

# GORILLA FOOD

Living and Eating Organic, Vegan, and Raw



AARON ASH



## Thai Fresh Wraps with Raisin Chutney

6 collard leaves

$\frac{1}{2}$  -  $\frac{2}{3}$  cups Thai Wrap Paté

2 cups Sesame Seasoned Coleslaw

$\frac{1}{3}$  -  $\frac{1}{2}$  cup Raisin Chutney

1. Place cut collard leaves with the flat ends toward you bottom side up.
2. Place a scoop of paté at the bottom end of each leaf.
3. Place a large pinch of Sesame Seasoned Coleslaw in each collard leaf above the paté.
4. Roll paté and coleslaw tightly into the leaf.
5. Serve with Raisin Chutney.

Makes 6 rolls.

## Thai Wrap Paté

6 cups sunflower seeds  
112 g raisins  
9 g garlic  
501 g carrot  
315 g zucchini  
510 g kale and collard stems  
1½ tsp salt

1. Soak seeds in water for at least 6 hours or overnight and rinse well before using.
2. Soak raisins for at least 2 hours or overnight in the fridge.
3. With the s-blade in the food processor, finely grind/chop seeds. Empty into a mixing bowl.
4. With the s-blade in the food processor, mince garlic. Add carrot, zucchini, kale stems or leaves, and salt and mince/chop till fine. Empty into the bowl of seeds.
5. With the s-blade in the food processor, purée soaked raisins. Add to veggie and seed mix and mix all well by hand.
6. Jar and mark with a date and love.

## Raisin Chutney

1 cup raisins  
¼ cup water  
½ cup apple cider vinegar  
¼ cup chopped fresh ginger  
2 garlic cloves

1. Soak raisins in water and apple cider vinegar for 1–4 hours.
2. In the food processor, with the s-blade, process all ingredients into a purée.



# Oh My Gado Gado Nice Bowl



**1 cup Ryce**

**½ cup Tossed and Tenderized Deep Greens**

**¾ cup Sesame Seasoned Coleslaw**

**¾ cup Gado Marinated Veggies**

**⅓ cup Gado Peanut Sauce**

**¾ cup sprouts**

**1-2 tbsp raw peanuts (chopped)**

**1.** In a large bowl, place approximately 1 cup of Ryce.

**2.** Surround the Ryce with three sections consisting of 1 part Tossed and Tenderized Deep Greens, 1 part Sesame Seasoned Coleslaw, and 2 parts Gado Marinated Veggies.

**3.** Place about 1/3 cup of Gado Peanut Sauce in the center.

**4.** Top the sauce with a big topping of sprouts.

**5.** Top the sprouts with chopped peanuts.

Makes 1 serving.

## Ryce

- 1–1½ cups parsnip, peeled
- ¾–1 cup broccoli (including peeled stem)
- 6–9-in daikon, peeled
- ½ cup sesame seeds
- 1–2 carrots, peeled
- 1–2 celery stalks
- ⅓ medium zucchini
- 2 tbsp sesame oil
- ¾ tsp salt

1. Cut all ingredients to a consistent size for the food processor (about 1–2-in pieces).
2. In the food processor with the s-blade, pulse process all veggies, seeds, oil, and salt until they are approximately rice-sized pieces.

Makes 4 servings.



## Tossed and Tenderized Deep Greens

- 3 bunches dark leafy greens (kales, chards, beet, spinach, collard leaves, etc.)
- 1/2–1 tsp salt
- 2–3 tbsp lemon juice
- 1 zucchini
- 2–3 tbsp onion (optional)
- 1 red bell pepper

1. Wash greens and strip the leaves from the woody stems.
2. Cut leaves into small ribbons and add to a large bowl with salt and lemon juice.
3. Hand squeeze to tenderize the leaves until they take on a wilted- or steamed-like quality.
4. Dice zucchini, onions, and peppers into niblets and toss together with tenderized greens.

