

# Mains

## Nut Roast

### Ingredients

- 2 large parsnips
- Olive oil, to grease
- 1 small cabbage (outer leaves)
- 2 cup roast cashews
- 4 tablespoons ground almonds
- 2 tablespoons Nuttlex
- 1 red onion, finely chopped
- 1 tin chickpeas, drained and rinsed.
- 100g vegan cheese, diced
- 3/4 cup breadcrumbs
- 2 tbsp chopped fresh sage
- 1 tablespoon soy sauce

### Instructions

1. Pre-heat the oven to 180C.
2. Peel and quarter the parsnips, and cook in boiling, salted water until tender, drain well and mash.
3. Grease a loaf tin with olive oil, then line with foil, and grease this generously with olive oil.
4. Blanch 6 cabbage leaves in boiling, salted water for 2 minutes: you'll need enough to line the tin with overlapping leaves, but how many depends on the size of your cabbage, so make sure you have enough before you tip away the water.
5. Immediately plunge the leaves into cold water.
6. Toast the hazelnuts and cashews in a frying pan over a high heat until starting to colour, then set aside.
7. Turn the heat down to medium, add the butter and chopped onion and cook for 5 minutes.
8. Roughly chop the hazelnuts and put them in a large bowl along with the diced vegan cheese, breadcrumbs, ground almonds and chopped sage. Add the mashed parsnip and softened onions and chickpeas. Season with soy sauce and stir together well.
9. Line the prepared tin with overlapping cabbage leaves, leaving any excess hanging over the sides, then spoon in the mixture, pressing it down well, and fold any overhanging cabbage leaves back over the top.
10. Cover tightly with foil and bake for 45 minutes
11. Remove the foil from the top and put the loaf

back in the oven for another 15 minutes, then take out of the oven and put a large serving plate over the top of the tin.

12. Holding the tin with oven gloves, turn the plate over so the loaf inverts on to the plate.
13. Carefully peel off the foil and cut into slices to serve.

## Tofurky

### Ingredients

- 1.5 kilograms firm tofu
- 5 1/3 tablespoons arrowroot
- 8 teaspoons nutritional yeast flakes
- 3 teaspoons powdered agar
- 4 teaspoons vegan chicken bouillon powder (not too salty)
- 2 teaspoons sage
- 1 1/3 teaspoons thyme
- 1 1/3 teaspoons onion powder
- 1 1/3 teaspoons garlic powder
- 1 1/3 teaspoons salt (or to taste, will depend on the stock powder)
- 1 dash black pepper (to taste)

### Stuffing

- 1 -2 tablespoon oil
- 1 cup chopped mushroom
- 1 cup chopped celery
- 1 large onion, chopped
- 3 garlic cloves, crushed
- 6 teaspoons Braggs Aminos
- **2 teaspoons sage**
- 2 teaspoons thyme
- 1 teaspoon marjoram
- 1 teaspoon salt (or to taste)
- 1 dash pepper (to taste)
- 5 cups breadcrumbs

### Marinade

- 1/4 cup olive oil
- 6 teaspoons Braggs Aminos
- 5 teaspoons gluten-free miso
- 4 teaspoons orange juice
- 1 teaspoon mustard powder

# Mains

## *Tofurky*

1. Divide the ingredients evenly into 2 or more lots depending on the size of your food processor.
2. In a food processor, puree all ingredients in lots. You may need to keep stopping to mix the mixture so it all processes evenly

## *Stuffing*

1. In a saucepan sauté the onion, mushrooms, Celery and garlic in oil until cooked.
2. Remove from heat. Mix soy sauce into Vegetable mixture.
3. In a bowl mix bread crumbs, herbs, salt and pepper.
4. Add vegetable mixture to the crumbs in bowl and mix well. If your mixture is a little dry and not holding together, add a little water or vegetable stock. Adjust seasonings to taste if necessary.
5. Roll stuffing into a log about 25 cm long.

