

Brazil Nut “Goat Cheese” Ball

By Shanna Jade
Yield 1 cheese ball



Ingredients:

- 1 cup raw Brazil nuts, soaked for 5-8 hours
- 1 tablespoon nutritional yeast
- 3 teaspoons of raw apple cider vinegar
- 3/4 cups filtered water
- 1/4 cup za'atar
- Salt, to taste

Method:

1. Add the soaked Brazil nuts, nutritional yeast, apple cider vinegar, water and salt to a high speed blender and blitz until the mixture has reached a smooth consistency.

2. Grab a glass bowl and place it in the sink. Using a nut milk or sprouting bag, pour the entire contents of the blender into the nut milk bag and squeeze out as much moisture as possible.
3. Once the mixture is slightly moist but slightly crumbly, keeping it in the bag, place the mixture into a ramekin or shaped bowl. Allow the nut cheese to sit on the counter for two full days – checking it periodically to make sure that it is fermenting safely. It should smell slightly sour but not foul. Residual moisture in the bottom of the ramekin is normal. *If it smells funky at all – turf it and start again. It's better to be safe than have a sore belly. Home culturing is fun, but keep it safe!*
4. After two days, remove from ramekin gently and roll out of the nut milk bag. Put the cheese on a small plate without the ramekin, free standing, and refrigerate for one more day.
5. Once the cheese is set, pour the za'atar onto a flat surface and roll to cover the whole cheese ball. Plate with fresh or roasted fruits, preserves and the best crackers possible.
6. Enjoy!