



Food Preparation Machines
Made in Sweden



Raw Food

— nutritious and colourful with
a wide variety of shapes

RAW FOOD-SANDWICHES



SPRING ROLLS WITH DRESSING



GREEN GAZPACHO



RAW FOOD ICE CREAM



“ We believe
that this way
of approaching

food is the future.

The transition from
traditional cooking to
Raw Food has taught
me to explore new paths
and find new ways of
preparing food. There
have been changes in the
kitchen; kitchen applian-
ces that were previously
rarely or never used
have become my main
tools. The food processor
is my new stove.

Johan Rabén
Founder of Matapoteket, Stockholm

Introduction

Eating Raw Food has become a trend that appears to be here to stay. The Raw Food movement has increased significantly in recent years. Vegetable Preparation Machines, Vertical Cutter Blenders/Mixers and Blenders are the perfect tools for obtaining a variety of textures and shapes and increasing the possibilities for dishes.

HALLDE has put together advice and tips on how its machines and equipment can be used for Raw Food preparation. The idea is to serve food that is highly nutritious and provides you with a great deal of energy.

Raw Food (also called live food) is a diet that was established in Sweden in the 1970s. It consists of vegetables, seeds, nuts, algae, fruits and berries, mushrooms, oils and super foods*. Processed ingredients such as sugar, flour or milk products – or any form of animal products – are not included in the Raw Food diet.

Raw Food can lose much of its nutritional value when exposed to high heat while cooking. Because Raw Food is not heated at all, or up to a maximum of 42° C, the enzymes and nutritional content are preserved and you get the maximum nutritional value.

WHICH MACHINE SHOULD YOU USE WHEN PREPARING RAW FOOD?

All HALLDE machines can be used for preparing Raw Food. HALLDE Vegetable Preparation Machines are the perfect choice to slice, shred, julienne, grate and dice products. If the product is to be either roughly or finely chopped, or made into a spread or mix, then choose HALLDE's Vertical Cutter Blender/Mixer. When preparing a drink or soup, a HALLDE Blender produces quick and easy results.

* “super food” is a term often associated with plants and foods that are abundant in vitamins, minerals and antioxidants. Examples of Nordic foods classified in various contexts as super foods are blueberries, lingonberries, cranberries, sea buckthorn and nettles.

With the help of a HALLDE Blender, you can prepare a variety of nutritional drinks, smoothies, juices and soups.

HALLDE'S TIPS ON WHAT TO PREPARE WITH A BLENDER

Soups, smoothies, nutritional drinks and thickeners...

” *Raw Food comprises vegetables, seeds, nuts, algae, fruits and berries – perfect as a basis for a morning shot, smoothie for a snack or dessert, soup for lunch or dinner. Use a HALLDE Blender and your imagination!*

A smoothie as a snack – energizing for both the brain and the body



ALMOND MILK



Almond milk

– 4 litres, quick and easy!

Make milk from almonds, nuts or seeds

and use it as the base for smoothies, shots, yoghurt, porridge, soups and desserts. Select produce based on taste, availability and season – your imagination is the limit.