## *Marinade*

Whisk all ingredients together.

## *Assembly and cooking*

1. Preheat oven to 180c
2. On the kitchen bench (counter), or a large cutting board, lay down 2 pieces of non-stick baking paper about 45 cm long, overlapping about 10 cm along the long edges.
3. Over the top of this lay down another piece of baking paper, centred along the overlapped edges.
4. On the top layer of baking paper, evenly spread the tofu "turkey" mixture on a baking tray
5. Place the stuffing log on to the centre of this.
6. Carefully lift the edges of one end of the paper, and thus the tofu, up and over the stuffing.
7. Gently pull paper away from tofu and lay flat again, leaving the tofu around the stuffing.
8. Repeat with the other side. The tofu mixture should meet at the top and wrap all the way around the stuffing.
9. Gently press the edges of the tofu mixture together and smooth over. Press the tofu over the ends of the stuffing log, and smooth this over also.
10. Brush the entire top of the roast with marinade. (Keep the remaining marinade for basting later.).
11. If possible get someone to help with the wrapping. Wrap with all the layers of the baking paper. Twist the

long ends to close. Wrap with an additional layer of baking paper if desired.

12. Wrap again with several layers of foil.
13. Gently place on a baking tray. Bake for 1 hour and 15 minutes. Remove from oven, allow to cool, and then refrigerate 30 mins
14. About 1 hour (or a little less) before serving, gently unwrap the roast.
15. Brush with more marinade and re-wrap. Place in oven and bake for about 20 - 30 minutes at 175°C
16. Remove foil and baking paper (the easiest way is to simply tear it away from the top).
17. Brush with remaining marinade. Place back into oven for around 20 minutes or until golden brown.

## **Seitan 'Turkey' Roll**

### *Ingredients*

### *Vegan stuffing*

- 8 cups 1cm i bread cubes from white bread
- 2 Tbsp + 1 Tbsp olive oil
- 1 Tbsp minced fresh garlic (2 - 3 cloves)
- 1 cup finely chopped onion
- 1 1/2 cups finely chopped celery
- 1/2 cup minced fresh parsley
- 1 tsp dried sage
- 1 tsp dried thyme
- Optional: 1/2 tsp salt
- 1/2 tsp black pepper
- 3 c. water + 2 teaspoons veggie stock powder

### *Seitan Roll*

- 2 cups vital wheat gluten
- 1/4 cup all purpose flour
- 2 tsp coarsely ground pepper, preferably freshly ground
- 2 tbsp ground smoked paprika
- 2 teaspoon tarragon
- 2 1/4 cups cool veggie stock
- 6 to 8 cloves garlic, grated
- 2 tbsp olive oil
- 2 tbsp soy sauce
- 1 tbsp Dijon mustard
- 1 tbsp orange zest

# Mains

- 2 tbsp of each fresh sage and parsley

You also need:

- An empty can,
- Loads of tin foil,
- Large pot
- Cooking string to tie roll with

## *Basting Liquid*

- Juice of one orange
- 1 tbsp orange zest
- 1 tsp of each smoked paprika, tarragon and garlic powder
- 1 tbsp each fresh chopped sage and parsley
- 1 tbsp whole grain mustard
- 2 tbsp olive oil
- 4 tbsp soy sauce
- 1 teaspoon stock powder
- Pepper to taste

## *Instructions*

1. Prepare the stuffing and set aside
2. To prepare the seitan roll mix together all of the dry ingredients in a large bowl.
3. In a separate bowl, whisk together the veggie stock, garlic, olive oil and soy sauce and fresh herbs
4. . Using a fork, gently stir the wet ingredients into the dry ingredients. Stir just until ingredients are mixed, it's important they are not over blended or it becomes tough fast. If the dough is too dry, you can add another tablespoon of water or as needed.
5. Line a baking tray with tin foil and scoop all the dough mixture onto the foil. about 2cm thick, rectangular and incurring as few tears as possible.
6. Cover as best you can with another round foil ensuring that all ends are covered as best you can.
7. Using a empty beer can or similar shaped metal object roll the seitan around the can to form a small spiral/log.
8. Wrap entire log with foil, yes there is loads of foil.

