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## Rave Reviews

“*Discovering Raw Alkaline Cuisine* is like discovering a hidden treasure of vegan culinary creativity and perfection! Chef Montezinos' passion, love, and talent shine through every page, every recipe, every ingredient. Delicioso!”

—**ANN LOUISE GITTLEMAN**, *New York Times* award-winning author of 30 books on detox, health, and healing

“Referring to Montezinos simply as a chef, even a master chef, is like saying Mozart was just a guy who wrote music.”

—**XS MAGAZINE**

“Montezinos is a perfectionist and a visionary, with the energy and imagination of a dozen royal chefs.”

—**BON APPÉTIT MAGAZINE**

“Montezinos' Swiss schooling intensified his dedication to health and nutrition, and its influence is evident in every phase of his cooking.”

—**HARPER'S BAZAAR**

“One of the hottest new restaurants in America. Montezinos was one of the first in this country to combine Eastern and Western flavors, and he is a master of the genre.”

—**ESQUIRE MAGAZINE**

“One of the most creative chefs in the United States today.”

—**FOOD & WINE MAGAZINE**

“The finest restaurant in the world.”

—**DIRECTOR-GASTRONOME FRANCIS FORD COPPOLA**

“Unlike anything you've experienced before except in a dream.”

—**FINE DINING MAGAZINE**

“Montezinos' cooking is fascinating for its melding of seasonings and spices... food of the highest caliber with the best balanced nutrition.”

