

The Epicure in Light

by Rob Davidson



“Spaghetti & Meatballs” Vegan and Raw

For the Spaghetti:

One large yellow and one green zucchini, passed through the spiral slicer. (you can use a mandolin or hand slicer as well, simply pass the zucchinis along the blades lengthwise to make long strands)

For the meatballs:

Finely chop (by hand or in a food processor) mushrooms. I like cremini or portobellos for their rich, earthy flavor. If you like garlic, add $\frac{1}{2}$ clove very finely chopped. If you have some fresh herbs handy, add them in as well. A dash of salt, pepper, a splash of tamari and perhaps a bit of olive oil to just moisten the mix. Form into small balls, place on a rack and put into a just warm (125°) oven for around 30 minutes until they just start to dry a bit on the outside.

For the sauce:

Combine cashew butter, and a few splashes of tamari sauce. Add a bit of warm water and blend together. If the sauce is too thick, add just a bit more water and blend until smooth and creamy. Cayenne pepper, or smoked paprika, added to taste, lend a bit of depth to the sauce.

To serve:

Place the zucchini in a colander over a pot of boiling water and just let it get warm, not cooked. Transfer to a bowl and blend in the sauce. Top with crushed cashews and serve.

Enjoy!