9. Bring a few inches of water in your largest pot to a boil or if you have a steamer and this will fit in it use that. Place foil contraption in pot and steam/simmer log for 30 minutes.
10. Once it is steamed/simmered, it's firmer but still delicate, it will set as it dries and cools. Gently remove foil and leave on the counter rotating every once in awhile to make sure all areas of the seitan have dried and cooled.
11. Prepare a baking dish.
12. Once cooled your log/roll is ready to stuff.
13. Prepare the basting liquid before baking. Simply combine all ingredients and set aside.
14. With roll flattened out, brush a small amount of basting liquid on the roll.
15. Gently pack as much stuffing as you can and form a roll. It is best to do this on either wax or parchment or more tin foil to help you close and transport the roll to a baking dish.
16. When your roll is stuffed to the best of your ability, tie it together.
17. Transport roll gently to prepare baking dish and finish packing with added stuffing.
18. When you are ready to bake, set your oven to 350 and baste 'turkey' with half of the remaining basting liquid.
19. Bake uncovered for about 30 minutes.
20. Baste again, and continue cooking until browned, usually about 15 more minutes.

## **Veg Wellington**

### *Ingredients*

#### *Seitan*

- 1 cup wheat gluten flour
- 3 tablespoons nutritional yeast flakes
- 1/2 cup cold vegetable stock
- 1/5 cup soy/tamari sauce
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 2 cloves garlic finely diced

#### *For the simmering stock*

- 4 cups vegetable stock
- 4 cups water
- 1/4 cup red wine
- 1/4 cup soy sauce
- 1 tablespoon diced rosemary

# Mains

## *Mushroom Filling*

- 2 tablespoon Nuttlex
- 1 tablespoon extra-virgin olive oil
- 4 cups white mushrooms, finely chopped
- 1 onion, finely chopped
- 3 cloves garlic, finely chopped
- 3 sprigs fresh thyme, stemmed and finely chopped
- 1/2 cup chopped cashews
- 1/2 cup tablespoons vegan red wine 1/4 teaspoon sea salt
- 1/4 teaspoon finely ground black pepper
- 2 tablespoons flour

6. Let rest until the broth has come to a full boil.
7. Once boiling, lower the heat to a simmer. Add the gluten pieces and partially cover pot so that steam can escape. Let simmer for 45 minutes, turning occasionally. Turn the heat off and take the lid off, let sit for 15 minutes. DO NOT allow to boil at any time, seitan will become tough!
8. Remove from broth and place in a strainer until it is cool to touch. Slice and use in a range of recipes

## *Seitan Filling*

- 3 cups premade seitan (either use recipe above or purchase)
- 4 sprigs fresh thyme, stemmed and finely chopped
- 2 tablespoons Dijon mustard
- 1/4 cup tablespoons vegan red wine
- 1 tablespoon maple syrup/molasses
- 3/4 cup flour
- Grated zest of 1/2 lemon
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon sea salt
- 1/4 teaspoon finely ground black pepper
- 1 teaspoon finely diced rosemary
- 1 tablespoon finely diced parsley
- 2 sheets vegan frozen puff pastry sheets, thawed

## *For the mushroom filling:*

1. In a large saute pan, heat Nuttlex and olive oil. Add mushrooms, onions and garlic.
2. Cook over medium heat for about 3 minutes.
3. Add thyme, wine, sea salt, black pepper, nuts and flour, and cook an additional 3 minutes, or until all the liquid has evaporated. Set aside to cool.

## *For the seitan filling:*

4. In a large food processor, combine seitan, thyme, mustard, wine, maple syrup/molasses, flour, lemon zest, paprika, sea salt, black pepper and herbs.
5. Blend until well combined and put aside.