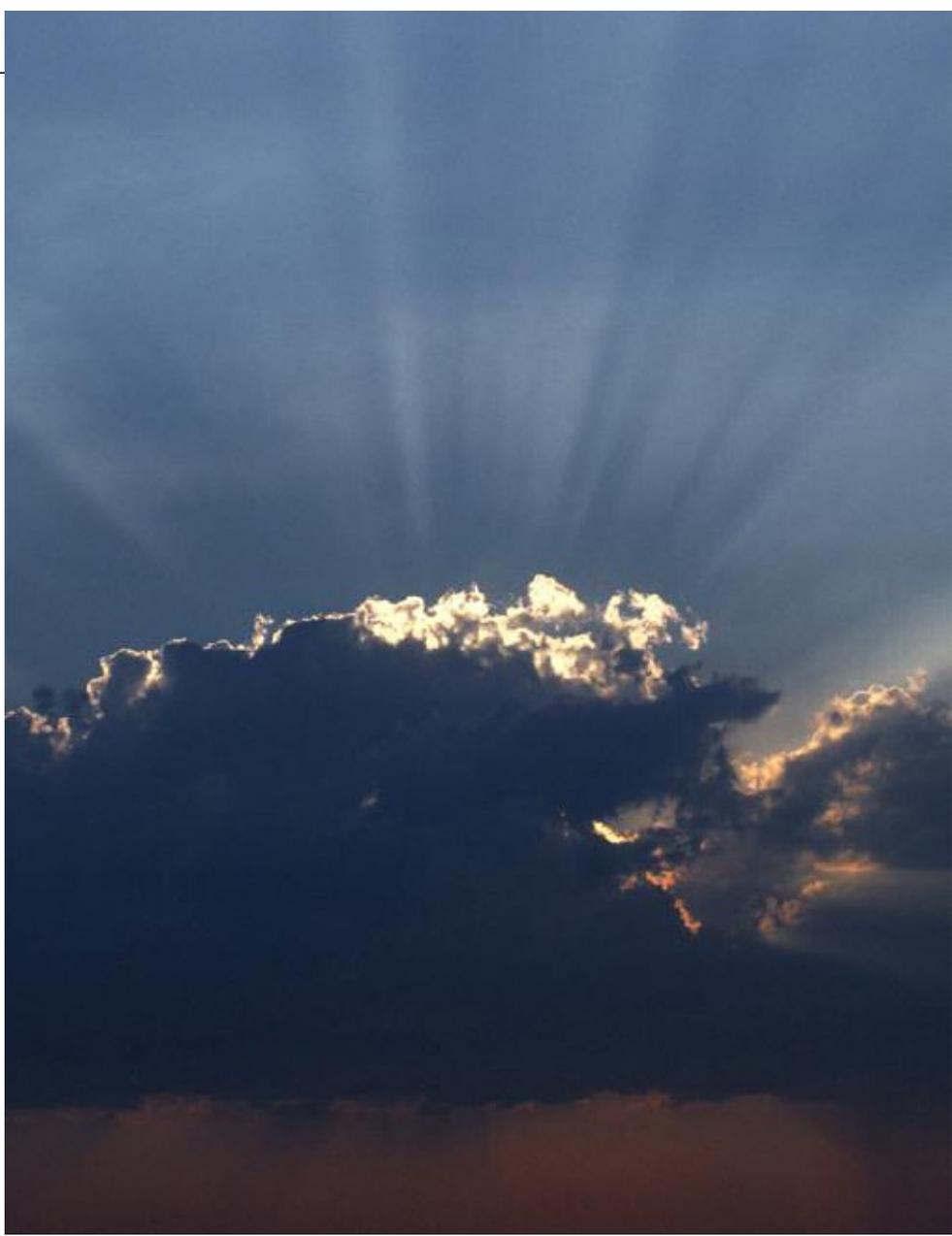
—**MD MAGAZINE**

“Only an artist like Montezinos could conduct the astounding variety of flavors into

a harmonious symphony of tastes.”

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—**GOODLIFE MAGAZINE**



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DISCOVERING

RAW  
ALKALINE

CUISINE

Through Love, Passion and Health

One Chef's Journey

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For our families,  
with special places in each of our hearts  
for Opa and Grampy.



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# Acknowledgements



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To my beautiful wife, Judy. My most special thanks go to her, for without her time-consuming efforts, this book would never have become reality. Not only is she creative and ultra intelligent, she also has the capacity to grasp how I want my recipes to read and my thoughts expressed. She was the artistic force behind this book—from the overall design to the photographic elements to the prose. I thank her for all of that and for her love and patience.



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To Dr. Molly Barrow for helping me to see through it all.



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# Introduction

## An Introduction to Easy, Delicious Raw Alkaline Cuisine Through Love, Passion and Health

### ***Exactly who am I, and what's in this book for you?***

I am a chef. It is my passion...it is what I love. I am not a doctor, a dietician, a nutritionist, or a scientist. I am a human being that has experienced the results on my body of a variety of different foods and diets over my lifetime. Through the different phases of my life, I have come to appreciate the feeling of extreme well being when I ingest a diet of raw, alkaline forming foods. I combine my diet regimen with an exercise routine that works best for me; I am happy to be in this space and time.

The mere fact that you have even picked up this book indicates that you must have at least an interest in increasing the quality of your life through your food choices. You may even already be an advocate for a raw diet, an alkaline diet, or a combination of both. There are millions of words that you can find today in bookstores and on the internet that will help guide you in your own journey to achieving your best through proper sustenance.

This book is not intended to indoctrinate you into the life of a raw, alkaline diet per se. This book is my answer to the often asked question: "where can I find raw, alkaline recipes for meals that taste good?" No one seems to have come up with the answer. Using my many years of experience as an award winning chef, I sought to try to find the improbable mix of healthy, yet delicious raw cuisine. I believe that I have indeed succeeded, and I know that those that have eaten this food agree.

Life is all about love, passion and health...we strive to attain the best of these. I am blessed to have an abundance of all three: my family and friends, my cooking and neverending enthusiasm for that delicious yet healthy dish, along with my increased robust feelings of vitality, athleticism and just plain agelessness.

The love and passion in my life have been with me in many ways. The love that survived long after loved ones have gone, the love that continues to grow with all those that are here, and the love of friends that I am sure I am yet to meet.

The passion I attained by building each of my restaurants into fine dining establishments and creating award-winning meals for my guests to enjoy has fueled me for over 50 years.

The health part of my life has been a longer learning journey. I believed that I was blessed

with nearperfect health; over the years I discovered I was not. I was born in 1938 and through the many experiences of my life—from the acutely painful to the most exhilarating times of joy — I found myself on the verge of a new experience. I began this chapter of my life in Naples, Florida, in 2004. This is where my journey to extreme health and revitalized youth really came home to me; some wonderful people were put in my path that reached out to help me and shared the knowledge they gained through their life's experiences. I realized that I had to make some changes to achieve that nearperfect health that I thought I sought. I took the gift of knowledge I received from my friends and incorporated them into my own daily regimen.

