together-and-eat-in-your-hand wraps to wonderful tasty raw main dishes and the prettiest desserts. Each recipe has a step-by-step photo series, showing exactly how to get it done. There's nothing precious or intimidating about her recipes, and she has included foods that are not too far

removed from the already familiar, like her gorgeous raw vegan pizza, and her OMG brownies. A great feature of the book is the planned menus, and the clear and easy nutritional information. She seems to have covered all the FAQs, including what she herself eats in a day. And...the bonus DVD, tucked inside the cover, features Judita demonstrating recipes and techniques, which just brings it all to life. Even if you're not into raw food, the book itself is a beautiful piece of art for its design and photography alone. Just a lovely thing to look at and admire. I can't recommend this book highly enough if you're a beginner, and need guidance on how and why and what to do.

I really like this book. The accompanying DVD helps, Judita is a cutie and the kitchen is trendy (complete with a gazillion other cookbooks in the background, likely intentional). The book is well organized, with WONDERFUL, LARGE COLOR PHOTOS. Collecting the materials mentioned in the book quickly turns into a scavenger hunt; finding the right, high quality goods for the best price. But it's all fun...unless you're piss poor, which many are. Some may grow disillusioned with 'healthy eating' as marketed by all but the Raw Food on a Budget book (and even that advises that one saves up for a Vitamix). "Going Raw", like most other raw food cookbooks, require:- Vitamix - centrifugal juicer - masticating juicer - bamboo mat - zester - wisk- mandoline plane - slotted spoon - citrus juicer - dehydrator - food processor- ice cream scoop - spiralizer - Ice cream maker - Cocktail shaker - wisk - microplane- pie/tartlette pan - Colanders (varying sizes)- ceramic knives - quality boilers (tea; melt cocoa)- Lg glass + SSteel mixing bowls - TONS o mason jars (+ sprouting top) - tongues- Bamboo cutting boards - molds - rubber icetrays - glass measuring cups (vary sizes)- spice mill/grinder (incl stone AND ceramic) - SSteel Sieves (varying mesh density)- SSteel/plastic dry measuring cupSo, we're talking about some serious cash! Not to mention the obscure nutritional supplements, sea veggies, nuts and seeds, herbs, spices, fermented goods and the like. And once THAT'S all taken care of, you'll need the TIME to actually do this stuff. Perhaps that's why it's called a lifestyle. Perhaps that's also why the USA thinks that it's considerably more expensive to eat healthier, when in fact it really isn't. So for those who have most or all of the above-mentioned items they generally will like such cookbooks while those that don't have these items will enjoy them less. Specifically, if you're wanting to make 'bread, fries or onion rings', you'll need to get all of this stuff, because all of these tools create the RIGHT TEXTURE and AESTHETIC closest to it's cooked, non vegan counterpart. And when you've labored over the dish, you'll want it to look like the beautiful pictures in the book. There's a colossal hamburger and onion rings on the cover of the book, so I can't feign ignorance to the mimicking other foods rabbit hole. Though I don't understand the obsession with Raw Cookbooks immulating the very stuff that culture warns that I should avoid?!

Why not simply create dishes that don't mock spaghetti or coffee cake? I don't want to eat meat. So I'm not spending \$50 on nuts to crumble them up and ferment them to make fake meat. I have the equipment, so I'd better use this stuff, but is it REALLY necessary to create delicious dishes? I do like how Going Raw has a fair amount of dishes that aren't seed and nut heavy. And it's fascinating the various manipulations of coconut meat to make things like phylo dough, tortillas etc. I also realize that for those who are truly raw, they don't eat such complex dishes all the time. Going Raw encourage mostly healthy eating, by adding lots of greens to your plate. Though many of the deserts are nut and seed heavy. Personally, I have no regrets for having purchased the book, or many of the tools required, as I approach raw cuisine as a hobby, not a way of life. Also, this book isn't as heavy on the seeds as many others are, and for that, I commend Ms. Wignall.

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