

# American Vegan

Second Series: Volume 8 Number 2

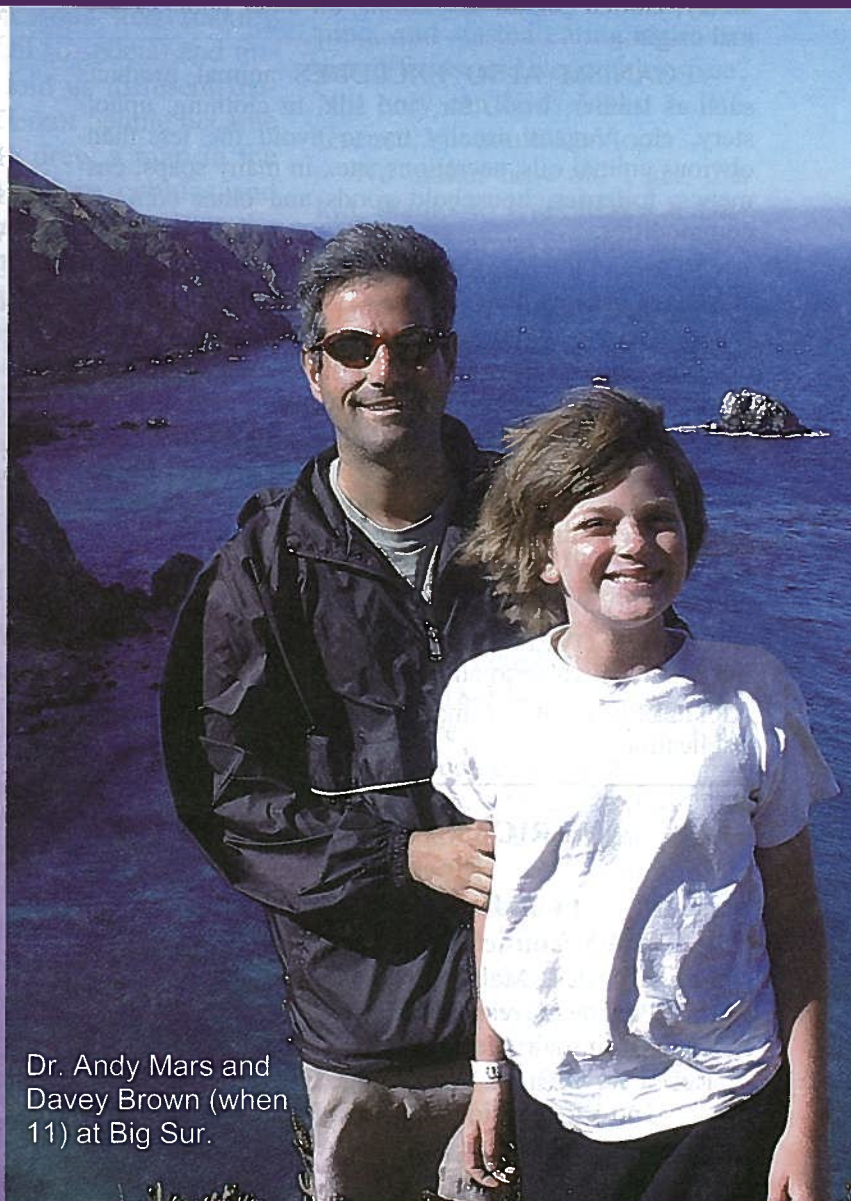
FALL 2008

Eighteen-year-old Davey Brown reflects on going vegan at age seven.

## The GREATEST IMPACT on My Life

For fifteen years, **Kids Make A Difference** has *really* been getting kids to make a difference. I am one of those kids. I plan to attend college in the fall, studying Environmental Science—in no small part because of the positive experiences I have had for thirteen years with this Los Angeles-based nonprofit kids community service organization.

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Dr. Andy Mars and Davey Brown (when 11) at Big Sur.

