



VEGAN CHEESE SET MANUAL

Vegan cheeses are products similar to cheeses made with milk of animal origin, but which use only vegetable raw materials.

Taste, texture, nutritional characteristics are very similar and, at times, even recall its name. In addition, they have the advantage of being perfect even for those who are lactose intolerant or for curious omnivores looking for cholesterol-lowering foods. They are now commonly bought in specialized stores but you can also prepare them at home with this easy kit!

HOW TO MAKE YOUR VEGAN CHEESE:

Before you start, do not forget to soak the nuts. This vegan cheese kit requires the nuts chosen to be soaked in water for at minimum 8 hours. Make sure that the nuts are completely cover in water and refrigerate the soaked nuts for 8 to 10 hours. All recipe times include soaking time.



MARINATED VEGAN FETA

Preparation time 20 minutes, ready in 10 hours. Make about 200gr of cheese.

Ingredients:

- 80g of macadamia or raw almonds (skin removed after immersion)
- 190ml of water
- 1 & 1/2 tablespoons of agar
- 3/4 tablespoon of salt
- 1/8 tablespoon of citric acid

For the marinade:

- 2 tablespoons white miso (optional)
- 62ml of apple cider vinegar
- 1 & 1/2 tablespoons of olive oil
- 62ml of water
- 1 tablespoon of yeast flakes
- 1 & 1/2 tablespoons of herbs
- 1/2 tablespoon of artisan salt
- 1/2 tablespoon of garlic powder

Preparation:

1. Drain and rinse the nuts
2. Blend at high speed until smooth and creamy
3. Heat to 60 degrees, stirring constantly. When the mixture has thickened, continue stirring over the heat for 1 minute.
4. Pour the feta cheese into the mold, cover and leave in the refrigerator for 1-2 hours until it hardens.
5. Mix the marinating ingredients in a bowl.
6. Cut the feta into cubes and put it in a jar. Pour over the marinade, let it rest for 3/4 hours before eating.

Marinated vegan feta can be stored in the refrigerator for up to 2 weeks.

SOFT VEGAN MOZZARELLA

Preparation time: 20 minutes, ready in 9 hours. Make 200gr of cheese.

Ingredients:

- 80gr of raw cashews
- 125ml of unsweetened vegan milk
- 1 & 1/2 tablespoons of tapioca flour
- 1/8 teaspoon of citric acid

Preparation:

1. Drain and rinse the nuts
2. Blend all the ingredients together, making sure they are all well blended.
3. Slowly heat the mixture to 60 degrees, stirring constantly. When the mixture thickens, continue stirring for 2-3 minutes.
4. When the mozzarella is still hot, put it in a suitable mold.

Soft vegan mozzarella should be eaten fresh.

COMPACT VEGAN MOZZARELLA

Excellent raw and melted on pizza. Preparation time: 30 minutes, ready in 9 hours. Make 200gr of cheese.

Ingredients:

- 80gr of raw cashews
- 125ml of unsweetened vegan milk
- 1 & 1/2 tablespoons of tapioca flour
- 1/8 teaspoon of citric acid
- 1/2 teaspoon of salt
- 1/2 teaspoon of agar
- A bowl with ice cubes to create an ice bath

Preparation:

1. Rinse and drain the nuts before putting them in the electric blender with all ingredients except for the ice.
2. Blend until you get a thick and homogeneous paste. Make sure the mixture is well blended.
3. Slowly heat the mixture to 60 degrees, stirring constantly. When the mixture begins to thicken, continue mixing for another 2 minutes.
4. Put the mixture into the mozzarella mold and put them in ice water for at least 20 minutes.

It can be stored up to 3 days in the refrigerator, in an airtight container.

VEGAN HALLOUMI

Preparation time: 20 minutes, ready in 10 hours. Make about 200gr of cheese.

Ingredients:

- 80gr of raw cashews
- 125ml of water
- 1 & 1/2 tablespoons of tapioca flour
- 1 & 1/2 tablespoons of olive oil
- 1/2 tablespoon of salt
- 1/2 tablespoon of agar

Preparation:

1. Drain and rinse the nuts
2. Blend all the ingredients together, making sure they are all well blended.
3. Slowly heat the mixture to 60 degrees, stirring constantly. When the mixture thickens, continue stirring for 2-3 minutes.
4. Pour the mixture into the mold, cover and leave to rest in the refrigerator for 2-3 hours.
5. Cut and sauté in a pan.

Halloumi keeps well for two days before cooking and 1 day after cooking. Store in the refrigerator, best served directly from the pan.

VEGAN RICOTTA

Fresh, creamy and incredibly light. Preparation time: 5 minutes, ready in 8 hours. Make 200gr of cheese.

Ingredients:

- 150gr of macadamia nuts or raw skinless almonds
- 125ml of water
- 1/2 tablespoon of salt
- 1/8 teaspoon of citric acid

Preparation:

1. Rinse and drain the nuts
2. Blend all the ingredients until the mixture is smooth and creamy.
3. Pour the mixture into the mold.

Store up to 3 days in the refrigerator in an airtight container.

VEGAN CREAM CHEESE

Preparation time: 10 minutes, ready in 16 hours. Make 200gr of cheese.

Ingredients:

- 150gr of raw cashews or walnuts
- 125ml of water
- 1/2 tablespoon of salt
- 1/4 teaspoon of citric acid
- 1/2 tablespoon of yeast flakes

Preparation:

1. Rinse and drain the nuts
2. Blend all the ingredients until the mixture is smooth and creamy.
3. Pour the mixture into the mold.

Store up to 3 days in the refrigerator in an airtight container.

VEGAN MASCARPONE

Preparation time: 10 minutes, ready in 16 hours. Make about 200gr of cheese.

Ingredients:

- 150gr of raw cashews
- 125ml of water
- 1/2 tablespoon of salt
- 1/8 teaspoon of citric acid

Preparation:

1. Rinse and drain the nuts
2. Blend all the ingredients until the mixture is smooth and creamy.
3. Pour the mixture onto the cheese cloth, drain for 12 hours.

Store up to 3 days in an airtight container in the refrigerator

