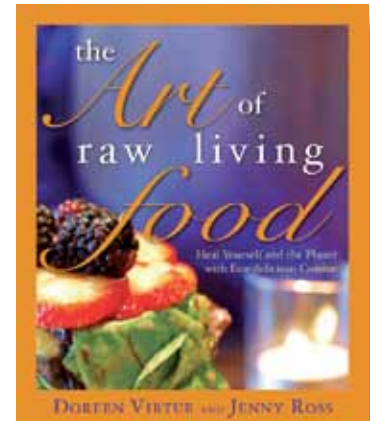


Living Food Cuisine

Extracts printed with permission from *The Art of Raw Living Food*
– *Heal Yourself and the Planet with Eco-delicious Cuisine*
by Doreen Virtue and Jenny Ross

Published and distributed in Australia by: Hay House Australia Pty Ltd;
ISBN 978-1-4019-2183-5; RRP: \$26.95
Copyright © 2009 by Doreen Virtue and Jenny Ross



Stuffed Mushrooms

Yum! This recipe can be created with either cremini or shiitake mushrooms, since both are equally delicious. Mushrooms provide a unique source of protein and offer a great texture that's especially enjoyable for beginners to living-foods cuisine.

Mushrooms:

16 shiitake or cremini mushrooms, cleaned and de-stemmed
4 Tbsp cold-pressed extra-virgin olive oil

Filling:

2 cups pistachios (soaked 4 hours)
1 cup cold-pressed extra-virgin olive oil
1 cup basil
5 cloves garlic
1 tsp Himalayan salt

Topping:

1/2 cup grape tomatoes, chopped into 4 round slices each

Begin by placing mushrooms in a medium-sized bowl with 4 Tbsp olive oil, and lightly toss until well coated. Rinse and drain pistachios. In a high-powered blender, combine olive oil, basil, garlic and salt. Puree until dark green in colour. Add pistachios and blend to a creamy texture.

Fill each mushroom cap with filling mixture, and place on dehydrator tray covered in nonstick drying sheet. Top with grape-tomato slices, and dehydrate at 105° for 4 hours.

The longer you leave the mushrooms in the dehydrator, the softer they become, and the stronger and more intense their flavour, as well as that of the garlic. These have a long shelf life in the refrigerator – just dehydrate them to revive their flavour and serve them warm!

Makes 8 appetiser servings.

