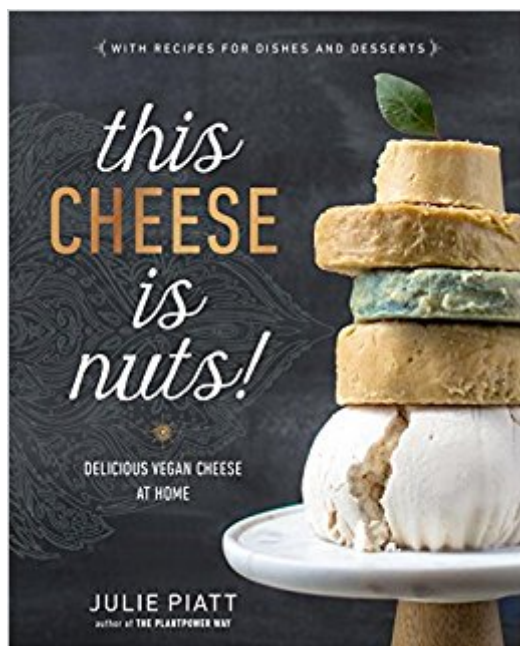


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This Cheese Is Nuts!: Delicious Vegan Cheese At Home



Synopsis

The essential primer and guide to preparing delicious, totally vegan, nut-based cheeses, from the coauthor of *The Plantpower Way*. In their debut cookbook, *The Plantpower Way*, Julie Piatt and her ultra-endurance athlete husband, Rich Roll, inspired thousands to embrace a plant-fueled lifestyle, and through their advocacy efforts, podcasts, and talks, countless people are now enjoying healthier and more vibrant lives. In *This Cheese is Nuts*, Julie is bringing that message to the forefront once more, with a stunning collection of flavorful nut-based cheeses. Julie has always been known for her dairy-free cheeses, and here she shares seventy-five recipes using almonds, cashews, and other nuts to create cheeses anyone can make right at home. Nut-based cheeses are on the cutting edge in the world of vegan cuisine. They're remarkably simple to prepare (all you need are a few simple ingredients and a basic dehydrator), and in as little as twenty minutes, you can have an assortment of tasty fresh cheeses fit for any occasion. Even creating aged cheeses is easy—they require only a day or two in the dehydrator, so making "fancier" cheeses, like Aged Almond Cheddar, is an almost entirely hands-off process. And though they're delectable on their own, Julie's nut-based cheeses are a terrific component in her recipes for Raw Beet Ravioli with Cashew Truffle Cream, Country Veggie Lasagna with Fennel and Brazil Nut Pesto, French Onion Soup with Cashew Camembert, and more. Filled with the essential tips, tools, and mouth-watering recipes home cooks need to immerse themselves in the world of nut-based cheese-making, *This Cheese is Nuts* will demonstrate why nut cheeses should be part of any healthy, sustainable diet.

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Customer Reviews

"We've all heard it before: 'I can't give up cheese!' This Cheese is Nuts! turns obstacles into opportunities with mouth-watering recipes that are as easy as they are delicious allowing the reader to lean into a plant-based diet without sacrificing taste and or experience. A must-read and do for anyone who loves cheese!"

— Marco Borges, author of The 22-Day Revolution

Julie Piatt has created a masterful and stylish book about one of my favorite things to eat, plant-based cheeses. This Cheese is Nuts! includes all of the elements a great book on this subject should, including original, contemporary recipes, detailed instruction related to equipment and technique, and just the right amount of WHY, the reason this way of eating and living is so relevant today, and to the future of society, our animals and our planet. This is by far the most comprehensive, well produced book I have seen on the subject.

— Matthew Kenney, Chef

"Being a certified cheese addict while also being 100% vegan used to be a problem but no more! Julie's recipes for plant-based cheese are divine and decadent, and have allowed me to return to my old obsession, albeit an upgraded and healthier one! You're gonna LOVE."

— Kathy Freston, New York Times best selling author The Lean, Veganist, and Quantum Wellness

Julie Piatt is my culinary and lifestyle role model. Her knowledge and passion are top shelf. This Cheese Is Nuts! is packed with useful and inspiring information, easy to to make mouth-watering cheeses, and makes a ridiculously healthy and vibrant lifestyle approachable and fun.

— Tara Stiles, founder of Strala

"Cheese was the final frontier when I decided to remove animal products from my diet, but the idea of recreating those rich and intense flavors has always seemed daunting. Julie has masterfully opened up a whole new world in This Cheese is Nuts! With crystal clear instructions, a knack for streamlining the process, and warm encouragement that radiates from the page, you'll be enjoying her delicious dairy-free cheeses in no time. The best part? Your body will thank you for it."

