

Smoky Pepper Cheddar

Yields about 1 pound

This spicy, cheddary cheez is delicious! I think it might be my favorite. Enjoy it on crackers, in a salad, over chili, or in a grilled cheez sandwich.

All the varieties of fermented cheez follow the same process, so to avoid repeating all the instructions in each recipe, I have created a template for you to follow on page 40. Please read it before beginning.

1 cup Rejuvelac (page 211)	2 Tbsp miso
1 cup raw cashews	4 slices jalapeño pepper (to taste)
¼ cup nutritional yeast flakes	¼ tsp liquid smoke
1–3 Tbsp jarred red bell pepper (to provide an orange color)	½ cup water
1 tsp salt	1 Tbsp agar powder (not flakes)
1 tsp onion powder	2 Tbsp water
½ tsp garlic powder	2 Tbsp tapioca starch

Below are the abbreviated instructions. The template on page 40 contains complete instructions.

Step 1:

1. Make Rejuvelac (page 211).

Step 2:

2. Blend the Rejuvelac, cashews, nutritional yeast, red bell pepper, salt, onion and garlic powder, and miso thoroughly in blender, add liquid smoke, and pulse in the jalapeño peppers.
3. Set the mixture aside to ferment, as described in the template.
4. When the mixture is ready, move on to step 3 in the template, where you will add the agar and the tapioca starch.
5. When the mixture is done, quickly pour it into a 3 cup or larger glass container. It will not stick to the container.
6. This will store well in the refrigerator for 2–3 weeks.

Variation:

To make plain cheddar cheese, just leave out the jalapeños and liquid smoke.



Instead of Meat & Dairy

