

A guide to Vegan Cheese



by Conchaubert

Thank you for your interest
in vegan cheese making.

We wrote this guide to help
you on this interesting
journey.

For more information,
check the Learn section on
our website at

www.cashewbert.com

INTRODUCTION

CASHEWBERT

BLUEBERT

FRESH CHEESE

CREAM CHEESE

WOWGURT

CASHEWBERT

STEP BY STEP



Preparation time: 30 minutes • Fermentation time: 4 to 6 hours • Time to be ready: 10 to 15 days

Ingredients

- 300g cashews, do not soak
- 330g water
- 1/16 mesophilic cultures
- 1/16 tsp penicillium candidum (liquid or powder)
- 1/2 tsp Vzyme
- 2 tsp fine sea salt

Tools

- Blender
- Bowl
- 2 Cheese forms
- 2 Cheese cloths
- 2 cheese mats
- Ripening container or ripening wrap

STEP 1 MAKE THE CHEESE



Pour boiling water over the dry cashews and drain it to pasteurise.

Place the cashews with the water in the blender, blend at the highest speed for one to two minutes, until completely smooth.

Let the mixture cool down to below 35°C. Sprinkle the cultures and the Vzyme over the cashew mix and blend it for a few seconds.



Pour the mix in a bowl, cover and let it rest at room temperature for about 4 hours.

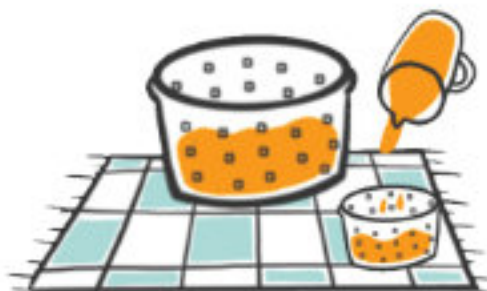


STEP 2 PREPARE THE EQUIPAMENT

Prepare two cheese cloths, two cheese forms and a spoon. Pour boiling water over it and let it cool down to pasteurise it.

Twist the excess of water out of the cheese cloth but still keeping it moist.

Lay the moist cloth over the cheese form.



STEP 3 FORM THE CHEESE



Divide the mix into the two cheese cloths. Cover the top with the end of the cheese cloth and press gently with your fingers to flatten it.

Leave the forms for 12 hours. On warm days, keep them refrigerated so that it doesn't dry off or over-ferment.

The next day, remove the cheese from the cloth placing over a cheese mat. Sprinkle 1/2 tsp of salt on top of the cheese, flip it and sprinkle another 1/2 tsp of salt.



Place the cheese in the refrigerator for 6 to 8 hours, flipping in between to dry both sides equally.





STEP 4 ALLOW THE MOULD TO GROW

The cheese is now dry enough, make sure there are no hard spots from excessive drying. Remove any hard crust.

Place the cheese in the ripening container or wrap it loosely in ripening wrap.

Place it in the refrigerator between 7°C and 12°C (44F to 53F).

Every two to three days, check the cheese for moisture, drying any wet spots with a paper towel.



STEP 5 ALLOW THE FLAVORS TO DEVELOP

When the mould has completely covered the cheese, it's time to wrap it in camembert paper and place the cheese at a lower temperature to slow down the mould growth.

Remove the cheese from the container or ripening wrap.

Pat it dry with a paper towel to make sure there is no moisture.

Wrap in the camembert paper and place the cheese in the refrigerator between 2°C to 4°C (35F to 39F) for about 1 week for a good flavour, or for 2 to 3 weeks for a stronger flavour.

*The fridge temperature is a suggestion for better results.
The cheese will be fine under different refrigerated temperatures.

The Cashewbert Recipe





Preparation time: 30 minutes • Fermentation time: 4 to 6 hours • Time to be ready: 20 to 40 days

Ingredients

- 300g cashews, do not soak
- 100g coconut milk
- 230g water
- 1/16 mesophilic cultures
- 1/16 tsp penicillium roqueforti (liquid or powder)
- 3/4 tsp Vzyme
- 2 tsp fine sea salt

Tools

- Blender
- Bowl and a tray
- 2 Cheese forms
- 2 Cheese cloths
- 2 cheese mats
- Ripening container or ripening wrap

STEP 1 MAKE THE CHEESE



Pour hot water over the dry cashews and drain it to pasteurise.

Place the cashews with the water and coconut milk in the blender, blend at the highest speed for one to two minutes, until completely smooth.

Pour the mix in a bowl.

Make sure the temperature of the paste is below 35°C. Sprinkle the cultures and the Vzyme over the cashew mix and stir it well.



Cover and let it rest at room temperature for about 4 hours.

STEP 2 CHEESE CHUNKS



Sanitise two cheese cloths and a deep plate or tray. Lay a cloth on the plate and pour the paste over.

Sprinkle salt over the cheese and cover with the second cloth.



Place the plate in the refrigerator for about 2 days.

During this time check if the top cloth is moist, and soaking it if necessary so it keeps the humidity high.