— Laura Wright, author of The First Mess Cookbook

"Yo, this book will definitely blow your mind and get you off that poisonous dairy for good. Julie is killing it in This Cheese is Nuts! So much is riding on us humans changing our eating habits (our health, the planet, the animals) and most people say its tough to give up that cheese, well...problem solved!"

— John Joseph, author of Meat is for Pussies

Julie Piatt (a.k.a. SriMati) has spent decades traveling many paths and studying many traditions. She is a true Renaissance artist who expresses her creative voice as a plant-based chef,

singer-songwriter, yogi, sculptor, painter, spiritual guide, and homeschooling parent to four children. Piatt lives with her husband, Rich Roll, and their children in Malibu Canyon outside Los Angeles.

I have been a vegetarian for 22 years, but the reason I have never become vegan is cheese. I love cheese; to the point that when we could not find good selections locally; we could pay on special occasions to ship in products from a cheese shop on Brooklyn, half way across the country so we could enjoy it with some fresh bread, olives and wine – a perfect meal! However, the feeling the next day after indulging in rich, fatty, salt laden cheese is not a good one, so we have started exploring with simple cashew cheeses which have become a hit with friends and family, therefore this book has been on my radar for some time and now that it’s out, I finally have a plethora of ideas for vegan cheese! This book is loaded with ideas for plant based cheese as well as recipes you could incorporate the cheese in! It begins with a discussion around dairy and a plant based diet; followed by tools and techniques, and pantry staples. It is worth noting that a good blender is required; and some recipes do call for a dehydrator (for some of the harder and more “aged” cheeses) which I do not currently have, that said, there are plenty of options that I can make without one. Ingredient wise, nuts are of course a necessity but there are some weird and wonderful ingredients among the more mundane but a good health food store or are both useful sources to find these items. The recipes are great and many of them so simple. It begins with smoked almond cheddar and with just 5 ingredients and a food processor, you have a simple and delicious alternative to pimiento cheese!! It’s great for parties and ours was eaten so quickly, I am not sure people even knew the difference! There is an artichoke and spinach spread that makes a great dip and you are getting a good dose of healthy fats which will fill you up but without the fat and dairy! And best of all, it’s ready in under 15 minutes – so if we have impromptu guests I may not have dips at home but as I always have nuts and nutritional yeast, I can make this in no time! There are so many recipes: cashew truffle Parmesan, mozzarella balls, nacho cheese, cashew Camembert, even blue cheese – I cannot wait to try them all, particularly the burrata as I love that stuff and want to see how this version tastes (I will update as I make it). Then the recipes change to actual dishes: Mac and Cheese, Eggs Bennie with Hollandaise and coconut bacon! Even cheesecake!! The book is loaded with stunning photography on almost every page which helps you know what the result should look like. And the greatest thing about this book is the simplicity of the recipes which surprised me and the end result which are delicious and healthy. Love it.

I just got this book in mail and have already made 2 of the recipes. They are so simple and straightforward I had to come write a quick review. I had high expectations for this cookbook and it has exceeded all of them! I was going to wait to write this until after I had made more of the recipes, but as I stand here eating almost the entire batch of Artichoke Spinach Spread I realized I couldn't wait. This book is awesome!

My kids love the cheesy pasta sauce made from cashew nuts. Any vegan like myself, who takes turns with the cooking in a family where my partner is a convinced meat and dairy eater, will be happy to extend their skills to making cheesy flavours at home and feel 'victory' when the kids ask for more! Other ingredients such as spirulina and irish moss are an education in health-giving nutrients. A great addition to my vegan recipe library.

I am an avid vegan cheese maker and have been experimenting for over 1 year. I pre ordered this book, highly anticipating the arrival. At first the book reads well and has a lot of nice photos which is a huge requirement for me. When I saw that Julie is promoting to use special equipment that I don't have I was really disappointed. It would have been really nice to see instruction options on using other equipment and methods; such as a standard blender and other ways to age cheese without using a dehydrator or a wine cellar. Not sure about others, but I don't have a Vitamix, dehydrator or wine cooler in my home... yet. In comparison, Miyoko Schinner's book 'Artisan Vegan Cheese' and 'Non-Dairy Evolution' by Skye Michael Conroy - which I have been using for quite awhile ...don't promote special equipment. Besides, there are a few special ingredients in the book that aren't easy to get, specifically: Irish Moss. I am in Canada and a lot of what you order on .com doesn't ship to Canada. I tried! And I checked .ca. Not sure where I would get this? The book doesn't have a list of resources ie. websites where some of the ingredients can be found? I will keep the book and try some recipes without the special equipment and hoping for the best.

I have enjoyed all of the recipes for the vegan cheeses that I have made so far. The gouda was delicious...will be delving into the Camembert soon.

A life saver! Simple and easy to follow recipes that you will totally fall in love with.

I think it was overpriced for what I got, but it's ok.

Great Cookbook!!!!

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