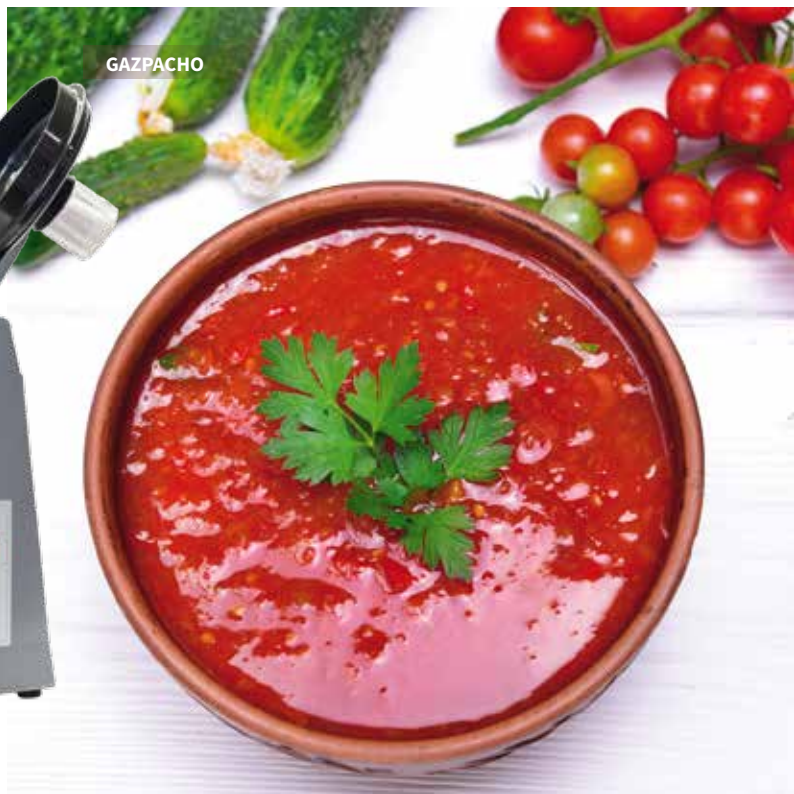
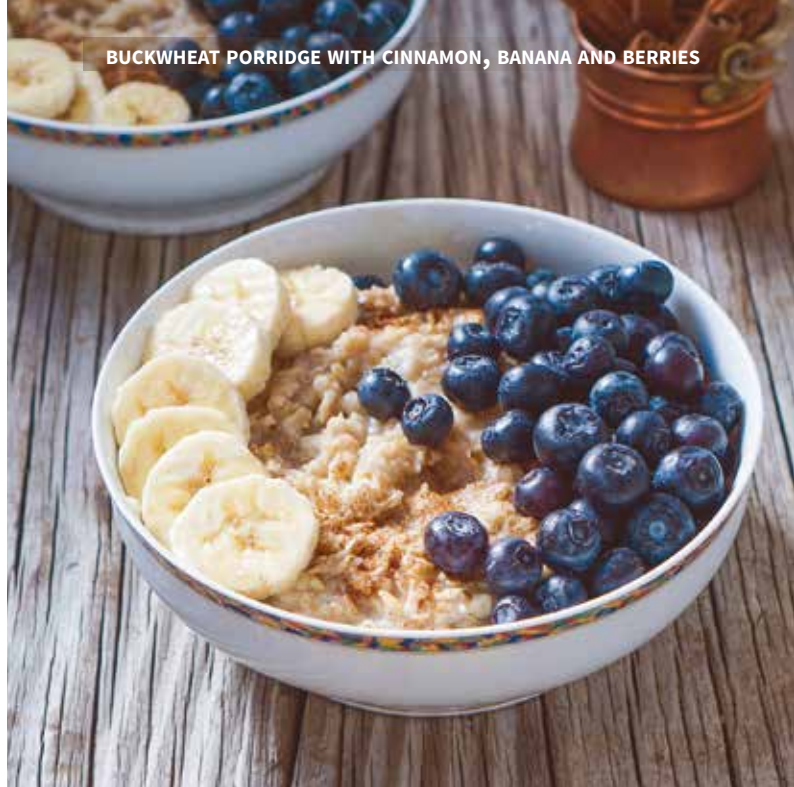
✓ Tips:

- For a sweeter taste, use dates, figs, raisins, coconut or honey!
- Make your own yoghurt of soaked cashew nuts or almonds along with water and some probiotics*. Ferment 2–3 days.
- Make an energy drink from a few bananas, blueberries, and two teaspoons of wheat grass powder with some water.
- Soak nuts and seeds to get rid of enzyme inhibiting anti-nutrients.

