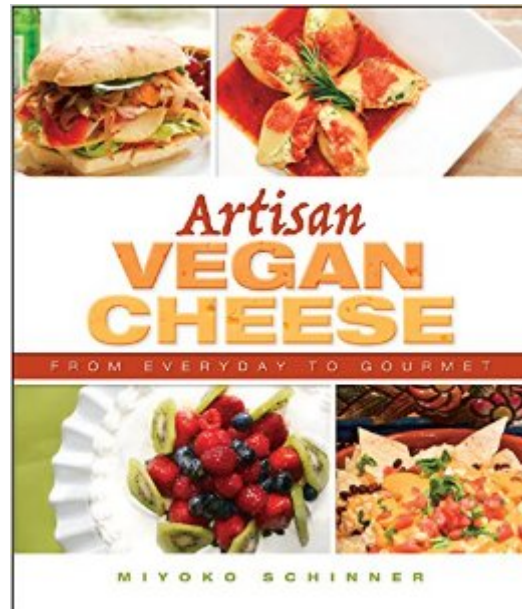


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# Artisan Vegan Cheese



## Synopsis

Gourmet restaurateur and vegan food expert Miyoko Schinner shares her secrets for making homemade nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts while incorporating nutritious nuts and plant-based milks. Miyoko shows how to tease artisan flavors out of unique combinations of ingredients, such as rejuvelac and nondairy yogurt, with minimal effort. The process of culturing and aging the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm. For readers who want to whip up something quick, Miyoko provides recipes for almost-instant ricotta and sliceable cheeses, in addition to a variety of tangy dairy substitutes, such as vegan sour cream, creme fraiche, and yogurt. For suggestions on how to incorporate vegan artisan cheeses into favorite recipes, Miyoko offers up delectable appetizers, entrees, and desserts, from caprese salad and classic mac and cheese to eggplant parmesan and her own San Francisco cheesecake.

## Book Information

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## Customer Reviews

There are a few points I think it would be good for anyone considering this book to realize:-This is not a recipe book. This is a cheese-making book with some recipes for how to use the cheeses at the end. The difference? Real cheeses are cultured and take time. The same is true of real dairy cheeses, which most of us have never tried making before. Many vegan cheezy recipes in other cookbooks try to use flavorings to make them taste like regular cheeses so they are made quickly. Except for a chapter of almost-instant cheeses, don't expect to make your favorite cheese for dinner tonight. Understanding this will set the expectations for this book.-Culturing will also lead to

hits and misses as you learn how to do it. My previous experience with culturing before this was with sourdough, which has been invaluable when starting this book. The first few loaves of sourdough I made were bricks and tasted horrible. The ambient temperature, humidity, and the culture that you start with (the rejuvelac or yogurt for the cheeses) will all affect how your culturing goes. Do not tightly close the cultures. Living organisms release carbon dioxide just like we do, and your cheeses may expand in the container, and the pressure of the gas may even make the container break. If you are culturing a thick mixture and it never expands, you probably need to wait longer. I suspect some people who did not find the cheeses to be flavorful were not successful in their culturing. Live and learn.-The ingredients are important and something that I think needed to be better emphasized in this book (and is emphasized well in The Nondairy Formulary). Only use uniodized salt, as iodine can prevent culturing. Only use filtered water, the chlorine from the tap can prevent culturing.

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