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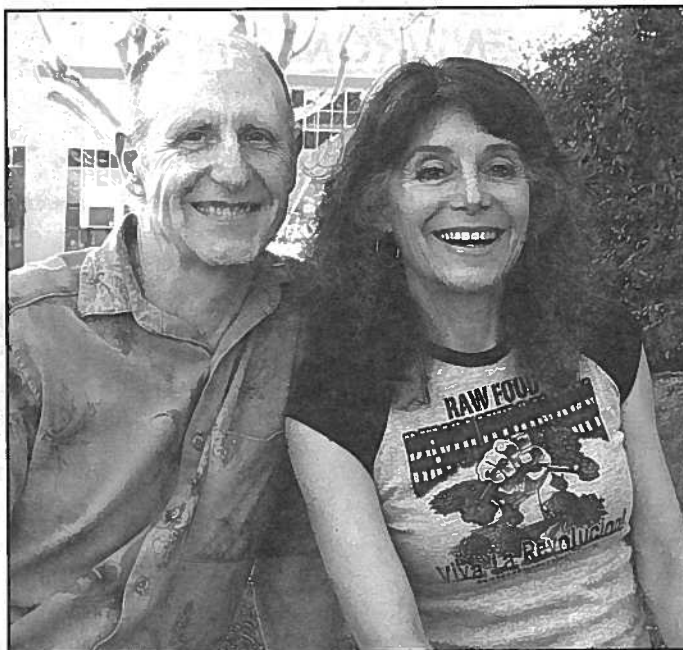
# The Living Light Culinary Arts Center

Paulette Eisen

I arrived at the Living Light Culinary Arts Center in Fort Bragg on the day that the associate-raw-food-gourmet chefs were doing their demos. I was ready to immerse myself in a full experience of wonderful cuisine—as taught by Cherie Soria. My interest had first been aroused a few years ago at a big gala event in Los Angeles where Cherie's delectable creations were served—such flavors and textures as I would not have known were possible.

The next opportunity to meet her was when I attended the Raw Food Festival in Portland Oregon, and was equally impressed. Cherie not only revealed that she was a top-notch gourmet-raw-foods chef, but also an incredibly gifted teacher and organizer. Her skills were so superior to anyone else's I had so far experienced in the raw food movement that I attended every single demo she gave at this three-day event. It was at this function that I learned about her Living Light Culinary Arts Center in Fort Bragg California, where she teaches students the skills and information they need to become qualified raw-food chefs.

The school that Cherie and her husband Dan Ladermann estab-



Cherie Soria and Dan Ladermann  
Photo: Living Light Culinary Arts Center

lished is housed in a beautifully renovated old building that used to be the Union Lumber Company department store, when Fort Bragg was a lumber town. A third of the building now contains the school, the attached deli/café, and the Living Light Marketplace store. The café offers a great selection of juices, smoothies, raw sandwiches, salads, raw soups, entrées, and desserts. The Marketplace is the ultimate store for raw-food chefs, offering gadgets and equipment that is used in the school, as well as raw-food books, DVDs, specialty oils, and other special ingredients.

The school itself has been beautifully constructed, with

wood paneling everywhere. The equipment is all cutting-edge. At the back of the demo room, an audio-visual technician is able to sit at a computer and monitor and press buttons that angle multiple cameras to optimize the view of the food being prepared.

I watched one student after another as they did their demos. These men and women were not only being taught how to skillfully prepare gourmet raw foods, but also how to demonstrate and teach others how to do it. They were also ex-

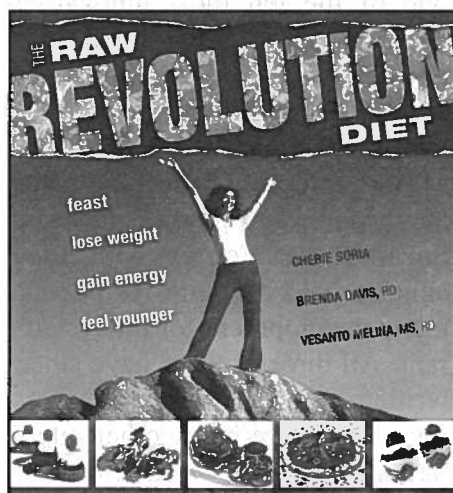
pected to know about the ingredients they were using—from their culinary history to their nutritional components. These students are required to be able to teach the curriculum of the school. They are given prep sheets of what to prepare for their demos. Cherie has these prep sheets highly structured and very thorough, but at the same time she encourages her students to bring their own ideas and uniqueness to their demos.

I was impressed with most of the students and felt enriched by their presentations. I had a few minutes between demos to talk with some of them. I discovered that they were from different

countries and were there for different reasons. Some were raw foodists and others were not. Some wanted to apply their new skills professionally, after graduation, while others just wanted to learn more about preparing raw-food cuisine. All were very enthused about being there.

My visit to the Living Light Culinary Arts Center was indeed a special, uplifting adventure. I felt nourished and inspired. Cherie and Dan were very gracious and it was wonderful to meet their staff—people who clearly loved what they were doing.

Cherie and Dan also hold the annual Vibrant Living Expo at the Center during the fourth week in August (August 21-23



2009). It attracts most of the leaders and founders of the raw food movement. For more information on the school and the Vibrant Living Expo, you may visit [www.RawFoodChef.com](http://www.RawFoodChef.com). Phone: 800-816-2319. **Living Light Culinary Arts Institute**, 301-B N Main St, Fort Bragg CA 95437.