Makes 3–6 cups.

## Sesame Seasoned Coleslaw

- 2 cups sliced green cabbage
- 1¼ cups sliced red cabbage
- 2 carrots, grated
- 1 tsp salt
- ¼ cup sesame seeds
- 1 tbsp sesame oil

1. Cut cabbages into pieces and then, in the food processor, slice with the slicer disc. Empty into the mixing bowl.
2. Wash and trim carrots and grate in the food processor with the grating disc. Empty into mixing bowl with cabbages.
3. Add salt, seeds, and oil and toss everything together well.

Makes 5 cups.

## Gado Marinated Veggies

- 2 small bite-sized pieces broccoli per serving.
- 2 small bite-sized pieces cauliflower per serving.
- 4 slices bell peppers per serving.
- A drizzle of sesame oil per serving.
- A pinch of salt per serving.

1. Toss all ingredients together evenly in a mixing bowl.

Makes 1 serving.

## Gado Peanut Sauce

- 1 cup peanuts
- 1 date
- ¼ cup cilantro
- ½ tsp salt
- ⅓ tsp cayenne
- ⅓ cup water
- ⅓ cup carrot juice
- ¼–½-in piece ginger
- ⅔ tbsp lemon juice

1. Soak raisins in water and apple cider vinegar for 1–4 hours.
2. In the food processor, with the s-blade, process all ingredients into a purée.





# Pesto Pizza

## Sunny Buckwheat Pizza Crusts

4 cups buckwheat

3¾ cups sunflower seeds

⅔ cup flax seeds

4 carrots

3½ tbsp Italian herb mix (rosemary, oregano, basil)

3½ tsp salt

1. Soak buckwheat and sunflower seeds overnight or for at least 6 hours, rinsing well before using.
2. In a Vita-Mix or coffee grinder, grind flax seeds to a powder and set aside in a bowl.
3. Grate carrots in the food processor with the grater disc and set aside.
4. In multiple batches, in the food processor with the s-blade, process buckwheat, sunflower seeds, herbs and salt into a creamy peanut butter consistency. Pour into a mixing bowl.
5. Add grated carrots and ground flax seeds to the dough and mix every thing thoroughly by hand.
6. Hand-form round pizza crusts on the ParaFlexx sheets.
7. Mark 6 slices with the back edge of a knife, scoring only halfway deep into the crust.
8. Dehydrate at 108 °F for about 30 hours, flipping crusts over onto the open mesh screens after about 8–12 hours and dehydrate for another 24–36 hours or until completely dry.

Makes 4 13-in pizza crusts.

## Italian Herb Tomato Sauce

¼ cup sun-dried tomatoes

1 garlic clove

½ celery stalk

2½ tsp Italian herb mix (rosemary, oregano, basil)

⅓ tsp salt

2½ cups tomatoes, cut into chunks

1. Soak sundried tomatoes in water overnight or for around 2 hours until soft.
2. Mince garlic, celery, herbs, and salt in the food processor with the s-blade.
3. Add drained sun-dried tomatoes and purée well. Pour into a large bowl.
4. In batches, pulse fresh tomatoes in the food processor in order to mince tomatoes to a soupy/saucy/chunky consistency.
5. Pour each batch into the sun-dried tomato paste and mix well.

Makes 3 cups.

## Walnut Cheez Crumble

1½ cups walnuts (soaked)

1½ cups walnuts (dry)

2 tsp salt

1. Soak 1½ cups walnuts for about one hour and rinse well before using.
2. In the food processor with the s-blade, pulse dry walnuts and salt with the soaked walnuts until crumbly.

Makes 2½–3 cups.

Spread Italian Herb Tomato Sauce and Hemp Seed Basil Pesto over Sunny Buckwheat crusts. Top each pizza with a generous sprinkle of Walnut Cheez Crumble.

