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Cherie Soria

Discover the Secret of Perfect Dressings, Sauces & Marinades



There is no limit to the variety of exciting raw soups, dressings, sauces and marinades you can make once you understand the principles involved. A good salad dressing can enable you to be totally satisfied with a soup or salad every day for days and share delicious meals with friends, even if you do not consider yourself a "good" cook. Salads and soups never have to be boring - you are free to create a delicious new dressing for every salad!

The most flavorful salad dressings have five important flavor elements:

- **Tart/Pungent:** Sour or acid; producing a sharp sensation of taste and smell; piercing to the mind; sharply penetrating, expressive and stimulating.
- **Sweet:** Pleasant and agreeable to the palate and mind, gratifying, with sugar-like overtones.
- **Fatty/Creamy:** Smooth, rich, oily, luscious, lush, velvety.
- **Salty:** Increases intensity of flavors already present; adds additional taste.
- **Herbs & Spices:** Complements and adds zest to the flavor of foods

Many ingredients satisfy two or more of the five elements, so it's possible to create a simple, yet delicious, dressing or sauce using only three ingredients.

As you read the chart provided overleaf, notice which foods satisfy more than one of the basic five flavor elements. For example, pineapples, oranges and tamarind contain a natural balance of two

elements. That makes them ideal as a base for salad dressings.

On the other hand, you may also use several different ingredients from the same category. For example: garlic, ginger, and hot chili peppers all fall into the spice category and, when combined with other ingredients from the basic five, they can help to create extraordinarily flavorful dressings for soups and salads.

Celery, sea vegetables, and miso all fall into the salt category, yet they can be used together in one recipe to add different salty flavors and create an individual, yet united, effect. When using more than one salt ingredient, use much less of each salty seasoning. Salt should be used sparingly, so the addition of herbs and spices are very important, since they help to flavor dressings, sauces and marinades without the overuse of salt.

Another important element is fats or other ingredients that add creaminess. The majority of salad dressings contain oil, although it is not necessary to use oil. There is no limit to the number of dressings and sauces you can make using whole-food fats, like avocado, young coconut, and tahini, or fruits like mango, pineapple, tomatoes, and cucumbers that thicken and add creaminess. Whole-food fats are great sources of essential fatty acids, which are necessary for good health. Of course that doesn't mean, "if a little is good, a lot is better", but for most people, a small amount of fat can be included in a health promoting diet. Fats also add to the "mouth-feel" or creamy texture of salad dressings. A few whole, soaked raw nuts and seeds like cashews, almonds, or sesame seeds can also be used to achieve the creamy texture people enjoy so much on their salads and in their soups. For easy digestion, we recommend you use only one fatty ingredient in a dressing at one time. In other words when making a

There are times when oil is preferable to avocados and tahini, especially when creating a marinade. A marinade must not be too creamy or thick; the sauce will coat the food and not be absorbed. When you soak vegetables such as eggplant (aubergine), zucchini (courgette), or mushrooms in a thin marinade for several hours, the salt and acid will cause the vegetables to sweat, releasing some of their liquid. This creates a cooked texture and appearance and allows the vegetables to absorb the flavor of the marinade.

One of the best and most popular oils is extra-virgin olive oil. It is perfect for Italian and other Mediterranean cuisine and can be used in many other types of dressings and marinades, as well. Raw sesame oil makes an excellent dressing for Asian cuisine and sea vegetable salads. You can use a few drops of toasted sesame oil as a seasoning, but never as a primary source of fat. Since toasted sesame is not raw, it should be used sparingly. A few drops of toasted sesame oil can transform an ordinary salad into delicious Chinese, Japanese, or Pacific Rim flavored dish.

Tahini with orange juice makes a great base for an Asian dressing or sauce. In that case, tamari soy sauce is the perfect salty seasoning, and with the addition of fresh gingerroot and garlic, you will have a dressing with true Oriental flavor.