## *To make the seitan*

1. Fill a stock pot with the water, stock, red wine and soy sauce and rosemary. Cover with a lid and bring to a boil.
2. In the mean time, in a large bowl mix together gluten and yeast.
3. In a smaller jug mix together broth, soy sauce, lemon juice, olive oil and garlic.
4. Pour the liquid into the dry mix and and combine with a wooden spoon until most of the moisture has absorbed and partially clumped up with the dry ingredients. Use your hands and knead for about 3 minutes, until it's an elastic, well formed dough.
5. Cut into 3 pieces and then knead those pieces in your hand just to stretch them out a bit and enlarge their size.

## *To make up Veg Wellington*

1. Lightly flour a chopping board
2. To make one large Wellington, overlap two sheets of puff pastry by about 1 inch and press them together at seam. Place mushroom filling in centre of pastry and spre
3. ad out, leaving a 1- to 2-inch border on all sides.
4. Top mushrooms with seitan filling and fold puff pastry border over to form a log shape, completely sealing filling.
5. If making two small Wellingtons, divide seitan and mushroom filling in half before forming each log shape, and proceed as directed above.
6. To bake, place one large or two small Wellingtons seam side down on a greased baking sheet with rims. Make a couple of slits in top of pastry with a small knife.
7. Bake 30 to 45 minutes, until pastry is golden brown. Let cool for 10 minutes before slicing.
- 8.

# Mains

## **What is Seitan and gluten flour?**

Seitan is derived from the protein portion of wheat. It stands in for meat in many recipes and works so well that a number of vegetarians avoid it because the texture is too “meaty.”

Seitan’s main ingredient is wheat gluten (also called instant gluten flour). Be sure not to substitute any other flour – high gluten flour is not the same.

Seitan’s versatility lies in the myriad forms it assumes during the cooking process.. It can be simmered, oven-braised, baked, cooked in a pressure cooker, or deep fried. Each version yields a different texture. Oven braising produces a texture similar to the chewy texture derived from simmering. Baking produces a light texture that works well when grinding or grating seitan. Pressure cooking will produce a softer-textured seitan.” Fried gluten turns soft and slippery when cooked with a sauce and absorbs flavor well.

## **Where to buy gluten flour (called Vital Wheat Gluten flour in the US)?**

To my knowledge Gluten flour can be found at:

- Naturally on High, High St, Thornbury
- Lygon st Wholesfoods, Brunswick
- QVM Vitamins, 426 Queen st, Melbourne (near markets)

# Gravy and sides

## Mushroom Gravy

### Ingredients

- 12 button mushrooms, finely chopped
- 4 tbsp Nuttlex
- 6 tbsp flour
- 2 tbsp nutritional yeast
- 1/2 tsp ground black pepper
- 2 tsp tamari
- 2 cup vegetable stock

### Instructions

In a medium saucepan on medium-high heat, sauté mushrooms and Nuttlex until soft.

Add flour, nutritional yeast, pepper, and tamari; stir constantly until thickened.

Whisk in 1 cup vegetable stock, 1/4 cup at a time, stirring constantly until thickened.

## Miso gravy

### Ingredients

- 2 cups water
- 2 large tablespoons miso
- 3 tablespoons white flour
- 2 dashes soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon olive oil
- freshly ground pepper

### Directions:

1. Heat olive oil in a saucepan.
2. Whisk first six ingredients together until no longer lumpy.
3. Gradually add mixture to saucepan, stirring frequently.
4. Bring to a boil, reduce heat and simmer until thickened.
5. Add pepper to taste

## Red wine gravy

### ingredients

- 4 tablespoons butter, divided
- 2 medium onions, diced
- 200ml red wine
- 3 - 4 tablespoons port (optional)
- 500ml vegetable stock

- Fresh rosemary sprigs

### Instructions

1. In a heavy based saucepan over low heat, melt the butter and gently cook the onions until they have softened.
2. Stir in the wine and port and bring to the boil.
3. Add the stock and simmer for a few minutes.
4. Strain through a sieve and reheat until it's boiling again.
5. Allow to simmer and reduce down to half the amount of liquid
6. Whisk in 1 or 2 tablespoons butter until it's glossy and thickened slightly.

