

# Caldwell's Raw Cultured Recipes

## Grated Carrot Salad

- 1 package Caldwell's raw cultured grated carrots
- 2 to 3 pressed or minced garlic cloves
- 2 tbsp. chopped fresh parsley
- 2 to 3 tbsp. olive oil or your regular salad oil
- 1 cup of fresh greens (spinach, lettuce, green sprouts, etc.)

*Combine all ingredients in a salad bowl. Serves 4-6.*

*Variation 1: add 1/2 cup white beans or chick peas.*

*Variation 2: replace the greens with 1-1/2 to 2 cups of cooked rice, 1/2 cup of black olives and more olive oil to taste.*



## Fermented Carrots with Broccoli Florets

- 1 package Caldwell's raw cultured grated carrots
- 12-18 fresh broccoli florets
- 2 minced or pressed garlic cloves
- 2 to 3 tbsp. olive oil or your regular salad oil

*Steam broccoli florets for 3-5 minutes and cool under a stream of cold water. Strain.*

*Mix all ingredients together in a bowl.*

*Serves 4-6.*



## Trio and Chick-Pea Salad

- 1/2 package Caldwell's raw cultured beets
- 1/2 package Caldwell's raw cultured red cabbage
- 1/2 package Caldwell's raw cultured black radish
- 1/2 to 1 cup cooked or sprouted chick-peas
- 3 tbsp. olive oil or your regular salad oil

*In a salad bowl, combine all ingredients. Serves 6-8.*

*Variations: Replace chick-peas with white or lima beans or with bite-size squares of feta cheese.*

*Replace the Caldwell's raw cultured black radish with 2 to 3 tbsp. chopped fresh onion.*



## Caldwell's Coleslaw

- 1/2 package Caldwell's raw cultured grated carrots
- 1 cup thinly-sliced green cabbage
- 1 tbsp. chopped onion
- 1 tbsp. chopped fresh parsley
- 2 tbsp. mayonnaise and/or salad oil

*Combine all ingredients in a salad bowl. Serves 4.*

*Variation: Replace green cabbage with Savoy, Korean or Nappa cabbage.*

## Colorful Greek Salad

- 1 package Caldwell's raw cultured red cabbage
- 2 tbsp. thinly sliced onion
- 12 cubes feta cheese
- Black olives
- 2 tbsp. olive oil or your regular salad oil
- A few onion rings

*Combine raw cultured red cabbage, onion and olive oil in a salad bowl. Decorate with feta cheese, black olives and onion rings. Serves 4.*

*Variation: Add 1/4 cup fresh chopped basil and cilantro.*



## Caldwell's Super Salad

- 1 package (200g) Caldwell's raw cultured vegetable of your choice
- 2 cups fresh green sprouts of your choice
- 3 tbsp. olive oil or your regular salad oil

*Combine all ingredients in a salad bowl and serve immediately. Serves 4-6.*



## Hannah's Salad

- 1 package (200g) Caldwell's raw cultured grated beets
- 1-1/2 cups pre-cooked cold, short-grain brown rice, buckwheat or barley
- 3 tbsp. olive oil or your regular salad oil

*Combine all ingredients in a salad bowl and serve. Serves 6.*



## Steve's Salad

- 1 package Caldwell's raw cultured grated carrots
- 1 package Caldwell's raw cultured daikon with ginger
- 1 medium size shallot, sliced very thin
- 12 cubes feta cheese
- small handful of toasted pine nuts
- your best olive oil & a few drops of balsamic vinegar
- fresh oregano or thyme
- sea salt & ground pepper to taste
- a few sprinkles of paprika for color

*Variation: Try it with different raw cultured vegetables and fresh herbs*

**Bon appétit!**