I have found a new, healthy awakening in myself; I am revitalized; I feel younger than I did many years ago. My understanding of — and partaking in — raw alkaline fitness foods has provided me with the insight to draw on my 50 years of creating fine dining cuisine into conceiving the most delicious raw, alkaline based meals through which everyone may enjoy and prosper. Now I am reaching out to help you...with wishes for the best of life, through love, passion and health.

*Chef Sal*



# My Journey



I was born in Amsterdam, Holland, The Netherlands on June 2, 1938, the first child of very young, hard-working, successful and loving parents. My family is of Jewish descent, the first Montezinos arrived in The Netherlands from Portugal in the 1500s. My mother's family owned a renowned cigar store in Amsterdam's center; she cared for me at home while my father honed his skills as a designer and tailor for the actors and actresses at the nearby Carré Theater. We lived across the canal; I watched the actors and actresses come and go into the theater from my window. We had a wonderful, happy life - that was to end soon.

November 9 through 10, 1938 Kristallnacht (The Night of Broken Glass) terrorized Jews throughout Europe in Nazi-controlled areas. Not long after that, my parents were rounded up, taken by train to the concentration camp in Westerbork, The Netherlands. This was a detention and transit camp; its function was to assemble the Roma people and Dutch Jews for transport to other Nazi concentration camps. My parents were in fact transported to Dachau, where they were annihilated.

The day that my parents were picked up, my grandfather overheard some Nazi soldiers talking about their day's activities and the areas which Jews would be picked up for transport. My grandfather knew where I was playing street soccer and swooped in, picked me up and hid me for a time. He finally found a Christian family that lived on a farm on the outskirts of Amsterdam; they took me to live with them, gave me a Christian name, and brought me to church with them on Sundays. I was so young and not completely aware of what was happening at the time I spent at the farm.

I experienced some awful sights along with some wonderful feelings of the senses. I spent a good deal of the war hiding in the barn on the farm; sometimes I would hear terrible noise, look out the barn's open windows and see airplanes falling to the ground with plumes of smoke coming from them. I was so scared, so lonely to be by myself, hiding in that barn. Yet other times I was happy being at the farm, playing with the animals and partaking in some of the best, freshest vegetables and fruits. Even now, when I eat a particularly delicious piece of organic fruit, it brings me immediately back to being that little boy...the



My parents, Clara Swaab and Raphaël Montezinos on their wedding day in Amsterdam.

reliving of the enjoyment of the taste of that food is one of only a few sustaining happy memories from that time. After the liberation, I was sent to an orphanage for Jewish children, just outside the Amsterdam city limits. I lived there, was schooled there, and in my teens went out the windows at night to go to jazz clubs with my friends in the city. After a year or so after arriving at the orphanage, the headmaster called me into his office; he then brought in a little girl, whom he introduced to me as my sister Elly. I had no idea I even had a sister — she was only a few months old when my parents were picked up, but I was too young for any memory of her. Elly lives in Amsterdam today, surrounded by her friends and the remainder of our family.



Age 4 at our family's kitchen sink in Amsterdam. A sign of things to come perhaps?

When I was old enough to leave the orphanage at age 17, I got involved in the hospitality industry, first with a part ownership in a small “Sundays Only” jazz spot in Hilversum, then moving on to hotel school and working in some of Amsterdam’s finest restaurants. At a very young age, I met a beautiful girl, and we married. I was happy; we moved to Switzerland, where my son Edward came along, and I knew just how happy I could be. The mother of my beautiful young wife, however, did not see me as a success at the time, believing her daughter could do better. She banished me from the house, wielding a butcher knife. It was heartbreaking for me, particularly to leave Edward. He is now a very smart, successful man, living near Amsterdam, with two sons of his own. After I was forced to leave, I was lost. I continued my culinary studies in The Netherlands for a while; but I had wanderlust. I wanted to see, smell and taste other places, foreign shores, and the while moving forward with my calling.

