

Living Food Recipes

Consuming Passions

THAI CURRY

CURRY

¼ cup red pepper or mild chilli, diced 2-3cm

¼ cup cauliflower, finely grated

¼ cup broccoli, grated

1 tbsp sweet potato, diced 1-2cm

1 cup kale or other greens, chopped

1 carrot, grated

1 tbsp currants, soaked

SAUCE

2 cup fresh coconut meat and water OR

½ coconut, juiced (add 2 tbsp water to produce this coconut milk)

OR

4 tbsp Dried coconut

¼ cup non-dairy milk

1 small parsnip, juiced

2 tsp lime juice

1 Kafir lime leaf (optional)

1 tsp ginger juice

1 four inch piece of fresh or 1 tsp dried lemon grass

1 tsp cumin or/and ½ tsp freshly ground coriander

1 small mild chilli, chopped finely or to taste

1 bunch fresh coriander to taste

1 radish for decoration

Mix all curry ingredients in a large serving bowl.

Cover with sauce.

Add other fresh ingredients to taste.



Fresh produce markets are a great place to buy your organic "living" vegetables

LIVING FOOD RECIPES

Paul Benhaim introduces living foods to us simply with his best recipes. Easy to prepare, these great tasting recipes are a clear example of how living food recipes can be different and fun.

"RAW"

All of Paul's recipes are 'raw'- that is they use no heat to ensure the food keeps its live enzymes. These live enzymes allow the food to be digested easily and are part of the reason Paul is so vibrant after working 12-14 hours per day, being a father, running four major websites, acting as Managing Director, consultant and more.

THE LIVING FOODS CONCEPT

The Living Foods program advocates a variety of fruits, vegetables, and sprouted

seeds - processed in various specific ways - blended, fermented, dehydrated, or juiced - but not cooked. Paul recommends the use of wheatgrass juice (the juice extracted from wheat in its grass form) as one of the most potent forms of cleansing nourishment on the planet. Paul believes that all animals instinctively seek out the healing power of grasses - even domestic pets!

LIVING FOOD RECIPES

This recipe was taken from Paul's new book 'Living Food Recipes', available from December 2003 direct from the author at www.alivefoods.com or other good stockists.

Paul is also author of H.E.M.P.- Healthy Eating Made Possible (www.hemp.co.uk- available here in Australia from this website) a book with hundreds of recipes (many cooked!) and information on his holistic lifestyle that includes yoga, meditation and other relaxation techniques.



About the author

Paul Benhaim is a "foodie" based in New South Wales.

When he is not writing recipe books, Paul acts as a consultant, runs four websites, and lectures at various events such as the Mind Body Spirit seminars in Sydney.

Paul holds regular retreats near his home in the rainforests of Northern NSW (close to Byron Bay). He also teaches and occasionally caters Living Foods for small groups.