## Yorkshire pudding

### Ingredients

- 4 tablespoons Nuttlex
- 3/4 cup self raising flour
- Pinch salt
- 280ml soy/almond milk
- 1/3 cup egg replacer
- 1/4 cup water

### Instructions

1. Preheat the oven to 220°C
2. Put 1 tsp vegan margarine into each hole of muffin tin
3. Mix the flour, baking powder and salt well.
4. Mix the egg replacer into a smooth paste with the water then mix that in a jug with the soya milk
5. Place the bun tray in the oven for 10 minutes so it gets very hot.
6. Add half the liquid containing egg replacer to the dry flour mix. Whisk to a smooth paste then incorporate the rest of the liquid until you have a smooth batter.
7. Remove the bun tin from the oven (It will be hot!) and very quickly spoon the batter into each hole - it should sizzle. Return to the oven immediately and bake for 15-20 minutes
- 8.



# Desserts

## Tiramisu

*Sponge cake:*

*Ingredients*

- 3 tablespoons chickpea flour
- 150 ml (1/2 cup + 1/8 cup) hot water
- 150 g (3/4 cup) sugar
- 2 tablespoons canola oil
- 100 g (3/4 cup + 1 tablespoon) all-purpose flour
- 2 teaspoons baking powder
- 50 g cornstarch (6 tablespoons)

*Instructions*

1. Line a 18 x 28 cm square pan with baking paper. It is important to use parchment paper as the cake tends to stick to the pan when greased. Preheat oven to 200°C
2. In a bowl, whisk together chickpea flour and hot water.
3. Add sugar and oil and beat constantly. Add flour, baking powder, and starch.
4. Transfer to pan and bake for 12-15 minutes. You should keep an eye on the oven, as the cake burns easily.
5. Let cool in pan for 20 minutes. Remove and transfer to a rack to cool completely.

*For the filling:*

- 625 g soy yoghurt (22 oz)
- 200 g raw cashew nuts (7.1 oz)
- 3 tablespoons all-purpose flour
- 150 g powdered sugar\* (1 1/4 cups)
- 110 g coconut oil, melted and cooled (1/2 cup)

\*This filling is only mildly sweetened because the sponge cake is very sweet. Please feel free to add more sugar if you like your desserts sweeter. You can also add some vanilla extract to the filling, if you feel like it.

*Instructions*

1. In a food processor, combine yoghurt and cashew nuts and process until smooth.
2. Add flour and sugar and process into a smooth paste.
3. Pour coconut oil into the mixture and process until smooth again.

240 ml freshly brewed and cooled coffee (1 cup)

2-4 tablespoons coffee liqueur or Amaretto, to taste

1-2 tablespoons unsweetened cocoa

Slice the cake into two equal layers. Place one layer on the bottom of the pan (the same pan you baked the cake in). Mix coffee with alcohol and carefully pour half of the mixture over the cake layer, soaking the whole cake with coffee. Pour half of the filling over the soaked cake layer, distributing it evenly. Place second piece of cake on top, soak with coffee and pour remaining filling on top. Sift cocoa over the tiramisù and transfer to fridge. Let sit for several hours or overnight. Serve with strong coffee or tea.