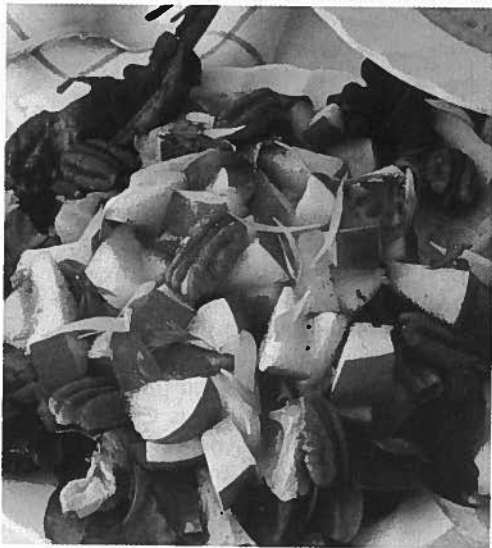
If you are avoiding fats in your diet, you can use peeled, seeded cucumbers or sweet red peppers and fruits like mango and papaya to create a satisfying, creamy texture. Add a tablespoon of lime to balance the sweetness and some fresh herbs or hot chili peppers, with salt or miso and garlic to round out the flavor.

On the chart overleaf you will not see vinegar listed, even though it would certainly fit into the tart/acid category. That is because I do not consider vinegar a

gas and bloating. Instead, try using lime, lemon, tamarind, or other tart or tart-sweet fruits. Tart fruits contribute acidity that harmonizes with lettuce and other greens, which are often slightly bitter in flavor.

You can use this chart to create your own dressings. Just think about what you feel like eating: Are you in the mood for a thick, rich dressing? In that case you may want to use avocado or tahini. Or, would you prefer something light? Then, perhaps, cucumber is all the creaminess you need. Your decision will also depend on what else you are serving. If you are having Asian food, your creation will be different than if you are going to serve Italian or Latin American food.

I have provided few simple recipes here as examples. Remember that food preparation is an art, not a science—so you can't make a mistake. Just use three or more of the following flavor elements and create your masterpiece. A mixture as simple as avocado, citrus juice and a salty seasoning can be delicious and satisfying.



Pineapple Dijon Dressing Serves 4

- 1/2 cup extra-virgin olive oil (optional)
- 1/2 cup water
- 2 cups chopped pineapple
- 1 Tablespoon lemon juice
- 2 Tablespoons prepared Dijon-style mustard
- 2 cloves garlic, peeled and crushed
- 1/2 teaspoon cayenne pepper (or enough to suit your taste)
- 1/2 teaspoon Celtic salt or dried celery powder

Purée ingredients in a blender until

Five Basic Flavor Elements of Dressings, Sauces, and Marinades

Ingredients	Tart/Acid	Sweet	Creamy/ Fatty	Salty	Herbs/ Spices & Flavorings
Pineapple, oranges, tomatoes, and other sweet juicy fruits		X		X	
Lemon, lime or grapefruit juice, tamarind and other tart fruits		X			
Avocado, coconut, tahini, cashews, sesame seeds, sesame oil, olive oil, etc.					X
Toasted sesame oil					X
Cucumbers			X creamy (fat-free)		
Dehydrated natural cane juice, maple syrup, dates, organic honey, stevia				X	
Mango, papaya, sun-dried or fresh tomatoes		X	X creamy (fat-free)		
Tamari soy sauce, light or dark miso, celery, sea vegetables, etc.				X	X
Sea salt, dried celery powder				X	
Ginger root, garlic, hot chili peppers, mustard, curry, and other spices.					X
Black pepper, white pepper, papaya seed, cayenne, cumin, fresh cilantro, oregano, basil, or other herbs and spices					X



Basil Pesto Dressing Serves 4

- 2 cups tightly packed fresh basil leaves, washed and dried
- 2 cups orange juice
- 1/2 cup extra-virgin olive oil (may substitute water or fresh tomatoes)
- 2 Tablespoons lemon juice
- 2 cloves fresh garlic, peeled and crushed
- 1/2 teaspoon salt or dried celery powder

Purée ingredients in a blender until

Lemon Cumin Dressing

- 1/2 cup extra-virgin olive oil (may substitute avocado)
- 1 tablespoon lime juice
- 1/2 cup orange juice
- 1/2 teaspoon ground cumin
- 1 clove garlic, minced
- Pinch of natural sea salt or dried celery powder, to taste

Purée ingredients in a blender until smooth.

Taste and adjust seasoning.