



CITRUS GINGER BLUSH (NON-ALCOHOLIC)

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RAW MATERIAL

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Most of us have heard why eating raw and vegan are great ideas, but what we may not know is how delicious and satisfying—on every level—these foods can be. Find out for yourself with this impressive menu where every course is paired with an organic wine.

IS RAW FOOD REALLY BECOMING MORE MAINSTREAM? Always trend-curious, *Food & Drink* wanted to learn what everyone was talking about. We turned to Jennifer Italiano, co-owner of Live Organic Food Bar in Toronto (www.livefoodbar.com), who told us “Thirteen years ago, I was this kooky girl with a crazy idea. Now it’s no longer just vegans who eat here. We get everybody including meat eaters at the restaurant.”

We tested and tasted lots, because the food had to be delicious, full stop! Happily it’s not just all crunchy vegetables with little substance, and you won’t be hungry after your meal. Many of the ingredients are no different from what you’re probably already eating. There’s a learning curve, but with practice, it won’t take much longer to make. Remember, there’s no oven to preheat or pots to boil. And dinner won’t get cold.

For this dinner party for four, we’ve adapted a few of Jennifer’s favourite dishes and created a few of our own. Enjoy.