

Non-Dairy Cheese

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Cheese?!

*Popularity due to health concerns
and
Increasing shift to plant-based diet*





◆ Equipment

- ◆ High powered blender, or
- ◆ 'Conventional' blender
- ◆ Strainer
- ◆ Cheesecloth
- ◆ Pan
- ◆ Mold
- ◆ Measuring cup
- ◆ Measuring spoons



Base Ingredients

- ◆ Nuts, seeds
- ◆ Beans, vegetables
- ◆ Tofu
- ◆ Nut or seed milks



Examples

- ◆ Cashews
- ◆ Macadamias
- ◆ Almonds
- ◆ Almond meal
- ◆ Hazelnut meal
- ◆ Sunflower seeds
- ◆ White beans



How to Create Structure

- ◆ Soaked and blended, minimal liquid added
- ◆ Coconut oil, which hardens at cool temperature
- ◆ Starch thickener
- ◆ Agar
- ◆ Combo of starch thickener and agar



Liquids

- ◆ Water
- ◆ Non-dairy milk
- ◆ Yogurt
- ◆ Kefir
- ◆ Broth
- ◆ Brine
- ◆ Beer
- ◆ Wine



Salt

- ◆ Most any salt will do
- ◆ Smoked salt
- ◆ Miso
- ◆ Pickle juice
- ◆ Sauerkraut juice
- ◆ Soy sauce
- ◆ Coconut aminos
- ◆ Nutritional yeast



Tartness

- ◆ Citric acid
- ◆ Lemon or lime juice
- ◆ Vinegars
- ◆ Umeboshi
- ◆ Probiotics



Rejuvelac

- ◆ Probiotic-rich water
- ◆ Sprouted grains or legumes
 - ◆ Wheat berries
 - ◆ Rye berries
 - ◆ Quinoa
 - ◆ Brown rice
 - ◆ Millet
 - ◆ Oat groats
 - ◆ Lentils



How to Make Rejuvalac

- ◆ Soak over-night
- ◆ Drain, then moisten grains
- ◆ Put in warm place, 1-3 days
- ◆ Rinse once or twice daily
- ◆ Continue until they sprout
- ◆ Rinse, add fresh water
- ◆ Put in warm place, 1-3 days
- ◆ Water will turn cloudy white and sour
- ◆ Strain, refrigerate up to 4 weeks



Oil

- ◆ Coconut oil
 - ◆ Will impart flavour
- ◆ Olive oil
 - ◆ Strong flavors noticeable
- ◆ Grapeseed oil
- ◆ Avocado oil



Varying Flavor

- ◆ Raw onion, shallots, garlic
- ◆ Caramelized onions
- ◆ Fermented black garlic
- ◆ Smoked paprika
- ◆ Other chiles
- ◆ Tomato paste
- ◆ Spices
- ◆ Fresh herbs
- ◆ Miso
- ◆ Gochujang



Varying Texture, Flavor & Color

- ◆ Pickles
- ◆ Cauliflower
- ◆ Potatoes
- ◆ Carrots
- ◆ Winter squash
- ◆ Summer squash
- ◆ Bell peppers



Trouble-shooting

- ◆ Too Salty
 - ◆ Add 1/2 cup water
 - ◆ Add more nuts, seeds, beans, or vegetables.
 - ◆ The result will be loose, like a spread



Trouble-shooting

- ◆ Cheese is too soft
 - ◆ Starch or agar not activated
 - ◆ Re-heat over medium heat; take your time!
 - ◆ Heat until is simmers
 - ◆ Results may be soft



Trouble-shooting

- ◆ Oil separates
 - ◆ May be due to too much oil in the recipe or too high heat
 - ◆ Blend or stir to reincorporate, but it can be difficult



◆ El Fin