## No bake peppermint chocolate torte

*Ingredients*

*Crust*

- 200g dried dates
- 1/2 cup shredded unsweetened coconut
- 2 cup raw cashews
- 1 teaspoon vanilla essence (to taste)

*Mousse*

- 2 cups avocado flesh (approx 3 small avocados), pitted and scooped out
- 1/3 cup almond milk (or other non-dairy milk)
- 2/3 cup pure maple syrup/golden syrup/agave/molasses
- 1 tbsp smooth peanut butter (or other nut or sunflower seed butter)
- 1 tbsp arrowroot powder
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1 cup + 2 tbsp chocolate, melted
- 1/4 cup cocoa powder
- 1 teaspoon peppermint extract

*Directions:*

*Crust:*

1. Oil a 7-10 inch springform cake pan and line it with a circle of baking paper.

# Desserts

2. In a food processor, pulse the cashews until crumbly. Be careful not to over process them as you still want them a bit chunky.
3. Add in the rest of the crust ingredients and pulse until just mixed.
4. Scoop mixture onto prepared pan and press down firmly and evenly with slightly wet fingers or a spatula. Pop into freezer to set while making the mousse.

## *Chocolate mousse:*

1. Place all mousse ingredients (except chocolate chips) into food processor.
2. Process until smooth.
3. In a small bowl, melt your chocolate chips in the microwave and scoop melted chocolate into food processor mixture. Process until smooth.
4. Remove crust from freezer and add mousse.
5. Smooth out as much as possible and then place in the freezer for 2 hours to firm.
6. Once firm, remove from freezer and allow to sit on the counter for about 5-10 minutes before serving chilled.

To serve: top with crushed peppermints

## **Lemon Pie**

### *Ingredients*

#### *Chocolate Pie Base*

- 1.5 cups almond meal or biscuit crumbs
- 2 teaspoons cocoa powder/raw cacao
- 1 cup dates
- 1 tbspn coconut oil.

#### *Lemon Cream*

- 3 1/2 cups cashews (soaked for at least an hour or overnight preferably)
- 6 tablespoons coconut oil
- 1 cup honey/rice malt syrup/agave
- 1 cup lemon juice
- Zest of 3 lemons
- 1 teaspoon vanilla essence
- 1/2 teaspoon salt
- 1/2 teaspoon turmeric (for colouring -> optional).

## *Instructions*

### *Chocolate Base*

1. Line, with baking paper, a glass rectangular dish. Make the chocolate base by tossing in all the ingredients in a food processor.
2. Whizz until a brown dough forms. press the 'dough' into a pie dish until it covers the bottom and is even.
3. Place in the freezer.

### *Lemon Cream*

1. Whizz together all the ingredients (except the turmeric if using) for about 10 minutes until you have a beautiful silky smooth cream.
2. Taste as you go, you may want to add more lemon zest, a tad more salt for taste or lemon juice to thin it out slightly.
3. If you want it slightly yellow-y start adding the turmeric a little at a time until you get the hue of yellow you like.
4. Pour the cream over the base and pop back in the freezer for an hour or until set.
5. Cut it into bars and store, covered, in the fridge or the freezer.

If you decide to keep it in the fridge, be sure to let it defrost for about an hour before eating.

## **Vanilla ice cream**

### *Ingredients*

- One 398ml can full-fat coconut cream
- 1 cup almond milk
- 2 Tablespoons vanilla extract
- 3 Tablespoons white sugar
- 1/4 tsp table salt

### *Instructions*

1. Open the can of coconut cream and add to a bowl.
2. Add the almond milk, vanilla extract, sugar, and salt. Whisk together until the sugar has dissolved (about 2 minutes).
3. Place the bowl in the freezer. Whisk and stir every half hour until frozen (anywhere from 3-4 hours, depending if you want a soft-serve texture or hard ice cream).





# Desserts

## **Cinnamon icecream**

### *Ingredients*

- 1 can coconut milk
- 1 cup almond milk
- 1 / 2 cup agave syrup
- 2 tsp. Cinnamon
- 1 tsp. Vanilla extract
- 1 / 2 tsp. sea salt

### *Instructions*

1. Place all ingredients into a blender or food processor and blend until smooth.
2. Pour mixture into a container and freeze

## **Avocado lime icecream**

### *Ingredients:*

- 1/2 cup sugar (up to one cup of not sweet enough)
- 1 Tablespoon lemon zest
- 2 cups ripe avocado, about 3 avocados
- 2/3 cup fresh lemon juice, juice from about 2-3 lemons
- 1 cup water

