



THE MINI GUIDE TO

EASY VEGAN CHEESE MAKING

BY MONICA DAVIS

The Mini Guide to Easy Vegan Cheese Making

This cookbook includes 5 basic easy vegan cheese recipes to get you started. These cheeses are quick and easy to make with no fermenting or waiting days to grow cultures. It also includes a guide to ingredients, the science behind why they are used, and how you can blend flavors and textures to create your own cheeses.

Why make your own vegan cheese?

- **Save money** on your weekly grocery bill when you make homemade vegan cheese. An 8 oz block of homemade cheese only costs about \$2.00 vs. \$5.00 - \$6.00 at the store.
- **Save time** by not having to run to the store and buy these frequently used products! (Most cheeses take 5-10 minutes to prepare).
- Make vegan cheeses that **fit your dietary needs**. Most of these recipes can be made soy-free, nut-free, and oil-free, and all varieties are free of gluten.
- Make cheese that **tastes better** than the ones that are mass-produced and sold in stores.
- **Learn the science** behind why these cheese recipes work, so you can create your own recipes and become a master vegan cheesemaker too!

About the Recipes:

If you have any desire to easily make your own vegan cheeses, this is the book that will get you started. These are easy-to-follow recipes that can be made in about 10-15 minutes of your time (plus a little extra time in the fridge for some recipes to set).

These recipes don't use rejuvelac, kefir, probiotics, or require fermentation or grown culture. They simply give you the deliciously rich and creamy taste of cheese that you love with realistic, easy-to-make recipes.

These recipes will satisfy your cheese cravings for nearly every type of cheese. My family and I have tested and retested these recipes for over 20 years. We love each and every recipe in this cookbook, however, if you have recently given up cheese and you are looking for an exact substitution, you won't find it. Big companies with millions of dollars to spend on food scientists and product developers have not mastered it yet either. I have had numerous people tell me that they like my cheeses better than store-bought varieties, but you will have to see for yourself.

Note: I understand that many of you will be printing this e-book at home, for this reason, I have not included pictures of my recipes to save ink and money. If you want to see what the final product looks like, be sure to follow me on Instagram where I share images for many of these recipes.

About Me:

Hi, I'm Monica, I'm the recipe developer, photographer, and writer at The Hidden Veggies recipe blog, and the author of *The Ultimate Guide to Vegan Staples* and *The Ultimate Guide to Easy Vegan Cheese Making*. I live in Pittsburgh, PA with my husband, two sons, a dog, and two cats.

I have been vegan since January 1, 2000! That means I haven't had any dairy products since the turn of the millennium.

Back when I gave up cheese, there weren't many cheese alternatives. Daiya, Follow Your Heart, and Miyoko were unheard of, and the few types that did exist were pretty terrible. So, if I wanted a good-tasting dairy-free cheese, I had to make it myself.

I was vegan for about a year before I learned about nutritional yeast and made my first vegan cheese sauce with it. It was a game-changer and I've been hooked on inventing new cheesy vegan alternatives ever since.

Just as there are hundreds of varieties of dairy cheese, there are countless varieties of vegan cheese as well. I've created vegan cheeses to satisfy your cravings for sliced cheese, cheese sauces, hard cheeses, soft cheeses, and cheese spreads.

This book gives you 5 basic cheese recipes that you can use exactly as written or modify to meet your dietary needs and personal preferences. I explain the science behind cheesemaking and the reason that I use each ingredient, so you will know what you can change or modify in each recipe and what is essential for making it work.

I've had over 20 years of experimenting with and perfecting these cheeses. I'm so excited to share my knowledge with you, and hope this book gives you the tools to create the cheese flavors that you love!



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Ingredients needed for vegan cheesemaking and what they do...

There are a few ingredients that you will need to make homemade vegan cheese. You will likely have to shop at a large supermarket, natural foods market, or order them online. Some recipes simply will not work without these key ingredients.

For the cheese flavor:

Nutritional Yeast :

One of the most important ingredients you will need for a cheese flavor is nutritional yeast. This is a yellow, flaky powder sold in most natural food stores. It's really the only vegan ingredient that has a cheesy flavor, so it is used in every cheese recipe. You can leave it out, but you will not have the same cheese-like flavor without it. Note: You must use nutritional yeast, this is NOT brewer's yeast or baking yeast.

