

Macadamia Cheese Base

Swick

Makes 2 cups | Active Time: 45 minutes | Total Time: 12 hours

Chef's Notes

1. Probiotic powder can be found at health food stores, in health food sections of grocery stores or online.
2. Note that you may experience a different “smell” due in part to the fact that plant proteins break down differently than animal proteins.

Preparing and Culturing the Cheese

To make macadamia cheese, first soak the macadamia nuts overnight, then drain. Add the nuts to a blixer or high-speed blender. Note: If you do not mind a cheese with a bit of texture, you could also use a regular food processor; however, for the best results, a blixer or high-speed blender should be used for optimum smoothness.

Next add a touch of water. Depending on the equipment used, you may need to add more water, which is okay, as the cheese will be strained and pressed afterwards.

Next add the probiotic and blend. Scrape the sides as needed and continue to blend until you reach a nice smooth consistency. Ideally the cheese should feel smooth with very little to no trace of the nut texture to it. Again, this will depend on the equipment used.

To culture the cheese, scrape the mixture into a strainer lined with a mesh bag or a piece of cheesecloth. Draw the strings of the bag and twist to secure it. Place a small plate over the cheese and press to flatten it out a bit. Next place a heavy weight, such as a bowl of dried beans or a large can, onto the plate. The weight will help to press out any excess water during the culturing process, which will ultimately determine the firmness of the cheese. Cover everything with a clean cloth or breathable piece of mesh.

Let culture at room temperature for at least 12 hours or up to 24 hours for a stronger result. When ready, remove from the mesh bag. Pressing the cheese, rather than hanging it, makes it drier and therefore easier to shape and mold.

Step 1: Preparing and Culturing the Cheese

- 2 cups raw macadamia nuts,
soaked overnight in filtered water
- 1 tsp probiotics powder

Step 2: Seasoning the Base Cheese

- 2 tbsp nutritional yeast
- 1 tbsp onion granules
- Freshly grated nutmeg
- 1 tsp sea salt
- 1/4 tsp white pepper

Once the macadamia cheese is cultured, remove from cheese cloth and place in bowl. Add the remaining spices and mix thoroughly.

Place into the refrigerator for up to 1 week. This cheese base can be used as a spread, rolled with herbs or other seasonings, addition in salads or as part of a non-dairy cheese platter.