** dietary supplements with bacteria intended to optimise intestinal flora and strengthen the immune system.*



GAZPACHO



CHIA SEEDS



BUCKWHEAT



NUTS



GREENS



GOOD TO KNOW ABOUT CERTAIN NUTRIENTS

	Good for...	Found in...
PROTEIN	The body's building blocks. Builds cells and forms enzymes and hormones.	Nuts and seeds. Legumes such as sprouted beans, peas and lentils. Dark green leafy vegetables such as spinach and various kinds of cabbage.
OMEGA-3	Builds and repairs cells. Affects blood pressure, kidneys and the immune system.	Algae, walnuts, chia and hemp seeds, flaxseed oil and green leafy vegetables.
FAT	Builds and repairs cells. Produces hormones. Helps the body absorb the fat-soluble vitamins A, D, E and K.	Nuts, seeds, olive oil, coconut oil and avocado.
CARBOHYDRATES	Are broken down by the body into the sugar glucose – needed as energy for the cells. The brain uses glucose as fuel.	Vegetables, fruits, berries, nuts and seeds. Legumes such as sprouted beans, peas and lentils.
IODINE	Gets converted into thyroid hormones that regulate metabolism.	Herbal salt and sea algae.
B VITAMINS	B6 is necessary for protein metabolism and important for nerve function, for example. B12 is needed, among other things, for the metabolism of cells and the formation of blood cells.	Green leafy vegetables, fruits, berries, almonds and sesame seeds. B12 supplements are recommended, because the vitamin is mainly found in animal products.
IRON	Necessary for the blood and nervous system.	Greens, especially spinach, dried apricots and chia seeds. (Vitamin C helps the body absorb iron.)
CALCIUM	Necessary for skeletal and tooth formation, as well as for blood clotting and nerve function.	Sesame seeds are the most calcium-rich vegetable source known.
SELENIUM	Protects cells against oxidation, interacts with vitamin E and plays a role in immune function.	Nuts, especially Brazil nuts. Legumes and buckwheat.
ZINC	Found in enzymes in the body that affect the metabolism of proteins, carbohydrates, fats, nucleic acids and certain vitamins. Necessary for immune function.	Seeds, especially pumpkin- and sunflower seeds. Nuts, legumes such as sprouted beans, peas or lentils.



Green bananas are rich in fibre, including pectin, which is paradise for intestinal flora. When the banana ripens, much of the fibre is converted to sugars that are not as nutritious.



Green cabbage is thought to suppress inflammation and strengthen the immune system. It contains everything from calcium and iron to vitamins A, C and K, as well as antioxidants.

HALLDE'S TIPS ON WHAT TO PREPARE WITH A VERTICAL CUTTER

Chopped, ground, mixed or blended

✓ Tips:

- To get a nice smooth batter, first prepare the dry products and then add wet ingredients or liquid.
- Add the dates and nuts at the same time so that the dates are evenly distributed.
- Soak seeds/nuts, sprouted lentils/beans. Chop and use them as a base for pastries or “steaks”.



It has become so much easier to create variety within Raw Food. With a Vertical Cutter Blender/ Mixer, the possibilities are endless. Chop roughly, finely or make into flour. Mix spreads, sauces or make a thickener.

- Make a base for Raw Food delicacy balls. Season them differently, for example with cocoa, blueberries, liquorice or ginger.
- Soak almonds/seeds, dry them in a drying oven – prepare them in the mixer to get a really fine flour.
- Make your own raw cream or raw cheese of soaked nuts. Good for seasoning with herbs, garlic or chilli.



Raw Food is about much more than cut or grated vegetables. Various kinds of “steaks”, spreads and sauces are served to make complete dishes and exciting meals. There are often lovely desserts and delicious pastries, with sweeteners other than sugar, that contain vitamins and are very nutritious.

DICED OR GROUND

When trying to achieve a coarser consistency, place the ingredient into the vessel and use the pulse function while the scraper system rotates. This part of the preparation takes only a few seconds. Add a bit more time for a more finely ground texture. It is important to use the scraper system to scrape the ingredients toward the knife to ensure consistent and desirable results.

INSTEAD OF SUGAR

If you prepare something that requires a sweetener, there are many options to choose from such as dates, figs, raisins, coconut sugar or honey.

THICKER CONSISTENCY

Use chia or flax seeds to get a thicker consistency. Psyllium seeds also have a very thickening effect and can be bought as husks.



The cover does not need to be lifted off for the contents to be scraped down from the edges. The scraper function takes care of this. The preparation goes fast, smoothly and provides even results without generating heat.

RAW FOOD BALLS WITH DIFFERENT FLAVOURS



RAW FOOD CAKES



RAW FOOD IN A VERTICAL CUTTER BLENDER/MIXER – SOME EXAMPLES OF TEXTURES



chopped onion



chopped parsley



chopped almonds



cashew cream



purée



coconut flour



herbal oil



soup



Keep track of the results
– It goes faster than you think!

Always use the scraper by pulling it back and forth while running the Vertical Cutter Blender/Mixer. This helps you scrape the ingredients toward the knife for even results. Keep track of the results – the lid is transparent and you can always see the results. It's faster than you think!

See our inspirational videos ▶



HALLDE'S TIPS ON WHAT TO PREPARE WITH VEGETABLE PREPARATION MACHINES

Sliced, grated, shredded, julienned or diced

It is common to have a Raw Food salad as a basis for a lunch or dinner plate. With HALLDE's Vegetable Preparation Machines, any vegetable or fruit can be sliced, grated, shredded, julienned or diced in a variety of dimensions. To be served raw or to be pickled/acidified. Typically, vegetables such as cabbage and carrots are used for fermenting. Or perhaps you want to make pickled red onion?