For a cheddar or sharper cheese flavor:

There are a few different things that I use to give cheeses a sharper cheddar-type flavor. You can use any of these things to flavor your cheeses to achieve your desired taste. All of these have a fairly strong flavor, so you will only need a few teaspoons of any of the following.

Miso - for a mildly fermented taste.

Tahini - for a slightly bitter bite.

Lemon Juice - for a little acidity and tang.

Apple Cider Vinegar - for acidity and tangy flavor.

Tempeh - for a strong fermented flavor.

Mustard or Mustard Powder - for a depth of flavor and a cheddar bite.

For the structure and texture of the cheese:

Agar agar:

Most of my firm cheeses are set and hardened using agar agar. This is a seaweed-based vegan, gelatin that is activated in the cooking process and will make your cheeses set firm into sliceable or shreddable blocks of cheese.

Agar agar comes in the form of both powder and flakes. I find the powder to be the best. If you have to use the flakes, you will need 3 times as much to equal the powder.

Kappa carrageenan is the only thing that you can sub the agar agar for. It is also a seaweed-based product that you can swap out in equal parts. However, I find that agar agar is cheaper and easier to find.

Tapioca Starch:

Tapioca starch aka tapioca flour (they are the same thing) is the key ingredient to making cheese that has stretch. If you are making a firm cheese that you want to melt and stretch, or you want a stretchy cheese sauce, you must use tapioca starch. Potato starch, corn starch, and arrowroot will all thicken a sauce, but it will not give you the cheesy stretch that you get from tapioca starch.

Note: Too much tapioca starch in firm cheeses will cause them not to set.

The base of the cheeses:

You will need something rich and creamy with a fairly high-fat content as the base of your cheese. This is what replaces the full-fat milk that traditional cheese is made from.

Coconut Milk - I use full-fat coconut milk for the base of all of my firm sliceable cheeses. I find that it makes the richest and creamiest cheese. Surprisingly, it doesn't have much coconut flavor, especially if you use full-fat coconut milk or coconut cream. The lower the fat content, the more coconut taste.

Cashews - I like to use cashews for a few types of vegan like my grated parmesan or cashew cheese spread, but it's just not as smooth and creamy as the coconut milk. If you don't want to use coconut milk, you can use a cashew base instead.

*Make sure to use raw unsalted cashews, you don't want the roasted or flavored varieties.

Other Nuts and Seeds - You can soak and blend nearly any type of nut or seed to achieve a cream base for your cheese. Macadamia nuts, almonds, pumpkin, hemp, and sunflower seeds can also be used. The more neutral-flavored the nut or seed, the more authentic your cheese will taste. *Use the raw, unsalted varieties.

Plant-Based Milk - If you don't want to use coconut or another nut as your cheese base, you can also use any other type of plant-based milk like soy, hemp, rice, or oat milk. These have a much lower fat content than coconut or cashews, so when I use these types of milk, I add a neutral-flavored oil to increase the fat. You don't have to do this, but it will taste like low-fat cheese.

Tofu - I have found that tofu works best as the base of some of the soft cheeses like ricotta, cream cheese, feta, or cottage cheese. It is naturally the right consistency, and it will absorb flavors well.

* If you are soy-free, you can swap out the tofu for a thick cashew cream in most of these recipes.

Vegetables - You can use a combination of vegetables that have been cooked and pureed as a base for your cheese. Vegetables like potatoes or sweet potatoes can be pureed into a creamy base, and/or carrots or squash can be used for a cheesy color.

Guide to ingredients for these recipes and where to find them:



Ingredients:

Full Fat Coconut Milk – to give the *cheese* and *alfredo sauce* a rich creamy texture. (You can also use a can of coconut cream).

Where to find it: I find the best prices on coconut milk at my local Asian market. If you don't live near a big city with an Asian market, you can find it at any local grocery store.

Nutritional Yeast – to give it the cheesy flavor. This is a yellow flakey powder that has a cheesy umami flavor. This is NOT brewer's yeast! You must use nutritional yeast!

Where to find it: I usually buy my nutritional yeast at Trader Joe's or Whole Foods, but you can also find it at most natural foods stores or large grocery stores (usually in bulk, or in the Bob's Red Mill section). You can also order it from [Amazon](#).

