

FRUGT OG DETOX RETREAT 2019

Opskrifter af Petr Cech til ca. 10 personer





Tomato sauce

Ingredients for about 1 L (4 cups) sauce:

- 1 kg ripe tomatoes
- 5 medjool dates (or about 10 deglet nour dates)
- 2-4 dried tomatoes
- juice from 1/2 lime
- 1 spring onion

Place all ingredients in a blender and blend until fully blended. Taste and adjust accordingly. To get a more Italian flavored sauce, add fresh or dried herbs like oregano and basil. If adding fresh herbs, remember to just pulse blend into the sauce in the very end for most flavor.

Ginger chutney

Ingredients for a small bowl of chutney to be served as a condiment:

- Juice from 1 lime
- 4 soft dates
- 1/2 cucumber
- 1/2 red bell pepper
- 1 spring onion
- 1 tsp grated ginger
- Fresh cilantro (optional)

Chop all ingredients except the dates very finely and mix in a bowl. Mash the dates with a fork and mix well with the other ingredients in the bowl. Taste and see if you want to use more lime juice or dates and then serve.



Marinated Thai vegetables

Coconut milk:

- 1-2 old coconuts (brown)

Start with making the coconut milk. Crack the coconuts open and reserve the water. Take out the meat and put into a blender with the coconut water and fill up with additi-

onal water to about a liter (4 cups) of total fluid. Blend until smooth. Pour the liquid into a nutmilk bag that is placed in a jug. Squeeze out as much liquid as possible and set the coconut shreds aside, using them in another recipe. If you want full fat coconut milk, just use the milk as it is, but if you want reduced fat coconut milk, then place the jug in the fridge overnight. The day after

you can easily separate the fat from the liquid and use as much or as little coconut fat as you want in the sauce. If you are using young coconuts, then go ahead and scoop out the flesh and use as it is in the sauce.

Big bowl of marinated thai veggies

- 10 medium zucchinis
- ¼ cabbage head
- 4-5 spring onions
- 2 red bell peppers
- 250g crimini mushrooms
- ¼ head of cauliflower
- 2-3 carrots
- 4 stalks of celery
- 3 medium tomatoes

Make pasta from the zucchinis by using a spiralizer or a julienne peeler and place in a big bowl. Thinly slice or grate all of the other vegetables and place in the same bowl. Mix well together. Now make the marinade and for this you will need:

- ½ L (2 cups) coconut milk from old coconuts (or meat

and water from 2 young coconuts)

- 1x2 cm slice of ginger
- 1 clove of garlic
- 200 g tomatoes
- 5 dried tomatoes (soaked beforehand)
- Juice from 1 ½ limes
- 6 pitted deglet nour dates

Blend all ingredients in a blender. Taste and adjust accordingly. Pour the sauce over the veggies and let marinate for at least 4 hrs, either on the counter top, in the sun (covered) or in the dehydrator (again, covered with plastic wrap). Make sure you mix well once again right before serving.



Spring rolls

About 25 spring rolls:

- 2-3 zucchinis
- 4 cm of ginger
- Limejuice
- Nama shoyo (optional)
- 5 blended or mashed dates
- ¼ head of cabbage
- 1 cucumber
- 2 spring onions
- 2 red bell peppers
- 2 stalks of celery
- about 5 dried tomatoes (soak for at least 30 min.)

Slice the ginger into thin strips and put in a small bowl. Cover the strips in limejuice, date sauce and nama shoyo and let marinate for at least a few hours. Slice all the vegetables except the zucchini into thin strips. Slice the dried, rehydrated tomatoes into thin strips. With a cheese peeler or a mandoline, make broad, thin zucchini slices from the zucchini. Place three or four zucchini slices next to each

other, overlapping each other a bit. Place a few shreds of cabbage, cucumber, bell pepper, spring onion, celery, dried tomatoes and a few thin strips of the marinated ginger on the bottom half of the zucchini strips. Then roll up the zucchini strips with the filling to make the spring rolls. Place on a serving tray and serve with for example a spicy sweet and sour dipping sauce.



Indian cauliflower soup

About 1 liter of soup:

- 7 dl (2 ½ cups) orange juice
- the juice from 1 lime
- 100 g cashew nuts
- 7 dried tomatoes, soaked in water for at least 30 min
- 2,5 dl (1 cup) cauliflower
- 1 clove of garlic
- 2x2 cm slice of ginger
- dash of cumin powder

- dash of curry powder
- dash of sweet paprika powder
- Dates (optional - if you need more sweetness)

Start with juicing the oranges and limes and pour the juice in a blender jug. Place all other ingredients in the blender and blend until smooth. Taste and adjust the taste accordingly. If you want the soup thicker, add more cashews, if you want

the soup thinner, add more orange juice.

