

Basic Macadamia Cheese

2 cups macadamias, soaked for a minimum of 4 hours

1 cup water

1 teaspoon probiotics

1 Blend all ingredients in a high-speed blender until smooth.

2 Place the mixture in a strainer that has been lined with cheesecloth, and place a weight on top. The weight should not be so heavy that it pushes the cheese through the cloth, but heavy enough to gently start to press the liquid out.

3 Leave to culture at room temperature for at least 24 but no longer than 48 hours.

4 Once culturing is complete, stir or process in the following ingredients:

¾ teaspoon salt

2 teaspoons nutritional yeast

1 teaspoon lemon juice

5 Transfer the cheese to a ring mould.

6 At this point you can remove the ring mould and place the cheese in the refrigerator, or remove the ring mould and place the cheese in a dehydrator at 105°F for 24 hours to get a rind.