Agar-agar – a white powder made from seaweed. It is like a vegan gelatin. It makes the cheese firm. (You can also use it to make things like vegan Jell-O and vegan marshmallows.) It comes in flakes too but be sure to use the powder if you can. It is less expensive, you need less of it, and it blends easier and smoother.

Where to find it: This can be a little difficult to find. I find it for a great price at my local Asian market or I order it from [Amazon](#). You may also find it at natural food stores, but it tends to be very expensive there.

Tapioca Starch – aka tapioca flour is a thickening agent that also gives it stretch. I add it to my vegan cheese and creamy pasta sauces to help thicken them and give them a stretchy cheesy texture.

Where to find it: Most larger grocery stores, Whole Foods, and natural foods markets will have it. Look for it in the gluten-free flour section of your local grocery store or order it from [Amazon](#).

Tofu - is made from cooked pressed soybeans and is high in protein. It comes in many types and varieties ranging from soft to super firm.

Where to find it: Tofu can be found in nearly every major grocery store. It will be in the refrigerated section either near the vegetarian items or the produce.

Tempeh – is a high-protein food made of fermented soybeans. Most people fry it up and use it like you would tofu, but I also use it for the fermented cheese flavor in my blue cheese and blue cheese dressing. You can add a little to any of the cheese for a sharp cheese taste.

Where to find it: Many large grocery stores, Whole Foods, Trader Joe's, or any natural foods store carry it.



Helpful Tools for Cheesemaking:

- **Immersion Blender or Traditional Blender** – aka stick blender to make any of the cheeses that use tofu, cashews, or other nuts or seeds.
- **Food Processor** – to make the vegan Ricotta.
- **High-Powered Blender** – if you choose to make cheese from blended nuts or seeds.

Basic Sliceable Vegan Cheese (Provolone)

Ingredients:

- 1 (13.5 oz) can of full-fat coconut milk or coconut cream
 - 1/2 cup hot water
 - 1 1/4 teaspoons salt
 - 2 tablespoons nutritional yeast
 - 2 tablespoons agar agar powder
 - 1/2 teaspoon lemon juice
 - 1/4 teaspoon garlic powder
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Instructions:

1. Put all the ingredients into a saucepan except for the hot water and stir with a whisk.
2. Pour the hot water into the can of coconut milk and swish it around to help melt and get out all the coconut milk that is stuck to the edges, then pour it out into a saucepan.
3. Turn heat to medium and heat to a slow boil. Keep at a slow boil and stir constantly for 6 minutes. (This allows the agar-agar to melt completely and set properly. It may seem ready after 3-4 minutes but keep it at a low boil for 6 minutes to make sure that it is completely smooth). It will get very thick and stretchy.
4. Pour the cheese sauce into a greased glass bowl or container and allow the cheese to cool to room temperature without a lid to allow steam to escape.
5. After it has cooled, seal with a lid or cover with plastic wrap and put in the fridge to set for at least 2 hours.

Yields – 2 cups

Storage - Keep in a sealed container in the refrigerator for up to 5-7 days or the freezer for up to 3 months.

More about Making Sliceable Vegan Cheese (Provolone) ...



Substitutions:

- **Coconut Milk** – Full fat coconut milk will give you the richest and creamiest cheese, but you can use about 2 cups of any thick, creamy liquid to replace the coconut milk and water in this recipe. See the guide to building your own vegan cheese at the end of this eBook and choose an option from “Step #1 Pick a Cheese Base.”
- **Agar Agar** – You can use an equal amount of Kappa Carrageenan instead of agar agar. *You can also swap out the agar agar for 1/3 cup of garbanzo bean flour. This will not give as firm a texture as agar agar but will still make the cheese firm and sliceable. Be sure to add it to the cold ingredients, stir well, and then cook for the full 6 minutes.



Cooking Science:

- The agar agar is a vegan version of gelatin. It needs to boil for a full 6 minutes to completely dissolve and set correctly.
- There is a happy balance of the agar agar and starch in this recipe. If you change it too much, your cheese may not set correctly.



Tips and Tricks:

- Stir the cheese sauce very frequently. Do not walk away from it while cooking.
- Use a small amount of spray oil to keep it from sticking to the cheese mold.
- You can add a little more or a little less agar agar to change the texture of your cheese.