(Left) Cherie Soria, now in her 60s, on cover of her new book **The RAW REVOLUTION DIET: Feast, Lose Weight, Gain Energy, Feel Younger**, written with nutritional guidance from Brenda Davis, RD, Vesanto Melina, MS, RD. 2008, 238pp 8x9" \$21.95.

## Cherie's Story

Alex Malinsky, a young, exciting and up-and-coming raw-food chef himself, interviewed Cherie a few months ago about herself and her school. Here are some excerpts from that interview:

**How did you start on raw foods?** I began my raw journey in 1992 when I went to Puerto Rico to study with Dr. Ann Wigmore, after reading books about the amazing results she achieved using wheat grass and raw food to heal cancer and other terminal illnesses. I was curious about Dr. Wigmore's work and thought a vacation in Puerto Rico sounded like a good idea. I had no intention of trading my cooked-vegan diet for a raw-food diet, but after witnessing the amazing healings that transpired there, I came home a true believer in the power of the raw-food lifestyle. I knew that the majority of Dr. Wigmore's clients would return to their old ways of eating, because her diet was de-

signed for cleansing and healing. I understood human nature enough to know that most people would be bored to death if forced to eat that way the rest of their lives, because food has to feed more than the body, more than the emotions—food must nourish the soul. So, as soon as I returned home, I began creating foods that were delicious, satisfying, comforting, and nourishing. Foods like lasagna, burritos, burgers, spaghetti, pizza, brownies, and ice cream, are not easily forgotten. My goal became to make them organic, raw, and health-promoting—leading to the birth of the gourmet raw cuisine I teach today.

Then I began teaching raw-vegan culinary arts—first in my home, then through community colleges and vegetarian conferences throughout the country. In 1996, I published my first recipe book, **ANGEL FOODS: Healthy Recipes for Heavenly Bodies**. I

included some cooked vegan recipes in it, because I wanted the raw message to reach people who had no idea what raw-living foods were. In those days, there were no gourmet-raw-recipe books. Later, my friendship with Viktoras Kulvinskas motivated me to start Living Light Culinary Arts Institute.

**How did Viktoras influence you to create a culinary institute?** When I studied with Dr. Ann Wigmore, I had already been teaching vegetarian culinary arts for 20 years. Dr. Ann loved the raw foods I was inspired to create and she told me that I would be a beacon of light for her teachings. She suggested that I go out and share my delicious raw-living cuisine with the world, so I took her advice and stopped teaching the cooked-vegan classes and began teaching classes in raw-vegan foods. I spent every spare moment creating my new culinary art: gourmet-raw-vegan cuisine.



Cooking Class at the Living Light Culinary Arts Center  
Photo: LLCAL

Also, I began catering the National Essene Gatherings at Breitenbush Hot Springs and became friends with Viktoras Kulvinskis. He and his wife Youkta loved the raw-vegan gourmet cuisine I was creating, and invited me to cater their yearly retreat for women in the healing arts. Viktoras was adamant that my new style of cuisine should be taught to the top chefs in the world. About the same time, I met an inspiring woman named Dr. Janedare Winston, a professor and teacher of the living-food lifestyle, who insisted I should devote myself to teaching teachers, so there would be an army of people sharing the live-food lifestyle with the world. "One person can only do so much," she told me. I felt I had received a mandate from these three people, whom I admired, to create a school designed for the purpose of teaching individuals, chefs, and instructors of raw living foods. I called it Living Light Culinary Arts Institute because I wanted it to reflect the interconnection of all things, and kept remembering what Dr. Ann had said to me about being a beacon of light for her teachings. I also wanted it to express my commitment to living lightly on the land, eating light, and being in the light, so Living Light Culinary Arts Institute was born.

**Who are some of the raw chefs who have trained at Liv-**

**ing Light Institute, or written recipe books?** Roxanne Klein, who was recently featured on the cover of *Bon Appétit* magazine as one of the ten most innovative chefs of the decade, trained with us about a year before she opened her highly acclaimed restaurant, *Roxanne's*. I placed one of my protégés, Chad Sarno, and another chef training graduate, Suzanne Alex Ferrara, with Roxanne to help her with recipe and menu development for the restaurant. All three of them have since written recipe books of their own. There are many other internationally-known instructors of raw foods who have trained with us and several who have authored raw-recipe books. Some came to us as novices and others were already raw-food chefs and teachers, but wanted an opportunity to work with me personally. The number of people who have taken our workshops or graduated from our chef trainings who have written recipe books are too numerous to mention. A few names you may recognize are the Boutenkos, Renee Loux-Underkoffler, Alicia Ojeda, Elaina Love, Nomi Shannon, Rose Lee Calabro, Matt Samuelson, Ito, and Rayek.