Toppings:

- 1 dl (½ cup) florets cauliflower
- 1 dl (½ cup) fennel bulb or celery

Finely chop the cauliflower and fennel or celery and stir into the soup. Serve.



Forlorne sild

This recipe resembles the Swedish/Danish pickled herring that is usually eaten during Christmas or Midsummer. It is made in two steps.

For the first step you will need:

- 4 zucchinis
- juice from about 5 lemons
- juice from about 10 oranges
- 1 tbs dried marjoram

Start by cutting your zucchinis into thick pieces that resembles herring pieces, about 3x4 cm and ½ cm thick and place in a large bowl. Juice the oranges and lemons and pour the juice over the zucchini slices, making sure it covers all the slices. Mix in the marjoram, cover the bowl and set aside to marinate overnight. The next day, strain the juice from the zucchini slices and set aside both the juice and the zuc-

chini slices separate.

Now make the herring pieces, for this you will need:

- the marinated zucchini slices
- about 10 dried tomatoes (soaked for at least an hour)
- raw nori sheets

Start with cutting the dried and resoaked tomatoes in slices. Then place about 4-5 zucchini slices almost on the bottom end of one of the nori sheets, leaving about 3 cm of the nori sheet free. Place a slice of dried tomato on top on each zucchini slice and then roll up the nori sheet tight with the zucchini slices inside. When you come to the end of the nori sheet, wet it with a bit of water and it will stick together better. Then slice the roll into about 5 bite size pieces and place in a larger bowl. Either you can roll up all zucchini slices in nori or you can leave some pieces as they are, without nori. If you have any dried tomato slices left, you can also put them in the bowl along

with the rolled up zucchini and the zucchini slices. Also, finely chop ½ onion and put in the bowl (optional).

Then use the following ingredients to make the sauce:

- 2,5 dl (1 cup) preserved juice from the marinade
- 2 handfulls cashew nuts
- 3 dried tomatoes (optional)
- Dates (optional - if you need more sweetness)
- Currypowder (optional - if you want curry flavor)

Place all ingredients in a blender and blend until smooth. Taste and adjust to your liking. The sauce should be quite thick. Pour the sauce over the zucchini/nori slices and fold them gently together. Then let marinate for at least a couple of hours, or overnight. Serve.



Banan a lá mande

This dessert recipe resembles thick, creamy rice porridge, with a sweet cherry sauce on top. The ingredients you will need for a big bowl of porridge are:

- 2+2 ripe, speckled bananas
- 200 g raw almonds
- Pinch of vanilla

- 2 pitted dates

Start by finely chopping two of the bananas and place in a bowl. Place all other ingredients in a blender and add enough water to cover the bananas and almonds and blend until smooth. Pour on top of the chopped bananas and mix well.

Strawberry/cherry sauce

Next, make the strawberry/cherry sauce that will go with the porridge. For this you will need:

- 300 g frozen strawberries
- 100 g dried cherries
- 4 pitted dates
- The juice from 2 clementines

Put all ingredients in a blender and blend until smooth. Taste and see if you want to add a bit more sweetness or maybe more juice to make the sauce thinner. Then serve in a separate bowl with the banana/almond porridge.



Mango blueberry smoothie or sauce

- Mangos
- Blueberries

Banana porridge

Mix mashed bananas with carob powder.
Decorate with pistacio nuts on top.



Banana split

Ingredients:

- 10 Bananas
- 250 g Dates deglet nour
- 250 g Dried figs
- Water
- Carob powder
- 200 g almonds
- Pinch of vanilla
- 2 TbSp Blue Poppy seeds

Cut the bananas lengthwise in halves. Make almond cream by blending almonds,

vanilla and some water.

Make date and fig sauce by blending figs, dates, carob powder and some water. Use a grinder to grind blue poppy seeds.

Start with covering banana halves with fig and date sauce, then put almond cream on top of it and finish with sprinkling blue poppy seeds over it.



Romkugler ca. 25

Ingredients:

- 30 Dates deglet nour
- Pinch of Vanilla
- Cocoa powder
- Shredded coconut

Mix everything until fine and make balls



God fornøjelse!

Kærligst Petr