



VEGAN CHEESE KIT

Make batches of stretchy, melty, plant-based cheese
and skip the hard-to-pronounce ingredients



HOW TO MAKE

VEGAN CHEESE

Directions

In Your Kit

- Vegan cheese starter culture
- Nut milk bag
- Thermometer
- Cheese salt
- Sunflower seeds
- Tapioca flour
- Sunflower seeds
- Irish moss powder
- Xanthan Gum

What You'll Need

- Olive, grapeseed or safflower oil
- Yogurt maker
- Saucepan
- Blender
- Mixing bowl
- Heat-safe mixing spoon

1. Add 1 cup sunflower seeds to 3 cups water in a saucepan. Boil for 20 minutes.
2. Wait until mixture cools to 110°F.
3. Process mixture with a blender for 2 minutes.
4. Strain mixture through a nut milk bag and keep the liquid (milk) to make your cheese (discard the solids or use them in place of nut butter on toast or in other recipes).
5. Add vegan cheese starter packet to 1 ½ cups of your sunflower seed milk (if you end up with less than 1 ½ cups of sunflower seed mixture, add water as needed).
6. Culture for 6-8 hours at 110°F in a yogurt maker. This will be your cheese base.
7. Blend olive oil and 1 tsp. salt into your cheese base in a blender until oil incorporates (emulsifies).
8. Make an iced salt brine for later - Fill a large mixing bowl with water and dissolve 1 tsp. salt. Add roughly 12 ice cubes.
9. Add your cheese base mixture to a medium-sized saucepan. Stir in ½ cup tapioca flour, 1 Tbsp (tablet) Irish moss, and ½ tsp. xanthan gum.
10. Cook on medium heat, stirring constantly, until a stretchy, solid mass forms.
11. Remove from heat and scoop heaping tablespoons of your mozzarella into the ice bath. The cheese should firm up instantly.
12. Either remove the cheese from the brine and enjoy right away or transfer to a quart-sized mason jar with enough of your brine to cover the mozzarella balls. Consume within 3-4 days.

For your next batch, feel free to swap out sunflower seeds for cashews, almonds or any other seed/nut!