

Non-Dairy American Style Cheese

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November 7, 2021

- ✓ In blender add:

1 quart Westsoy Soy Milk
1½ cup organic refined coconut oil (liquefied in microwave for 30 seconds)
¾ cup tapioca flour
¾ cup nutritional food yeast
¾ cup agar powder
3 TBS miso paste (mellow white or garbanzo style to taste)
6 tsp organic tomato paste
1 TBS salt (Himalayan Pink salt, preferred)
1½ tsp onion powder
¼+⅛ tsp turmeric
¼+⅛ tsp parsley
¼+⅛ tsp paprika
¼+⅛ tsp garlic

- ✓ Place in a blender and blend until smooth.
- ✓ Place in a saucepan and cook over medium-low heat, slowly and continuously stirring with a flexible rubber/silicone whip and/or spatula and scraping the sides and bottom of the saucepan as necessary. Increase stirring speed as the mixture thickens and begins to form curds. Stir vigorously (you don't want the curds) until the mixture becomes very thick, smooth, and glossy (if using non-stick cookware, the cheese should pull away from the sides of the pan). As the cooking process continues, the color will begin to darken. Keep stirring until the entire mixture has darkened.
- ✓ *You will need a glass, ceramic, or BPA-free plastic container which will hold a minimum of 2 cups liquid; this will act as the form to shape the cheese.*
- ✓ Now quickly transfer the melted cheese to the above mentioned container but do not attempt to smooth the surface (the cheese will be too sticky); let the cheese settle on its own, or shake the container to help the cheese settle. Let the cheese cool at room temperature for about 20 minutes. Cover with plastic wrap, making sure the wrap comes into contact with the surface of the cheese, cover with a lid (optional), and refrigerate for a minimum of 24-48 hours or completely chilled and very firm.
- ✓ Remove from container, slice, and freeze.¹

¹ A word about freezing slices. We like to freeze each slice individually on parchment paper on a flat pan placed in the freezer. This prevents the slices from freezing together. After frozen, they can be placed in a bag or container and kept in the freezer for the duration.