I travelled, studied and trained in the culinary and hospitality arts in Switzerland, France, Singapore, Israel and Spain. It was while working on European cruise lines as a dining room captain that I made the decision to go to the United States and open a restaurant.



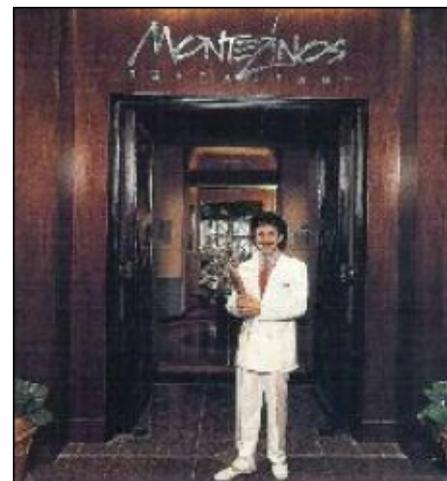
In the main dining room of my restaurant, Déjà vu, in Philadelphia, Pennsylvania.

In 1970 I arrived in Philadelphia, Pennsylvania. At the time, I spoke five languages, but English was a very, very foreign language to me. In what seemed to be just a blur of time, I became versed in English, met and married the most beautiful woman in the world, rented a space in an 1800s brick townhouse in downtown Philadelphia and turned it into a casual café. In time I bought the entire townhouse, renovated it and lived with my wife, Susan, on the top floors, and turned the bottom floors into one of the grandest, award-winning restaurants in the United States...Déjà vu. The restaurant was gorgeous; it was written up in all of the most prestigious gourmet magazines. One writer proclaimed, “10 Tables; 5,000 Bottles of Wine!” Life was exciting; it couldn’t get any better; then in April 1975 it did. Our daughter Danielle was born.

The three of us lived happy lives for many years in the old Philadelphia brownstone that housed both our home and Déjà vu. I cooked, oversaw the staff and ran the day-to-day

function of the restaurant. Susan took care of our home and our daughter. The restaurant was the focus of our world. So much so that one night Francis Ford Coppola came in for dinner and offered me a bit part in his latest upcoming movie, *The Godfather III*, but I turned down, telling him "I am too busy." I can laugh now, but that's a tough memory to digest. However, I do still have the page he signed in the guest book that night, declaring *Déjà vu* "The Finest Restaurant in the World!!" Framed of course. Although I hosted many celebrities in my restaurants over the years, I keep Francis Coppola's signature as a reminder of a lesson well learned. Don't be too busy to look up once in a while; if you don't, you just might let something really special slip away.

After nearly fifteen years of growing, nurturing and living *Déjà vu*, Susan and I started to get restless. In the mid-1980s we sold the house, and along with the restaurant, packed up and moved to Palm Beach, Florida. For the next twelve years, I had the pleasure of opening and running three successful culinary establishments, two eponymous restaurants, *Montezinos*, in Orlando and Palm Beach, and the lovely *Angelique* in Boca Raton. It was in these restaurants that I expanded and refocused my repertoire of menu items to concentrate on the seafood and organic fresh fruits and vegetables that are abundant in the tropical environment that exist in The Sunshine State. I loved working with the products that came directly to me from the ocean and the local organic farms. The aroma and flavor of those fruits, vegetables and seafood brought back the few happy memories I had of being hidden on that small farm outside of Amsterdam during the war. Just smelling and eating those foods gave me a feeling of happiness.