Melty Vegan Mozzarella Cheese

Ingredients:

- 1 (13.5 oz) can of full-fat coconut milk or coconut cream
 - 1/4 cup warm water
 - 2 tablespoons nutritional yeast
 - 4 teaspoons agar agar powder
 - 1 1/4 teaspoon salt
 - 1/2 tsp garlic powder
 - 7 teaspoons tapioca starch, aka tapioca flour. (This is the same as 2 tbsp + 1 tsp)
 - 1/4 cup cold water
-

Instructions:

1. Prepare a glass, ceramic, or silicone mold and have it ready to pour the cheese into when you are done. (I spray mine with a little oil to help it come out easier, but it's not necessary).
2. Add a 13.5 oz can of coconut milk (or another cheese base), 1/4 cup of warm water, nutritional yeast, agar agar, salt, and garlic to a saucepan.
3. Heat the cheese sauce over medium heat until it begins to boil.
4. Turn down the heat until it is just barely bubbling and allow it to boil for 5 minutes while stirring frequently.
5. Add 2 tbsp plus 1 tsp (or 7 tsp.) tapioca starch to 1/4 cup of cold water and stir until it dissolves.
6. Add the starch and water mixture to the boiling cheese sauce and stir it in with a whisk. Cook for an additional 1 minute. (Your cheese will become very thick and stretchy).
7. Pour into a glass container and allow to cool uncovered in the refrigerator for at least 3 hours before shredding.
8. Store covered in an air-tight container for 5 days in the fridge or up to 3 months in the freezer.

Yields – 2 cups

Storage - Keep in a sealed container in the refrigerator for up to 5-7 days or in the freezer for up to 3 months. You can freeze it before or after shredding the cheese.

More About Melty Vegan Mozzarella Cheese ...



Substitutions:

- **Coconut Milk** – Full fat coconut milk will give you the richest and creamiest cheese, but you can use about 2 cups of any thick creamy liquid to replace the coconut milk and water in this recipe. See the guide to building your own vegan cheese recipe on page 74 and choose an option from “Step #1 Pick a Cheese Base.”
- **Agar Agar** – You can use an equal amount of Kappa Carrageenan instead of agar agar.
 - You can also swap out the agar agar for 1/3 cup of garbanzo bean flour. This will not give as firm a texture as agar agar but will still make the cheese firm and sliceable. Be sure to add it to the cold ingredients, stir well, and then cook for the full 6 minutes.



Cooking Science:

- Surprisingly, the more tapioca starch you add to the cheese, the softer it will become. It makes the cheese more of a gel and does not allow the agar agar to set the same, so don't add too much.
- The agar agar is a vegan version of gelatin. It needs to boil for a full 6 minutes to completely dissolve and set correctly.
- There is a happy balance of the agar agar and starch in this recipe. If you change it too much, your cheese may not set correctly.



Tips and Tricks:

- If it is too soft to shred, put it in the freezer for 20-30 minutes before shredding.
- Stir the cheese sauce very frequently. Do not walk away from it while cooking.
- Use a small amount of spray oil to keep it from sticking to the cheese mold.
- You can add a little more or a little less agar agar to change the texture of your cheese.

Vegan Cream Cheese

Ingredients:

- One 14 oz package of water packed extra firm tofu.
 - 1/2 cup REFINED coconut oil - melted
 - 1 tablespoon apple cider vinegar
 - 1 teaspoon nutritional yeast
 - 1 teaspoon salt
-

Instructions:

1. Drain and press your tofu very well – getting out as much liquid as possible.
2. Put the pressed tofu in a medium-sized bowl.
3. Add melted REFINED coconut oil, apple cider vinegar, nutritional yeast, and salt.
4. Blend with an immersion blender for about 2 minutes until it's smooth and creamy.
5. Add any flavorings that you wish by stirring them into the cream cheese with a spoon.

Yields – About 2 cups

Storage - Keep in a sealed container in the refrigerator for up to 5-7 days or in the freezer for up to 3 months. (Freezing will change the texture slightly making it a little grainy).

More About Making Homemade Vegan Cream Cheese...



