

Soy-based Cream Cheese

Ingredients:

- 4 cups unsweetened soy milk
- 3 tbsp. lemon juice^[LSEP]
- 1½ tsp. Celtic sea salt or pink Himalayan salt^[LSEP]
- ½ tsp. garlic powder^[LSEP]
- ½ tsp. onion powder
- 1 tsp. dried dill or other dried herb^[LSEP]
- 2 tbsp. nutritional yeast



Instructions:

1. Place a fine strainer over a deep bowl and then a cheesecloth over the strainer. **Note.** *The dish should be deep enough to prevent the cheese from coming into contact with the liquid overnight.*
2. In a medium to large saucepan, simmer the soy milk over medium high heat until it comes to a light boil. Stir constantly with a whisk and watch the milk carefully as it is prone to boil over.
3. Once the milk comes to a light, rolling boil, add the lemon juice and stir. After about 30 seconds you should see some curdling.^[LSEP]
4. Add the salt, garlic powder, onion powder, dill, and nutritional yeast. Turn down the heat and stir for another minute or so. By now your milk should be completely curdled.
5. Carefully pour the curdled milk into the cheesecloth in the strainer.
6. Tie the cheesecloth as tightly as possible at the top to secure the cheese, then place a weight on top of it to help it drain faster and to harden (solidify) the cheese. *Note. I use a clean rock or Mason jar full of water, but a ramekin or bowl full of stones works well too.*
7. Put it into the fridge overnight and in the morning carefully unwrap the cheese. The whey that is left in the bowl can be used to make salad dressings or sauces.

Tip: This is a super mild cheese and can be dolled-up with various herbs and mild spices. You could also leave out the garlic, onion, and dill and add a bit of maple syrup and/or dried fruit for a sweeter alternative. Be creative!