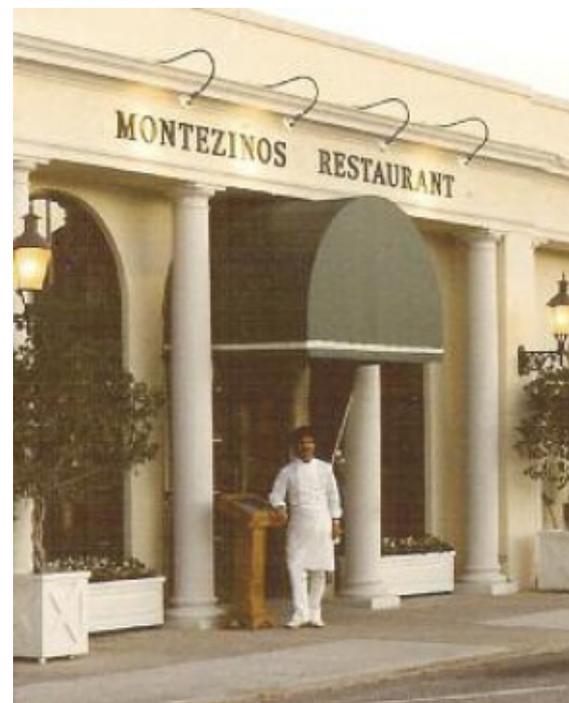


At the entrance to Montezinos Restaurant in Orlando, Florida.

I loved the experience of learning more about the healthy aspects of certain foods, honing my skills and still being able to bring smiles to the faces of my customers by presenting them with delicious fare. I put all I had into my three restaurants, all of me; I literally had no time for anything else. As any chef that has owned and operated a restaurant will tell you, your life is not your own—the restaurant consumes you 24 hours a day — and I had three. My agenda was crazy, and naturally my schedule affected my wife and daughter. They wanted to spend more time together as a family, and quite frankly, I was beginning to tire of hurtling up and down I-95 from Orlando to Palm Beach and Boca Raton — very often in blinding Florida rainstorms.

After much soul searching, I decided to give up my existence as a handsome owner/chef/restaurateur. At least for a while. I made a huge change in my life by trying on a career as executive chef in a number of well-known restaurants in south Florida. I continued to work with and learn the ins and outs of organic produce and fresh-caught bounty from the ocean. Still, being a chef — even an executive chef — for someone else on a daily basis was not something that made me feel whole. My family and I were happy to have more time together, but I felt unfulfilled in my having to march to someone else's drum. For the most part, the menus and recipes were long established in these restaurants; my passion fell a few

notches.



Outside of Montezinos Restaurant in Palm Beach, Florida.

I was then presented with a wonderful opportunity to become the corporate executive chef for a small group of restaurants...there were three at the time, located in Florida, Chicago and Hawaii. Within this capacity I was able to develop menus and recipes, train the staff on achieving the perfect preparation of each dish, and in essence to oversee and run the kitchens. I was much happier, much more fulfilled with my career. Believe it or not, even though I was flying from Florida to Chicago to Hawaii and back often, I was actually spending more time with my family than I was during the years I owned my three restaurants in Florida.

Of course, not so deep down, I did miss having my own restaurants, creating all of the dishes and being my own boss. I did not, however, regret my decision to walk away from my restaurants to be surrounded with the joy and happiness that my family provided. I had the realization, and do so many others, that some things are just meant to be.

They may be attached to disappointment and some level of malcontent, and it may take years to understand just why things worked out the way they did, but one usually figures it out. Looking back, I could not have made a better judgment those years before than to place my restaurant dreams on a shelf and to put my family first.

Danielle had since gone off to college in New York, and Susan and I were living the empty nest syndrome in Florida. Susan began to mention that she was not feeling completely well and that she missed her family and friends in Philadelphia — not to mention that we were so far away from New York and Danielle. It is ironic that at a time when I was starting to feel healthier than ever that Susan was feeling listless, out of sorts and just not one hundred percent.

Coincidentally, the small group of restaurants for which I worked as corporate executive chef in Florida, Chicago and Hawaii was opening a fourth restaurant — a very upscale, fine dining establishment in a firstclass hotel/condominium on Rittenhouse Square in Philadelphia. I was offered a position there as executive chef, whereby I would have control over the kitchen staff as well as the opportunity to develop menus and recipes. Susan and I decided to make our way back to Philadelphia...to our extensive family and friends, to my regaining a strong passion for my occupation and to continue working on a healthy, anti-aging regimen for us both.

Our lives were moving along nicely in Philadelphia; and because we were close to New York we were able to see Danielle fairly often. Susan was feeling good again; we thought that perhaps her ill feelings in Florida were partly tied up in homesickness. I was enjoying my career and new station in life. In fact, we had really settled in; everything seemed to be going as we had hoped and anticipated.

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sample content of Discovering Raw Alkaline Cuisine: Through Love, Passion and Health One Chef's Journey

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