



Photo: John Paul II Collegiate teacher, Rhea Good displays soups prepared by Chris Kendall (in background).

John Paul II Collegiate and The Blend Restaurant in North Battleford host Raw Food Dinner and Demonstration

The Blend Restaurant, in North Battleford, along with Light of Christ teacher, Rhea Good, hosted the 2nd Annual Raw Food Dinner the evening of September 30th, 2016. Raw Food chef, Chris Kendall, spent the day at John Paul II Collegiate with students demonstrating his recipes, and preparing for the evening meal. The nutritional value of raw food was explained throughout the demonstrations.

Recipes prepared at the school, with one group of students, included Banana-Date Smoothies and a No Potato-Potato Salad. A case of over-ripe bananas disappeared very quickly once Chris started to make smoothies for a morning snack.

Another group of students learned how to make No Potato-Potato Salad. This hearty salad was distributed to students and staff from the school store, Pope's Corner, during the lunch hour. Ingredients for the student recipes were donated by Frazer's NoFrills. See recipe below.

The menu for the evening event was Mexican Taco Salad along with a Fruit Soup. The meal started with a fruit soup of pineapple chunks in a thick 'broth' made of blended papaya and orange juice. The main course was chili and dehydrated corn chips with a variety of dipping sauces ranging from mild guacamole to super hot tomato sauce. See recipes below.



Chili Con Rawne Con Rawne, family size

6 roma tomatoes
cauliflower, about 1/6 large head
red pepper ½
brown crimini mushrooms
2 zucchini
1/4 cup sun-dried tomatoes
2 medjool dates
2 green onions (not 2 bunches)
cilantro 1/4 bunch as sold in most grocery stores
oregano, 1 tsp. dried flakes
chili powder 1 tsp.

Dice half the tomatoes and place into serving bowl. The other half goes into the blender. dice the red pepper, mushrooms, zucchini, and green onion and add to the bowl. Add the dates, sun-dried tomatoes and chili powder to the blender with the tomatoes and blend until smooth. Rough chop the cauliflower and cilantro and add to the blender mix. Pulse the blender on a low speed to achieve a chunky texture, not a puree. Pour the sauce over the cubed veggies in the bowl and mix well. Let the flavors mingle for at least 30 minutes before serving.

Creamy Potato Salad

8 brown crimini mushrooms
3 zucchini
1/3 head cauliflower
4 green onion
2 avocado
2 tsp dry mustard

Large dice all mushrooms, 2/3 zucchini, and 3/4 cauliflower like chunks of potato for potato salad. If you have a dehydrator, dehydrate the mushrooms and zucchini for about 2 hours. This step is optional especially if you will be eating the salad right away.

Soak the cauliflower in a hot water bath for 2 minutes, then drain. Mix all the cubes together in the serving bowl. Make the sauce by adding remaining ingredients into the blender with 1 avocado. Pour the pureed sauce over the cubes and stir to coat. Chop the remaining avocado and add in with a light stir.

