



FOODWAYS SYMPOSIUM RECIPES

Recipes from Chef Cory Barrett

Vegan Cheese Recipes

VEGAN HERB CREAM CHEESE

INGREDIENTS:

- 1 package firm tofu, drained
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- ¼ teaspoon pepper
- ¼ cup and 1 tablespoon coconut oil, melted
- 1 tablespoon dill, chopped finely
- 1 tablespoon basil, chopped finely
- ½ teaspoon thyme
- 1½ tablespoons finely chopped chives

DIRECTIONS:

1. To make the cream cheese use a paper towel to pat the tofu mostly dry and soak up some of the excess liquid before blending.
2. Blend tofu in a high-powered blender with lemon juice, apple cider vinegar, garlic cloves, onion powder, garlic powder, white pepper, sea salt, and coconut oil until smooth.
3. Pour the cream cheese into a bowl and fold in the fresh herbs. Cover and refrigerate for at least 4 hours until set.

TOFU RICOTTA

INGREDIENTS:

- 1 package firm tofu, drained
- ½ cup chopped basil
- 1 tablespoon oregano
- 1 teaspoon salt
- ½ cup lemon juice
- 3-4 tablespoon olive oil

DIRECTIONS:

1. Crumble tofu and mix all ingredients together until well blended.

NACHO CHEESE

INGREDIENTS:

- 2 cups potatoes, peeled and diced
- 1 cup carrots, peeled and diced
- ½ cup water
- ½ cup nutritional yeast
- ⅓ cup extra virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

DIRECTIONS:

1. Boil or steam the potatoes and carrots for about 20 minutes or until soft.
2. Drain them and add them to a blender.
3. Add all the remaining ingredients and blend until smooth.
4. Serve immediately. Keep leftovers in a sealed container in the fridge for about 4-5 days.