

Cultured Cashew Spread

Ingredients

- 2 cups raw cashews
- 2 garlic cloves, minced, to make 1 Tablespoon
- 2 Tablespoon lemon juice
- 2 Tablespoons nutritional yeast
- ½ teaspoon sea salt
- ½ cup water
- 2 probiotic capsules or 2 Tablespoons unsweetened non-dairy yogurt
- OPTIONAL
- 2 Tablespoons fresh herbs, finely minced

Method

Soak the cashews overnight in filtered water.

Prepare a clean and dry glass or other non-reactive container. I usually use a pint glass jar. It may not be strictly required, but it's best to sterilize all of your equipment with boiling water before getting started.

Drain the liquid off of the soaked cashews. Add them to a food processor or blender and blend until completely smooth. If you aren't using a high-powered blender, it will take several minutes for the cashews to breakdown and release oils in order to become a smooth mixture. Stop to scrape down the sides as needed; you can also add filtered water a tablespoon at a time if you're having trouble blending.

Note: if your blender or food processor has warmed the mixture very much, it's best to take a break now and wait for it to cool down as we don't want to kill the probiotics with heat.

Add the probiotic capsules or yogurt and salt and pulse to combine.

Transfer to a clean container and cover. Let sit out at room temperature for 24-72 hours. Use a clean utensil to taste the mixture after 24 hours and add more sea salt to taste if you like. Let it culture for another 24-48 hours if you want a stronger tang.

Store in the refrigerator for up to 1 week.

Notes



From this basic recipe many things can happen.

To make a firmer spread, pour the mixture into a double layer of cheesecloth that is laid out in a sieve or colander. Bring the sides of the cheesecloth to make a firm wrap and tie the top with a string or twist-tie. Place the colander in a slightly larger bowl and leave in the refrigerator for 12-24 hours to drain out some of the liquid. If the drained spread is firm enough you may form it into a disc and gently coat with the minced fresh herbs.

I have also made a very simple cashew spread with the same amount of raw cashews, soaked overnight, blended then combined with 2 Tablespoons plain, unsweetened coconut yogurt and about 1/2 teaspoon sea salt. Cultured for 72 hours, it makes a tangy smooth spread.

Source: Inspired by <https://minimalistbaker.com/easy-probiotic-cultured-vegan-cheese/>
(Servings: 12 | Yield: about 2 cups)
