

Cashew - Brazil Nut Cheese

Yields about 2 cups

NMB BL

Ingredients:

$\frac{3}{4}$ cup cashews

$\frac{3}{4}$ cup Brazil nuts

$\frac{1}{8}$ teaspoon probiotic powder OR 1 emptied capsule

1 cup water to blend

Directions:

In a high-speed blender, blend mixture until smooth and creamy. If necessary, use a spatula to gently guide the sides of the mixture into the center vortex. Be careful not to immerse the spatula too deep into the vessel where it might get caught by the blender blade.

Place smooth Cashew – Brazil Nut Cheese inside a ***More than a Nut Milk Bag***. Let sit in a quart jar or bowl for 2-3 hours. This allows the probiotic to incorporate into the cheese and begin the fermentation process.* Then hang the mixture, in a warm place, over a bowl or plate to catch any excess liquid as your cheese ferments.

Leave for approximately 6-8 hours or until desired taste is achieved. Exact time depends on location and environment.

Note: There is no need to hot soak and peel the Brazil nuts (as described in the almond cheese recipe) even though they have a brown skins. The skins are soft and break down almost completely leaving an attractive small black fleck in the cheese that does not affect the taste or texture.

* If you omit this step, no worries, but I find that allowing the mixture to set for a couple of hours before hanging gives a quicker, more uniform fermentation and better probiotic retention in the cheese.

Nacho Cheese variation

Yields about 2 cups

NMB BL

2 cups Cashew-Brazil Nut Cheese

½ cup red bell pepper chopped

2 Tablespoons lemon juice

¼ cup nutritional yeast

½ teaspoon + ¼ teaspoon salt

2 large cloves of garlic

½ teaspoon turmeric

⅛ teaspoon jalapeno powder (optional)

Blend these ingredients in a high speed blender until completely incorporated.

2 teaspoons chili flakes

Pulse in chili flakes until incorporated throughout.

Cheese Nips

If you loved those cheesy little crackers, you can create a good raw version by taking this nacho cheese, spreading it thin on a Paraflexx lined dehydrator tray, scoring for small squares (the nips) and dehydrating until crispy. Once dehydrated fully they can be stored for several weeks in a glass jar in the cupboard.

Parmesan Cheese

Yields about 1 cup

NMB DH

1 cup Cashew – Brazil Nut Cheese

2 Tablespoons lemon juice

¼ teaspoon salt

Blend all ingredients in a high speed blender until well incorporated. Using a ¼ cup measuring cup, spread the mixture very thin on to Paraflexx lined dehydrator trays – ¼ cup per tray. Dehydrate at 115° for approximately 3-4 hours or until completely dry. Allow the dehydrated cheese to completely cool. Using a vegetable scraper, gently scrape the cheese into flakes and save in an air-tight container. Parmesan can be stored in the refrigerator for up to a month.