Now it's time to break the cheese into smaller chunks.

STEP 3 FORM THE CHEESE



Sanitise two cheese forms.

Gently assemble the chunks together in the form without excessively pressing it.

If you have a press lid, place it over the cheese to help the gentle pressing.

Bring the forms to the refrigerator and leave it for 12 hours.

Next day, remove the cheese from the form over a cheese mat. You can smooth the rind if you want.

With a sanitised skewer, prick about 10 holes throughout the cheese to ensure airflow in-between the chunks.

Leave it at room temperature for 1 hour to dry, turning the cheese after 30 minutes.

Place the cheese in the refrigerator for 6 to 8 hours to dry.

STEP 4 ALLOW THE MOULD TO GROW



The cheese is now dry enough, make sure there are no hard spots from excessive drying.

Place the cheese in the ripening container or wrap it loosely in ripening wrap, pricking about 5 holes on each side of the cheese through the ripening wrap, to release any gases formed during fermentation and allow the cheese to breath properly.

Place it in the refrigerator between 7°C and 12°C (44F to 53F) for 10 to 15 days, until the mould has grown.

Every two to three days, check the cheese for moisture, drying any wet spots with a paper towel, wrapping it again or placing it in the ripening container.



STEP 5 ALLOW FLAVORS TO DEVELOP

When the mould has completely covered the cheese, it's time to wrap it in a clean ripening wrap or plastic wrap.

Place the cheese at a lower temperature, between 2°C and 4°C (35F to 39F) to slow down the mould growth and create better flavours.

Age it for furthers 2 weeks for a good and mild flavour, or for up to 3 months for a more complex flavour. Check it weekly, patting dry any moisture with a paper towel.

If you notice too much moisture, leave the cheese to dry at room temperature for about 2 hours.

It needs to be completely dry on the exterior for long ripening.

*The fridge temperature is a suggestion for better results.
The cheese will be fine under different refrigerated temperatures.

FRESH CHEESE

STEP BY STEP



Preparation time: 30 minutes • Fermentation time: 4 to 6 hours • Time to be ready: 12 to 24 hours

Ingredients

- 150g cashews, soaked overnight
- 275g water
- 1/16 tsp mesophilic
- 1/2 tsp Vzyme
- 1/2 tsp salt

Tools

- Blender
- Bowl
- Cheese form or cheese cloth

Boil the soaked cashews for a few seconds to pasteurise it.

Drain the cashews. Add water until the sum of the cashews and water is 425g.

Blend the cashews with water until smooth.

Pour the mix into a bowl. Check if the temperature is below 40°C.

Make sure the temperature is between 20°C and 30°C.

Sprinkle the mesophilic cultures on top of the mix and leave it for five minutes. Add the Vzyme and stir well.

Cover and let it rest for 12 to 24 hours at room temperature, add salt and seasonings at this stage or you can sprinkle later outside the cheese after forming it.

Pour the paste in a cheese cloth and twist the ends to make a little bag, or shape the cheese in the cloth using a sushi mat for a log or another container for different shapes. Allow it to drain for few hours until firm.

Keep refrigerated for up to 7 days.

*If you want to add dried herbs, blanch the herbs before adding to the cheese. This will ensure the cheese will last longer in the refrigerator.

CREAM CHEESE

STEP BY STEP



Preparation time: 30 minutes • Fermentation time: 4 to 6 hours • Time to be ready: 12 to 24 hours

Ingredients

- 150g cashews, soaked overnight
- 275g water
- 1/16 tsp mesophilic
- 1/2 tsp salt

Tools

- Blender
- Bowl

Boil the soaked cashews for a few seconds to pasteurise it.

Drain the cashews. Add water until the sum of the cashews and water is 425g.

Blend the cashews with the water until smooth. Pour the mix into a bowl. Check if the temperature is below 40°C.

Make sure the temperature is between 20°C and 30°C. Sprinkle the mesophilic cultures on top of the mix and leave it for five minutes. Stir well.

Cover and let it rest for 12 to 24 hours at room temperature, add salt and seasonings to your taste.

Keep refrigerated for up to 7 days.

*If you want to add dried herbs, blanch the herbs before adding to the cheese. This will ensure the cheese will last longer in the refrigerator.

WOWGURT! STEP BY STEP



Preparation time: 30 minutes • Fermentation time: 8 hours • Time to be ready: 12 hours

Ingredients

- 150g cashews, soaked overnight
- 275g water
- 1/16 tsp Wowgurt Cultures
- 1/2 tsp salt

Tools

- Blender
- Bowl

Leave the cashews in boiling water for a few seconds to pasteurise it.

Drain the cashews. Add water until the sum of cashews and water is 425g.

Blend the cashews with water until smooth.

Pour the mix into a bowl.

Check if the temperature is below 40°C.

Sprinkle the cultures on top of the mix and leave it for five minutes, then stir well.

Cover and let it rest for 12 to 24 hours at room temperature until the desired flavour is achieved.

Keep refrigerated. You can replace yogurt with the wowgurt on smoothies, or as a base for creams and spreads.



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