## Hemp Seed Basil Pesto

3 garlic cloves

½ lb fresh basil

1 cup walnuts

½ tsp salt

4 tbsp hemp seeds

4 tbsp olive oil

3 tbsp lemon juice

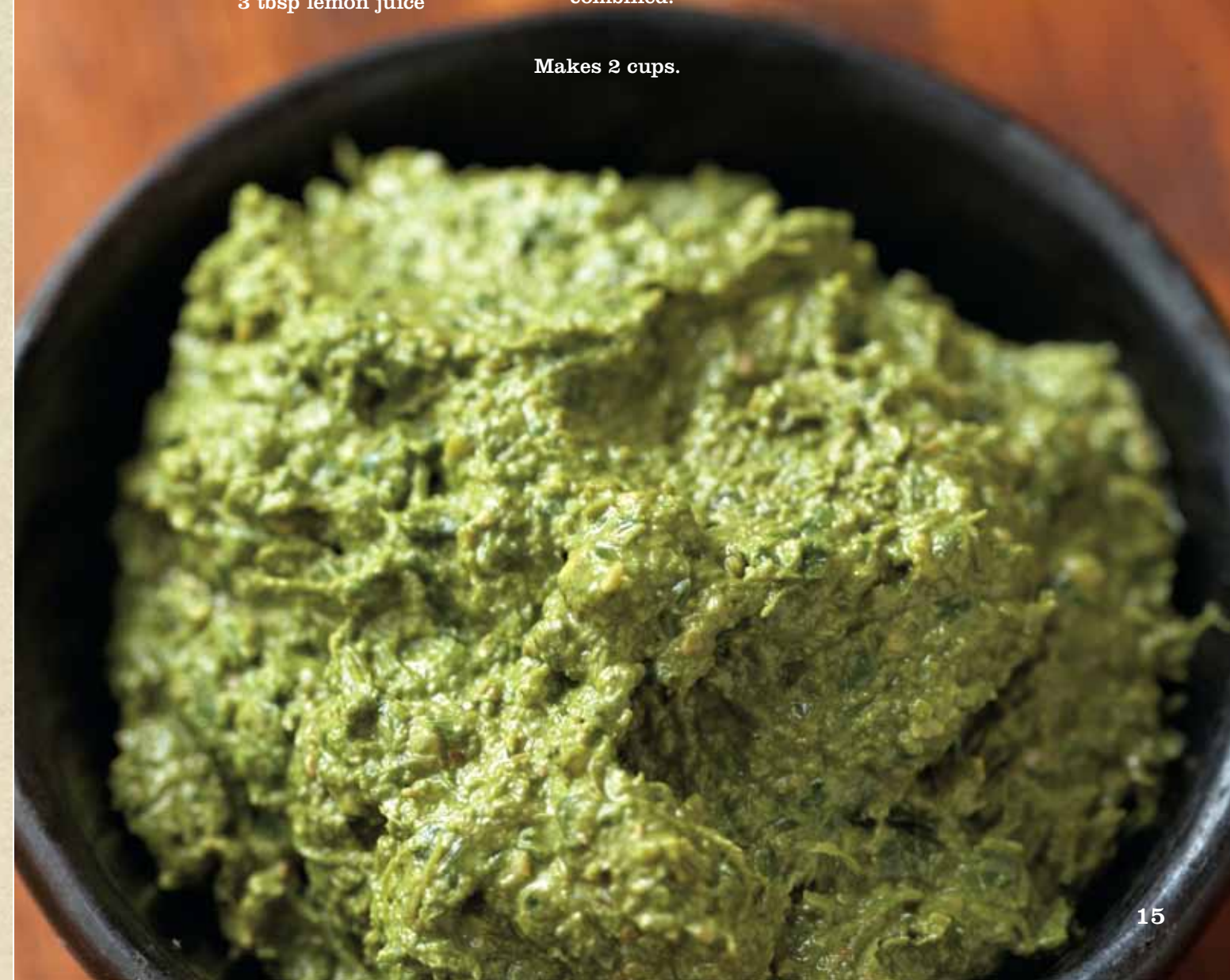
1. Mince garlic with the s-blade in the food processor.