### *Directions:*

1. Process sugar and zest in food processor about two minutes
2. Add avocado, lime juice, and water and process until smooth
3. Strain mixture through a fine mesh sieve into a shallow bowl and discard the solids
4. Cover the bowl and freeze stirring regularly



# Vegan Cheese

## Basic cashew cheese

- 2 cups raw cashews, soaked in water for 3 hours, drained
- 1/2 cup rejuvelac
- Pinch salt

### Instructions

1. Add ingredients to a blender
2. Process until smooth and creamy, occasionally stopping to scrape the blender jar and move the mixture towards the blades
3. Transfer to a clean glass bowl or container and cover and let rest at room temperature for 8 to 36 hours depending on how sharp a flavour you want and the ambient temperature. The cheese will thicken as it cultures.

## Simple Almond Cheese

### Ingredients

- 1 cup almonds, soaked, drained and skins removed
- 3/4 cup water
- 2 tablespoons olive oil
- 3 tablespoons lemon juice
- 1 clove garlic
- Pinch salt

### Instructions

1. Soak almonds overnight in water. Drain
2. Place all ingredients in food processor. Process until smooth. This will take a bit of time
3. Place nut mixture in nut-milk bag or colander lined with cheese cloth
4. Give a light squeeze and place in refrigerator until set

## Extra Sharp Raw Vegan Cheddar Cheese Ball

### Ingredients:

- 1 1/2 cups raw cashews, soaked in water for 4-6 hours
- 1/4 cup nutritional yeast
- 1 heaped tablespoon miso paste
- 1 tablespoon apple cider vinegar
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1/2 teaspoon dry ground mustard powder

- 1/2 teaspoon paprika
- 1/4 teaspoon turmeric
- Dash cayenne
- 1/2 cup coconut oil

### Instructions

1. Pour the soaking water off the cashews and then rinse them with fresh water. Drain well.
2. Place the cashews in a food process and pulse until they start to form a paste, scraping down the sides as necessary.
3. Add all of the seasonings and pulse until thoroughly combined.
4. Add the coconut oil. Blend or process until the mixture is completely smooth, scraping down the sides occasionally. This process takes up to 10 minutes in a food processor and a few minutes in a power blender.
5. Scrape the soft cheese into a container.
6. Cover and refrigerate for 4-6 hours or until the cheese is quite firm.
7. Scrape the cheese out of the container and place onto a clean surface.
8. With your hands, form the cheese into a ball.

Variation: add 1/2 teaspoon fresh minced parsley, thyme or sage.

## Colby Cheese

### Ingredients:

- 1-1/2 cups water
- 1-1/2 tbsp. Agar powder
- 1/2 cup roasted red capsicum skin and seeds removed,
- 1/2 cup skinless Brazil nuts, soaked
- 1/4 cup nutritional yeast flakes
- 3 tbsp. fresh/bottled lemon juice
- 2 tbsp. tahini
- 2 tsp. onion powder
- 1/4 tsp. garlic powder
- 1 tsp. salt
- 1/4 tsp. mustard powder

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rental accommodation**

Instructions [www.greenrenters.org](http://www.greenrenters.org)  
1.



# Vegan Cheese

## *Ingredients*

1. Lightly oil a plastic storage container and set aside.
2. Combine the water and xanthan gum in a small saucepan and bring to a boil.
3. Reduce the heat and simmer, stirring often, until dissolved, about 5 to 10 minutes.
4. Transfer to a blender and add the remaining ingredients including the nuts
5. Process several minutes until completely smooth, scraping down the sides of the blender jar as necessary.
6. Pour into the prepared container and cool uncovered in the refrigerator.
7. When completely cool, cover and chill several hours or overnight.
8. To serve, turn out of the container and slice. Store leftovers covered in the refrigerator. Will keep 5 to 7 days.