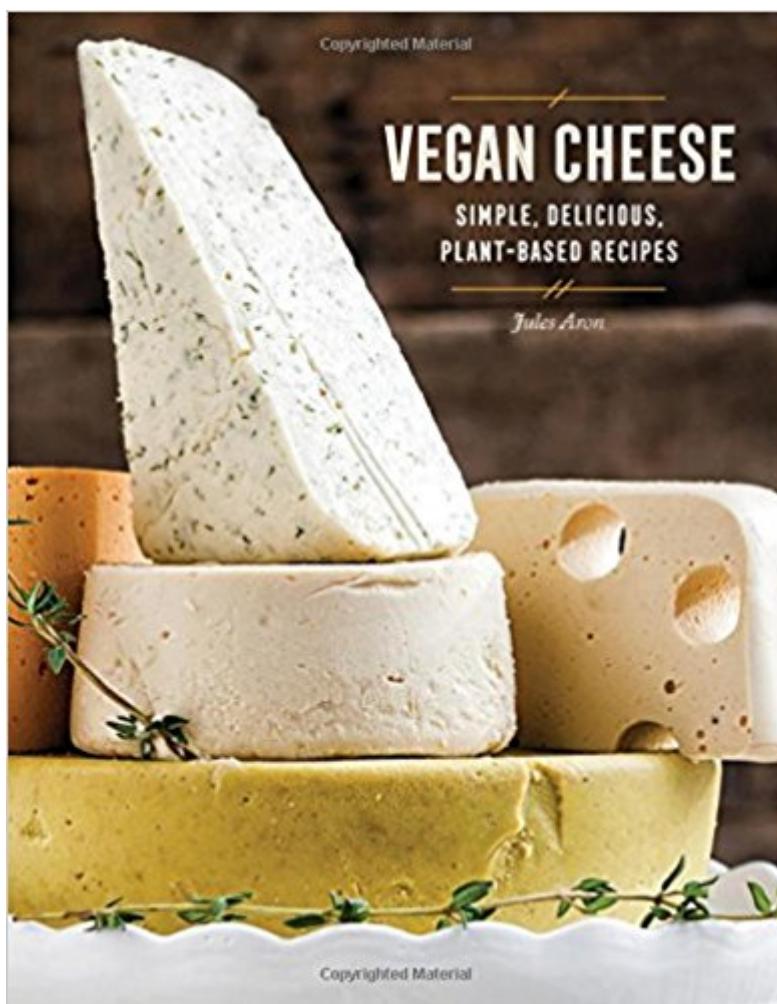


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# Vegan Cheese: Simple, Delicious Plant-Based Recipes



## Synopsis

From creamy and mild to sharp and sliceable, 60 dairy-free and delicious cheeses to make at home. Don't be intimidated by the idea of making cheese—vegan cheese is simple and straight-forward, with clean, basic ingredients. Here, green-lifestyle expert Jules Aron shares the tricks of the trade for making sauces, cheese you can grate or slice, and soft spreadable options, using homemade nut milks, vegetables, and natural helpers like lemon juice, probiotics, agar-agar, and nutritional yeast. Her flavorful creations are enhanced with herbs and spices, and run from incredibly easy to more complex, mimicking familiar cheeses, including: French-Style Brie, Herbed Feta, Cauliflower Jack, Aged Gruyere. Armed with tips for building the perfect cheese plate and drink pairings, budding vegan cheesemakers will be ready to wow even the pickiest cheese lover. 75 color photographs

## Book Information

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## Customer Reviews

Aron (Zen and Tonic) dazzles with this comprehensive guide to making vegan cheese at home, from classics such as vegan swiss to the more complex flavor profiles of a dark chocolate Brie. While some of these vegan cheese recipes are laden with nut and soy products in place of dairy, the author provides alternatives for readers who might have allergies and sensitivities. Aron also keeps the wallet in mind, providing information about the cheapest options for tools and ingredients for those new to making cheese from scratch. Vegan cooking can be complicated, but this book isn't, and even the most luxurious-sounding cheeses described here, such as a maple fig

