

Stir Raw w/ Ginger Miso Sauce

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 1 hour 45 minutes

Chef's Notes

Assorted vegetable examples from Step 2:

- 1/2 cup red bell pepper, julienne
- 1/2 cup red cabbage, shredded
- 1/2 cup carrots, julienne thin
- 1 cup broccoli, in small florets
- 1/2 cup mushrooms of choice, sliced
- 1 cup asian bean sprouts

To warm up this dish and still keep it raw, spread on dehydrator sheets and dehydrate for 1 hour on 115°F (45°C).

Step 1: Preparing the Sauce

- 3/4 cup freshly squeezed orange or tangerine juice
 - 1/4 cup olive or flax oil
 - 3 1/2 tbsp sweet white miso
 - 2 tbsp tamari
 - 1 tsp toasted sesame oil
 - 2 tbsp fresh ginger, minced
 - 2 cloves garlic, minced
- To prepare the sauce, in a high-speed blender, combine the citrus juice, olive oil, miso, tamari, sesame oil, ginger and garlic. Blend until smooth.

Step 2: Combining the Vegetables

- 4 cups assorted vegetables, varying knife cuts of each
 - 1/2 cup fresh cilantro, chopped
 - 1/2 cup fresh basil, torn
- In large bowl, toss all of the vegetables together with the chopped fresh herbs. After a quick toss, remove a small amount of the bean sprouts and herbs and set aside for garnish.
- Toss the sauce and vegetable mixture for another minute then let sit for about an hour at room temperature so the vegetables can marinate and soften.
- Serve with Raw Noodles or cooked grains.