

Vegan Cheese preparation

<https://www.bioboost-platform.com/initiatives>



Recipe 1: Cheese preparation containing cashew nuts: cashew nuts, aquafaba (soybean cooking fluid), apple cider vinegar, vegetable stock, tapioca, nutritional yeast, salt, garlic powder.

- Add all the ingredients in a blender or kitchen robot (like Thermomix).
- Blend until the mixture is smooth and contains no lumps.
- Move the mixture to a pan and start to heat on a low setting.
- Let the mixture simmer until it has thickened and starts to develop a “stretchy” consistency (comparable to melted cheese).
- Pour the mixture to a mould, let cool slightly before storing it in a fridge overnight.

Recipe 2: Cheese preparation containing chickpeas: cooked chickpeas, aquafaba (soybean cooking fluid), apple cider vinegar, vegetable stock, tapioca, nutritional yeast, salt, garlic powder

- Add all the ingredients in a blender or kitchen robot (e.g. Thermomix).
- Blend until the mixture is smooth and contains no lumps.
- Transfer the mixture to a pan and start to heat on a low setting.
- Let the mixture simmer until it has thickened and starts to develop a “stretchy” consistency (comparable to melted cheese).
- Pour the mixture into a mould, let it cool slightly before storing it in a fridge overnight.

Recipe 3: Cheese preparation containing soy beans: cooked soybeans, aquafaba (soybean cooking fluid), apple cider vinegar, vegetable stock, tapioca, agar, nutritional yeast, salt, garlic powder

- Add all the ingredients in a blender or kitchen robot (like Thermomix).
- Blend until the mixture is smooth and contains no lumps.
- Move the mixture to a pan and start to heat on a low setting.
- Let the mixture simmer until it has thickened and starts to develop a “stretchy” consistency (comparable to melted cheese).
- Pour the mixture to a mould, let cool slightly before storing it in a fridge overnight.