2. Add basil and process till finely minced.

3. Add walnuts, salt, hemp seeds, olive oil, and lemon juice and process into a spreadable paste.

4. Add the pureed basil back in and mix all until well combined.

Makes 2 cups.







# Apple Pie

## Crust:

- $\frac{1}{3}$  cup almonds
- $\frac{2}{3}$  cup sunflower seeds
- 4 dates
- $\frac{1}{4}$  tsp salt
- 1 tbsp coconut oil
- 1  $\frac{1}{3}$  cups shredded coconut
- 1 cup cashews

## Filling:

- 7–8 apples (cored)
- 3  $\frac{1}{2}$ –4 bananas
- $\frac{1}{2}$  cup strawberries
- 9 tbsp coconut oil
- $\frac{5}{8}$  tsp ground cinnamon
- $\frac{1}{4}$  tsp nutmeg
- 3 dates
- Pinch ground cinnamon, to garnish

## Crust:

1. Soak nuts and seeds together for  $\frac{1}{2}$ –2 hours or overnight in water and rinse well with fresh water before using. To let them sprout longer, just rinse every 8–12 hours for a couple of days.
2. In the food processor with the s-blade, pulse nuts and seeds till sticky, but still a little crunchy. Pour this mix into a bowl.
3. In the food processor with the s-blade, process dates, salt, and coconut oil until smooth. Put in the bowl with almonds and sunflower seeds.
4. Add shredded coconut to the bowl.
5. In the food processor with the s-blade, pulse dry cashews till they are not quite powdered but crumbly. Put them in the bowl with the date paste and seed mix, and combine well by hand.
6. Press the dough evenly into a spring-form pan and chill to set while you make the filling.



### Filling:

1. In the food processor with the slicer disc, slice apples thinly. Empty the apples into a bowl.
2. In a high-powered blender, place bananas, strawberries, coconut oil, cinnamon, nutmeg, and dates. Blend together until the oil has melted. Pour this mix over the sliced apples and mix thoroughly.
3. Fill the pie crust with the apple mix and chill for around 3 hours until set.
4. Using a knife or spatula, cut the crust away from the sides of the spring-form pan, and then pop it open to remove the pan's side panel. Slide the pie off the pan bottom and onto a plate.
5. Dust the top of the pie with cinnamon.

Makes 1 10-in pie.

## Berry Goodness Cashew Ice Cream

- 2 cups cashews
- ¼ cup goji berries
- 11 dates
- ¾ cup coconut oil
- 4 ½ cups strawberries
- 1 tsp vanilla
- 2 cups water

