

Raw Ravioli

written by admin | September 5, 2011



When you serve up these amazing ravioli, no one will believe that the wrapper is made of turnip!

Equipment:

Mandolin or other Vegetable Slicer
Food Processor or Blender

Ingredients:

Pasta Wrapper:
4 small turnips

Filling:

1 cup pine nuts
1 cup macadamia nuts or cashews
1 cup walnuts
1 cup parsley
8 tsp lemon juice
6 tsp Bragg Liquid Aminos or tamari or soy sauce
2 garlic cloves

Marinara Sauce:

2 1/2 cups tomatoes
12 sun-dried tomatoes, soaked until softened
3 dates, pitted and soaked until softened

1/4 cup olive oil
4 garlic cloves
2 Tbsp parsley
1 tsp sea salt
1/8 tsp cayenne (optional)

Directions:

Pasta Wrapper:

Slice the turnips into VERY thin slices by using a mandolin or other vegetable slicer to make thin round disks. (These will be used as the wrapper which would normally be the pasta dough. Be sure to slice them very thin or they will not become soft enough.)

Filling:

1. Blend the pine nuts, macadamia nuts and walnuts in a food processor until ground.
2. Add the rest of the ingredients and blend until creamy.
3. Marinara Sauce:
4. Place all the ingredients in a food processor and blend well.

Assembly:

1. Remove a single turnip slice from the batch.
2. Place a teaspoon full of the filling in the turnip slice and fold the turnip slice in half until all the sides meet. Squeeze the edges together. Some of the filling may ooze out, but this is what will hold the edges together. Just put the excess back into the bowl to reuse. (If you don't have enough filling in them they will not stick together.)
3. Continue to fill each turnip slice until all the filling is gone.
4. Place these half moon shapes onto a large plate, single layer, and drizzle the tomato sauce on top.
5. Allow to sit for a few hours. The turnip will become soft from the tomato sauce. Use a spatula to scoop the ravioli up and serve.

NOTE: For a round ravioli, try this alternate assembly: place 2 teaspoons full of the filling in the center of a turnip slice. Place a second turnip slice on top of the filling and gently squeeze together until the edges meet and hold together.

from *"Living On Live Food"* by Alissa Cohen