

Vegan Cream Cheese

🕒 90 Mins+

★ 3

*4 cups soya milk (Unsweetened) 946ml/32 oz

2 tbsp lemon juice

1½ tsp sea salt

¾ tbsp apple cider vinegar

1 - 2 tbsp nutritional yeast

** 1/3 cup refined coconut oil * this recipe only works with unsweetened soya milk

** use refined coconut oil to avoid your cheese being coconut flavoured



Cooking Instructions

- Place a sieve over a deep pot or pan. Lay the cheese cloth in the sieve. I fold mine so it's quadruple thickness. (You could use a thin, clean tea towel if you don't have cheesecloth). This is where you will pour your milk to make the cheese when it is ready. It's important that your pot is deep so the cheese doesn't come into contact with the liquid.
- In a large pan, over medium-high heat, simmer the soy milk until it reaches a light boil. Stir constantly with a whisk and watch the milk carefully so it does not boil over. It is important to continue stirring the entire time your milk is on the hob.
- Once the soy milk comes to a light, rolling boil, add the lemon juice and stir. After about 30 seconds you should see some curdling start to occur (the solid of the milk will start to separate from the liquids).
- Add the sea salt. Turn down the heat and stir for another minute or so. At this point your milk should be really curdled. You may see chunks or your curdled milk may be of a finer grain due to the whisk.
- Stir in the nutritional yeast (dependent on how cheesy you want it to taste) and apple cider vinegar into the milk mixture and whisk lightly.
- Pour the milk over the cheese cloth. Be careful because the milk will be very hot.
- Tightly tie the cheesecloth at the top. Place a weight on top of the cheese cloth to help it drain faster and the cheese to solidify. Anything will do such as cans of food or a stack of ramekins.
- Place in the fridge overnight. In the morning, the whey will have separated from the milk into the bottom bowl. Carefully unwrap your cheese.
- Melt the coconut oil (20-30 seconds in the microwave on high will do). Put the cheese and oil in a blender and blend for around 30 seconds. It will be very thick but you just want to get an even texture. The oil gives the cheese the right 'mouth feel'.
- Transfer to a small dish, cover and refrigerate. This will last up to 2 weeks in the fridge.