Flavor Variations:

Savory vegan cream cheese flavors:

- **Garlic Herb** – A clove of minced garlic plus 1/4 cup of your favorite fresh herbs like parsley, chives, dill, and green onions, or use 2 tbsp of dried herbs or seasoning mixes like Italian, Herbs de Provence, or Mrs. Dash. You can really do any herb combo that you like.
- **Chives or Green Onions** – Add 1/4 cup of fresh chives. (Chives are smaller and have a milder flavor than green onions).
- **“Bacon” and Scallion** – Add 1/4 cup of scallions (aka green onions) plus 1/4 cup of vegan bacon bits. Many store-bought varieties of bacon bits are vegan.
- **Garden Veggies** – Add 1/4 cup of chopped or shredded veggies of choice like carrots, zucchini, and bell peppers.
- **Sundried Tomato Basil** – Add 1/4 cup of chopped sundried tomatoes and 2 tbsp chopped basil or 1 tbsp vegan pesto. (Use the oil-packed sundried tomatoes or soak the dry ones in some water for a few minutes before adding to the cream cheese).
- **Olive** – Add 1/4 cup or more of chopped olives, olive tapenade, or Muffuletta to your cream cheese for a delicious combo!

For sweet flavors of cream cheese:

Add 1/4 cup of powdered sugar to make sweet, flavored cream cheese. You can also use granulated sugar, but the powdered sugar keeps the cream cheese smooth and creamy. This is optional but recommended for the most authentic flavor.

- **Berry** (Strawberries, blueberries, and raspberries work great for this). Cut or mash the berries and sprinkle with the powdered sugar
- **Cinnamon** – Add 1 1/2 tsp of cinnamon or pumpkin pie spice.
- **Chocolate** – Add 1/4 cup of cocoa powder plus an additional 1/4 cup of powdered sugar. (The additional sugar is optional, but I find you need more with this flavor since the cocoa is bitter).

More About Making Homemade Vegan Cream Cheese (cont...)

Tools:

- **Immersion Blender** – aka stick blender to blend your mixture. This is the best tool to make this cream cheese since it will blend very thick ingredients. If you don't have one, you can use a hand mixer, but it will take a lot longer to get it smooth.

Substitutions:

- **Coconut Oil** - You can swap out the refined coconut oil for unrefined, but your cream cheese will have a coconut flavor. If you can't have coconut, you can use canola oil for a great spreadable cream cheese, however, it will not work as well in your cooking and baking recipes.

Cooking Science:

- The apple cider vinegar in this recipe provides acidity to help it emulsify. It also gives it the slight tang of real cream cheese. Make sure to use apple cider vinegar and not white vinegar.
- Coconut oil is a fat that is solid at a cool room temperature. (It has a melting point of 76° F). This will keep your cream cheese solid when cold and soft and spreadable at room temperature.

Tips and Tricks:

- This recipe makes a lot of cream cheese (about 2 cups total) so I like to divide it into 2-4 smaller containers and make up to 4 different flavors. That way everyone can choose the flavor that they like best!

Ricotta Cheese

Ingredients:

- 2 packages extra firm tofu (drained and pressed)
 - 2 teaspoons salt
 - 2 cloves of garlic
 - 1/3 cup nutritional yeast
 - 2 tablespoons olive oil
 - 1/4 cup fresh basil
 - 1/4 teaspoon black pepper
 - Splash of plain plant-based milk
-

Instructions:

1. Put all ingredients (except plant milk) into a large food processor with at least 8 cup capacity. (You may need to make it in 2 batches if you only have a small food processor.)
2. Turn on to high and blend for 1 minute. Scrape the edges and blend again.
3. Blend until it is the consistency of ricotta. If it's too dry and crumbly looking, add a splash of plant milk until it becomes a creamy ricotta. (Firmness of tofu varies, so sometimes you will need to add the milk and sometimes you won't).

Yields – About 3 cups

Storage - Keep in a sealed container in the refrigerator for up to 5 days.

More about Making Homemade Vegan Ricotta...

Tools:

- **Food Processor** – to blend the tofu and spice into a creamy ricotta texture. You can also use a blender, but you will have to stop and scrape the edges frequently.

Substitutions:

- **Tofu** - You can swap out the tofu for 2 cups of raw cashews that have been soaked overnight, or for about 8 hours in cold water, or for at least 1 hour in hot water. Drain the soaking water and add 2/3 cup of fresh water. Blend until creamy, then add the remaining ricotta ingredients.
- **Olive Oil** - You can use any type of oil you like or omit it for an oil-free option.

Cooking Science:

- The tofu will firm up when it bakes and have the taste and texture of traditional ricotta cheese.