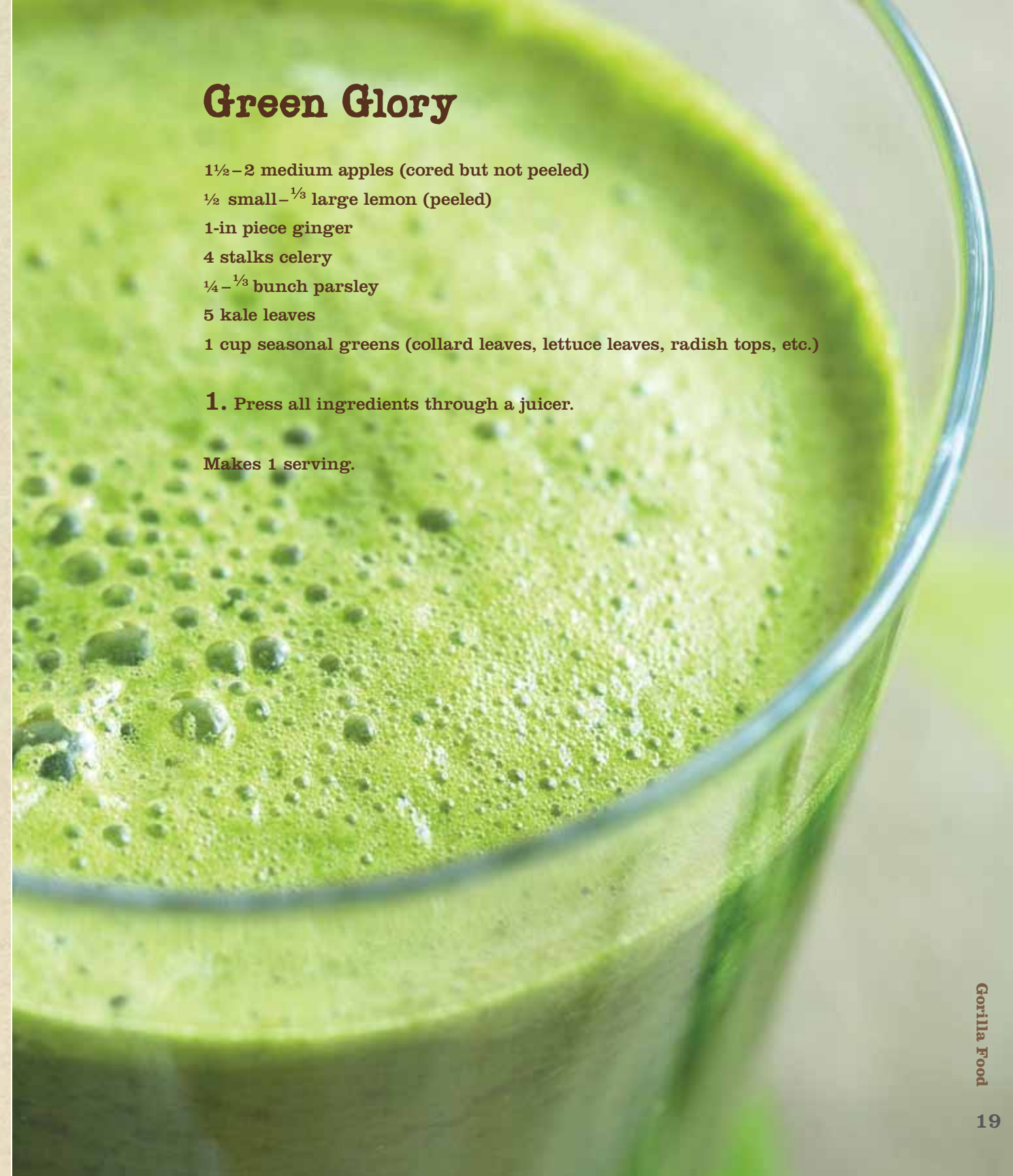
1. Put all ingredients into a blender and blend until everything is super smooth and the coconut oil is liquefied.
2. Set in the freezer until it freezes. Pour into an ice cream maker and, following manufacturer's instructions, churn until creamy and light.

## Green Glory

- 1½–2 medium apples (cored but not peeled)
- ½ small–⅓ large lemon (peeled)
- 1-in piece ginger
- 4 stalks celery
- ¼–⅓ bunch parsley
- 5 kale leaves
- 1 cup seasonal greens (collard leaves, lettuce leaves, radish tops, etc.)

1. Press all ingredients through a juicer.

Makes 1 serving.



*Gorilla Food* is both an innovative cooking manual and a raw vegan bible by Aaron Ash, the former personal chef to Mike-D of the Beastie Boys and now proprietor of Vancouver's hugely popular vegan restaurant *Gorilla Food*. Aaron is a charismatic and conscientious raw vegan whose beliefs about food are tied to personal and social well-being. Recipes include amazing raw pizzas, pastas, fruit pies, and chocolate desserts that will delight vegans and non-vegans alike with their surprisingly complex flavours. *Gorilla Food* will make you go ape for living life to the rawest!

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