double cream or a baked feta, are easy to make at home with the instructions provided. Aron even takes the guesswork out of what to pair with these dairy-free creations, suggesting other vegan cheeses, alcohol, and foods that combine well with them for the best platters and accompaniments. Aron's book is a useful, fun, and necessary addition to both the beginner and advanced vegan cook's repertoire. - Publishers Weekly. Vegan Cheese is pure fun! Jules Aron generously shares her signature creativity in this photo-rich masterpiece that will thrill any cheese-lover. Showcasing a myriad of innovative techniques that meet all skill levels, Aron delivers a collection of recipes that is impressively diverse as it is truly delicious. - Julie Morris, New York Times Best Selling Author of Superfood Kitchen PETA 2017 Vegan Cookbooks We Can't Cook Without If you've never considered making your own vegan cheese, now's your chance. Author Jules Aron takes the mystery out of making dairy-free cheese sauces, cheese blocks, and spreadable options. Common, easy-to-find ingredients include homemade nut milks, vegetables, and natural helpers like agar-agar and nutritional yeast. The book also offers cheese-plate and drink pairings, so you'll be on the fast track to becoming a connoisseur. - PETA.org. What an incredible book! Jules has deliciously and artistically demonstrated that no cheese will remain unconquered by the plant-based chefs! - Mark Reinfeld, 2017 Inductee Vegetarian Hall of Fame, Multi-award winning chef and author of the 30 Minute Vegan Series Dark chocolate brie? Smoked chipotle? Aged gruyere? The explosion of non-dairy cheeses in the marketplace is a welcome trend for anyone conscious of the health, environmental, and ethical impact of what they put on their plate. Jules Aron takes vegan cheese up a notch with this easy-to-follow, brightly written, beautifully photographed and deliciously varied collection of recipes. An absolute delight. - Lani Muelrath, author of The Mindful Vegan and The Plant-Based Journey. Cutting out dairy and especially cheese can be very challenging for some people. Now there's a growing trend towards dairy-free cheese, but too often it's hard to find and expensive, so making it at home is a great option. Jules Aron has created a gorgeous, brilliantly designed book that will inspire many years of kitchen creativity. - Joshua Rosenthal, Founder & Director of the Institute of Integrative Nutrition. Cheese can be as simple as the melted topping for tacos or as complex and elegant as a treat to pair with Sauternes. It is a staple in most kitchens, and many vegan entrées cookbooks include recipes for Parmesan, cream cheese, and mozzarella. But what if you crave Gruyere or cheddar? This book is the answer. Aron (Zen and Tonic) proves that animal milk is not the only substance that cures into cheese. Creating the plant version of the many varieties of cheese requires some special ingredients, dedicated tools, and a few guidelines. Curing means keeping utensils and ingredients free from unwanted contaminants, so glass and

steel are favored over plastic, filtered over tap water. Seeds, grains, and a wide assortment of nuts provide the basis for these cheeses. As Miyoko Schinner's Artisan Vegan Cheese attests, age and time deliver the taste and texture sought in the best vegan cheese. By contrast, this book is more extensive in both the use of ingredients and types of cheese, but there are fewer recipes on how to use the finished result. VERDICT: Aron offers challenging, sophisticated, and ultimately satisfying recipes for upscale as well as down-home entertaining. - Jeanette McVeigh, Univ. of the Sciences, Philadelphia

Go Healthier With Vegan Cheese--All that cheesy goodness, without the dairy. Jules Aron has cracked the code on delicious vegan cheese you can make at home. These 60 plant based cheeses are made with nuts, seeds, tofu and vegetables and range from mild and creamy to sharp and firm. Recreate the flavor and texture of your favorite cheeses without the dairy. Build the perfect vegan cheese plate with French-style Brie from fermented cashews, tofu based Herbed Feta, and sliceable, meltable Cauliflower Jack.

Cheese made from a zucchini?! This was the first cheese I made from this book and it got a 2 thumbs up from my teenager (one of my harshest critics). The second cheese I made was the Dill Herbed Farmer Cheese, because I was too lazy to go to the store I used virgin coconut oil instead of refined, and dried (gasp!) dill instead of fresh. Despite these changes the Farmer Cheese is delicious and the teenager who gave the zucchini cheese two thumbs up declared this one her favorite. I am definitely looking forward to trying more recipes from this book.

The book is a terrific work, the only problem I have is that I got it on my kindle and I find I do not enjoy it as much as if I'd gotten the actual book. I will be ordering the book itself as soon as I can. Cannot wait to try making some of the cheeses.

excellent book, great shape, recipes are fabulous.

Book is okay but contains several products I do not use.

I've been following Jules on Instagram and was instantly intrigued by her presentation, drive and passion for beautiful, nutritious food! I am not a vegan, but I do love finding dairy free options for family members and friends who are. This book is everything. The recipes are simple enough that

even a kitchen newbie could make them, and there is such a wonderful variety, from ricotta, feta and walnut parmesan. The photos are gorgeous, and I can't wait to try them all! This book is a must for anyone interested in vegan, dairy free, or just fun and delicious recipes :)

I have always loved cheese! I love the different textures and taste. I love pairing it with other foods and sauces... the combinations can be so magical. I haven't eaten dairy cheese in almost 5 years though, because my body rejected it. Luckily many grocery stores carry vegan cheese, and lots of them taste really good! BUT if you crave a wide variety of taste and types then you've out of luck, unless you live near a large foodie type city. That's why I was so excited to get my hands on this book. If you follow Jules on Instagram you've seen some of the luscious cheese she's filled her cookbook with. Just as importantly though, she has kept the recipes simple. She also has very straightforward and helpful information, so even a beginning cook or someone without lots of fancy kitchen tools can make these recipes. Speaking of the book itself, I like how beautifully it's put together. Everything is formatted very well, so you don't have to flip back and forth trying to find information. You'll love the photos too (not only because they are of yummy CHEESE!), but because they are across from the recipe. This way you can see what it should look like and also get some ideas for styling. This really is such a excellent cookbook, and I cannot wait to eat my way through it!

I have to admit, I was apprehensive about the amount of time and labor that would go into making vegan cheese but with simple instructions like "place all the ingredients in a blender and process until smooth," this easy-to-use cookbook will now become a go-to. Photos are beautiful/inspiring too!

Dark chocolate brie? Smoked chipotle? Aged gruyere? The explosion of non-dairy cheeses in the marketplace is a welcome trend for anyone conscious of the health, environmental, and ethical impact of what they put on their plate. Jules Aron takes vegan cheese up a notch with this easy-to-follow, brightly written, beautifully photographed and deliciously varied collection of recipes. An absolute delight.

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