Tips and Tricks:

- The firmness of the tofu you use will determine how much (if any) plant milk you will need to add to get the correct consistency.
- Stir in a 16 oz bag of frozen spinach that has been thawed and drained. This is perfect for making spinach stuffed shells.
- If you are making this for lasagna or baked ziti, you may not need this much ricotta and you may want to cut the recipe in half.
- You can also add steamed broccoli or any other veggies to the ricotta before stuffing shells or manicotti for extra nutrients.

Nacho Cheese Sauce

Ingredients:

- 1 1/2 cup plain unsweetened soymilk (cold) - or any other plant-based milk
 - 1/3 cup nutritional yeast
 - 1 tablespoon potato starch or corn starch
 - 1 tablespoon tapioca starch
 - 1 teaspoon salt
 - 1 dash of turmeric
 - 1 teaspoon white miso (optional for a cheddar flavor and cheesy bite).
 - 2 tablespoons warm water (to mix with the miso)
-

Instructions:

1. Mix the miso with water and set aside.
2. In a saucepan, add 1 1/2 cups of cold plant-based milk, nutritional yeast, potato starch, tapioca starch, salt, and turmeric. Stir well with a whisk.
3. Turn on the heat to medium and stir constantly while heating. After a few minutes (once your sauce starts to boil) it will thicken very quickly.
4. Allow it to boil for about 30 seconds and then remove from heat.
5. Pour in your miso mixture and stir until smooth.

Yields – About 2 cups

Storage - Keep in a sealed container in the refrigerator for up to 5 days or in the freezer for 3 months.

More About Making Nacho Cheese Sauce...



Flavor Variations:

- **Mild Cheese** – Reduce the nutritional yeast to 1/4 cup and omit the miso and water.
- **Spicy Nacho Cheese** – Add 1/4 cup of chopped Jalapenos or other hot peppers and 1/4 cup of red bell pepper for color. You can also add a dash of red pepper flakes or cayenne.



Substitutions:

- **Soy milk** - You can use any type of plain plant-based milk that you want. Canned coconut milk also works and will make it very creamy.
- **Starch** – I have found that this combination of 1 tbsp tapioca starch along with 1 tbsp potato or corn starch has the best texture, but you can use a total of 2 tbsp of any of the starches or arrowroot to thicken the cheese sauce.



Cooking Science:

- **Tapioca starch** is a key ingredient in making vegan cheeses that have stretch. If you want this sauce to have a stretchy consistency, you need to use tapioca starch. There is no other starch that works as it does. (Tapioca flour and tapioca starch are the same things and they come from a cassava plant).



Tips and Tricks:

- Add the starches before turning on the heat while the milk is still cold. This way it will dissolve completely without leaving lumps.
- **For a thicker cheese** - Add an additional tablespoon of tapioca starch to the cold milk and follow the rest of the instructions the same way.
- Stir very frequently and **do not walk away** from the stove! Your sauce will thicken very quickly once it reaches a certain temperature and **if you are not stirring** it at that time **it will burn**.
- **Add the miso at the end of cooking** after it has cooled off for a minute so as to not overheat the miso and reduce its beneficial probiotics.

You can reheat the cheese sauce by adding a few teaspoons of water and reheating it in the microwave or on the stovetop.

Guide to Build Your Own Vegan Cheese Recipes

After you have made a few of my easy cheese recipes and understand the basics of vegan cheesemaking, you can start to experiment with your own creations.

There are thousands of varieties of cheese ranging from mild to sharp and from soft to hard and everything in between. If there is a flavor or texture that you're craving, you can recreate it yourself. Simply follow these steps:

1. Choose a base for your cheese.
2. Flavor the cheese to suit your taste.
3. Choose a method to make your cheese set firmly.

1 Pick a Cheese Base:

- 1 can of coconut milk plus 1/2 cup of water
- 1/2 cup-soaked cashews or other nuts or seeds, drained and rinsed then blended with 1 3/4 cup of water.
- 1 3/4 cup plain flavored, unsweetened plant-based milk plus 1/3 cup neutral-flavored oil.
- 1 cup firm tofu pressed and drained, blended with 3/4 cup plant-based milk and 1/4 cup neutral-flavored oil.
- 1 cup of vegetables like squash, carrots, and/or potatoes blended with 3/4 cup plant-based milk and 1/4 cup oil.