” Create different shapes and experiment with colour when preparing raw vegetables. Slice, grate, julienne, groove or dice in a variety of dimensions.



PICKLED CABBAGE WITH CARROTS



SPRING ROLLS



RAW FOOD PLATE



GRATED HAZELNUTS



SALAD BUFFET



BETROOT BURGERS





Read more about HALLDE Cutting tools

Fermentation/acidification

– another way to prepare food without cooking it.

Fermented/acidified vegetables are both tasty and good for your health. The process stimulates the growth of lactic acid bacteria, i.e. probiotics. Fermented vegetables are more easily digested than raw vegetables – they are alkaline and boost the entire immune system. In addition, they keep for a long time if the jars or cans are kept cool.

With HALLDE's Vegetable Preparation Machines, you can prepare what you choose to acidify, such as white or red cabbage, carrots, black radishes, fennel, radishes, beetroot and onions. Use different cutting tools to get varied shapes. Choose from a variety of dimensions for each cutting tool.

CUTTING TOOLS

- Slicer
- Julienne cutter
- Grater shredder
- Crimping slicer
- Dicing grid

✓ *Tips:*

- Use iodine-free salt during fermentation. Iodine is bactericidal and inhibits lactic acid bacteria from multiplying.





Read more about HALLDE Blenders



HALLDE BLENDERS

The HALLDE Blender is developed for liquid-based preparations in professional kitchens. The blender is ideal for preparing salad dressings, sauces, soups, fruit drinks, smoothies, nutritional drinks, etc.

The HALLDE Blender operates at variable speeds up to 15,000 rpm. This high speed means that liquid foods or foods with low viscosity can be prepared very quickly and that tomato sauce, for example, can be broken down to a very fine structure.



Read more about HALLDE Vertical Cutter Blenders/Mixers

HALLDE VERTICAL CUTTER BLENDERS/MIXERS

HALLDE's range of Vertical Cutter Blenders/Mixers includes six models with a capacity of 3–6 litres gross volume. All models handle both cooked and raw foods – dry as well as liquid-based. This means that the flavour, nutritional content and calorie density are fully maintained during preparation.

HALLDE's Vertical Cutter Blenders/Mixers operate at two speeds, 1,500 rpm and 3,000 rpm – making it easy to obtain precisely the required consistency.

Specially designed blades and a unique scraper system make preparation super-fast – which, in turn, minimises the extent to which the food is heated, thus safeguarding quality and nutritional content.



HALLDE's patented knives, with two turning blades that guide the ingredient toward the cutting knives, significantly shorten preparation time and yield more even results.





Read more about HALLDE Vegetable Preparation Machines

HALLDE VEGETABLE PREPARATION MACHINES

HALLDE's range of Vegetable Preparation Machines includes eight models with a capacity of 2–40 kg/minute. All models have large feeders, making it easy to prepare large vegetables, such as red cabbage. The machines have a wide range of cutting tools for slicing, shredding, grating, julienning and dicing in a variety of dimensions.

HALLDE's Vegetable Preparation machines operate at speeds optimised to provide the best possible cutting performance – in turn, maintaining nutritional value and preventing liquid from being pressed out during processing. This reduces oxidation and increases shelf-life.



Read more about HALLDE Combi Cutters

HALLDE COMBI CUTTER

The HALLDE Combi Cutter combines a Vegetable Preparation Machine and Vertical Cutter Blender/Mixer in the same machine. The Combi Cutter offers all the advantages of a Vertical Cutter Blender/Mixer and a Vegetable Preparation Machine. The machine works in the same way as HALLDE Vertical Cutter Blenders/Mixers and Vegetable Preparation Machines – two machines in one.

HALLDE's Combi Cutters have the same capacity as the Vegetable Preparation Machines – 2 kg/minute – and the volume of the Vertical Cutter Blenders/Mixers – 3 l gross volume.

The Combi Cutter – all the advantages of two machines in one!





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HALLDE has put together advice and tips on how HALLDE machines and equipment can be used to prepare Raw Food.

Select produce based on taste, availability and season. Choose the machine and cutting tools based on the desired cutting results, in terms of texture and shape.

Thanks to: Johan Rabén, MA Raw Food Production and founder of Matapoteket in Stockholm. Currently a lecturer on Raw Food.

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