**Your book, *Angel Foods*, has a spiritual quality along with both cooked and raw food preparation. Would you share the essential message of the book with our readers? Are you planning another book?** I spent many years championing EarthSave and learned the importance of meeting people where they are. That is why my book, *Angel Foods*, is not 100% raw. It is 100% vegan and contains about 125 raw recipes and 125 cooked recipes. I feel my place is

to help people move in the direction of healthy living without judgment about where they are or how far they want to go. I have a gentle approach and consequently attract a lot of people who are not vegetarians when they first come to our school. My book reflects my spiritual approach to life. Believing that love and appreciation are powerful creators, I use prayer and intention as a means of creating a joyful life. It was inconceivable to me to separate my spiritual self and my work, even though I was warned that many health-food stores would not carry a recipe book that included spiritual content. I have a second book in print that was written in Spanish: *Comiendo Pura Vida*, meaning "Eating Pure Life", which is 100% raw. I co-authored it with a Costa Rican, Rodrigo Crespo. *Angel Foods* has now been published in German and I am working on a third raw book, and have two others that will follow.

**The raw food movement has grown a lot in the last few years. Where do you see it heading?** The raw-food movement is growing faster than the vegetarian movement did in its infancy because people don't have to give anything up. They can simply add more delicious raw foods to their diet. The more they eat the better they feel. Raw food is less threatening than diets that restrict certain foods. Also, it just makes sense to people that the more raw food they eat the better they will feel. We have over 300 Living Light instructor graduates out there sharing this message with people who are sharing with others, and so forth. It is exponential growth.

**Cherie's Recipes** —————→

# Cherie's Recipes

Here are some recipes of condiments that were prepared in the demos on the day Paulette was there:

## Cashew "Mayonnaise"

(Yield: 1½ cups—6 servings)

- 1 cup cashews, soaked 4 hours, rinsed, and drained
- 6 Tbsp. purified water
- 2 Tbsp. olive oil
- 2 Tbsp. flax oil
- 1½ Tbsp. lemon juice
- 2 dates, pitted
- 1 tsp. onion powder
- ¾ tsp. solar-dried sea salt
- ½ tsp. garlic powder
- pinch white pepper

Purée all of the ingredients in a blender, stopping the blender to scrape down the sides with a spatula and resuming blending until the "mayonnaise" is completely smooth and emulsified.

Store in airtight container in the refrigerator up to two weeks.

## Hot Mustard

(Yield: 1 pint—36 servings)

- ½ cup mustard seeds (preferably a mix of yellow and brown), soaked 8 to 12 hours and drained
- ½ cup lemon juice
- ¼ cup water
- 9 pitted dates or 2 Tbsp. agave\*
- 2 Tbsp. unpasteurized tamari or ½ Tbsp. salt

Purée all ingredients together in a blender to form a smooth paste.

Store in a sealed glass jar in the refrigerator for two weeks before using—to allow it to mellow. Keeps for up to two months in the refrigerator.

\*syrup from agave cactus



Trio of Condiments with Zoomburger. (Zoomburger recipe in *The Raw Revolution*)

## Real Tomato Ketchup

(Yield: 2 cups—12 servings)

- 2 cups chopped tomatoes
- ¾ cup sun-dried tomato powder
- 1½ Tbsp. evaporated cane juice
- 1 Tbsp. lemon juice
- 1 Tbsp. tamarind paste, or 2 tsp. additional lemon juice
- ¾ tsp. solar-dried sea salt
- pinch white pepper

Purée all of the ingredients in a blender, or food processor outfitted with the "S" blade.

Store in a sealed glass jar in the refrigerator for up to one week.

**A Raw Food Program** should not be followed dogmatically. There are important benefits from eating uncooked food. A general goal of taking one third to one half of one's diet raw is good for the average person, but individual needs and constitutions should be considered. As an elimination diet for curative purposes, a raw food program may be followed for a limited period of time. And it is good for losing weight. Those who are very active and/or want to gain weight probably need some cooked food, including beans. Due to metabolism rates, older women who tend to be overweight may adapt well to eating all or most food uncooked, whereas for men, growing children, and others to do so would be too limiting. So, explore, have fun, and enjoy raw food. Let it become a vital part your diet!—Ed.

## VEGAN HEALTH STUDY

Participate in nutrition research, investigating the long-term effects of vegan diets, by any or all of these ways:

- Complete a questionnaire.
- Provide blood and urine samples for lab testing—fee charged.
- Donate tax-deductible funding.



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