2 Flavor Your cheese:

- **Nutritional Yeast** - add anywhere from 1 tablespoon to 1/2 cup of nutritional yeast depending on how strong of a cheese flavor you're looking for. Most cheeses need about 2-5 tablespoons.

For a little tang to your cheese:

- **Lemon Juice**
- **Apple Cider Vinegar**

For a cheddar-like bite and fermented flavor to your cheese:

- **Miso** - add about 1 teaspoon of miso paste to a little water to thin it out and add it towards the end of cooking once you turned the heat off.
- **Tahini** - about 1 teaspoon usually does the trick. It has a strong and bitter flavor so don't use too much.
- **Tempeh** - puree anywhere from 1 tablespoon to 1/3 cup into your cheese base with a high-powered blender. This will add a fermented taste to your cheese.
- **Mustard or Mustard Powder** - just a little bit will give the cheese more flavor.

Additional Optional Flavorings:

- Fresh Garlic or Garlic Powder
- Fresh Onion or Onion Powder
- Smoked Paprika
- Peppers
- Sriracha
- Liquid Smoke
- Herbs
- Peppercorns

3 Choose a method to make your cheese set firmly:

- **Agar Agar Powder** - 2 tablespoons of powder or 6 tablespoons of agar agar flakes
- **Kappa Carrageenan** - 2 tablespoons of kappa-carrageenan instead of agar agar powder.
- **Garbanzo Bean Flour aka Chickpea Flour** - 1/3 cup garbanzo bean flour added instead of agar agar.

To get your cheese to melt and stretch (optional):

- **Tapioca Starch** – add 1 - 2 1/2 tablespoons to your cheese mixture.

If making cheese sauce:

- **Potato Starch** – to make it thick and not jell up too much when cold. (about 1-2 tablespoons works well)
- **Corn Starch** – to make it thick, but it will get gloopy when cold. (about 1-2 tablespoons works well)
- **Tapioca Starch** – to make it thick and stretchy. (about 1-2 tablespoons works well)

Tips About Consistency:

- **Extra Firm** - increase agar agar. You can use up to 4 tablespoons of agar agar for very firm cheese, however it can get rubbery with too much. (too little agar agar will give you a jello consistency.)
- **Extra Stretchy**- increase tapioca up to a max of 3 tablespoons. (Too much tapioca will counteract the agar agar and make it not set.)
- **Smooth and Creamy** - use high-fat canned coconut milk for the creamiest cheese.



Tips and Tricks for All Cooked Vegan Cheeses:

- Stir the cheese sauce very frequently. Do not walk away from it while cooking.
- Use whatever shape that you wish for a cheese mold – glass or ceramic works best. (Some people use a silicone mold, but I think that it changes the taste of the cheese).
- Use a small amount of spray oil to keep it from sticking to the cheese mold.
- If making cheese with agar agar, make sure that it boils for a full 6 minutes in order to activate and set correctly.
- Measure agar agar carefully. Even small changes in the amount that you use will affect the firmness of the cheese.
- If you use two full tablespoons of agar agar powder and it is not firm enough, it may be the brand of agar agar that you are using. Switch brands or simply increase the agar agar to 3- 4 tablespoons.

Want more great vegan cheese recipes?

Check out my [Ultimate Guide to Easy Vegan Cheesemaking](#) that includes recipes for ...

Sliceable Cheeses like...

- Garlic Herb
- Smoked Gouda
- Cheddar
- Swiss
- Pepper Jack

Firm Cheeses Made Without Agar Agar like ...

- Chickpea Cheese
- Almond Flour Cheese
- Grated Cashew Parmesan
- Nut-Free Parmesan Sprinkle
- Halloumi

Soft Cheeses like ...

- Ricotta
- Cottage Cheese
- Feta
- Brie
- Herbed Tofu Cheese
- Vegan Goat Cheese
- Cashew Cheese Dip
- Crumbly Blue Cheese

Cheese Sauces like ...

- Stovetop Mac and Cheese
- Baked Mac and Cheese
- Kraft Style Mac and Cheese Powder
- Stretchy Pizza Cheese (Casserole Topping Cheese)
- Healthy Veggie Cheese Sauce
- Alfredo Sauce
- Blue Cheese Dressing
- Fondue