



Fibrous Cheese Base

2 cups fibrous nuts, such as macadamias or almonds, soaked for a minimum of 4 hours.

If using almonds, I like to peel them first.

$\frac{3}{4}$ c to 1 cup water

1 tsp probiotics

1. Blend all ingredients in a high-speed blender until smooth, starting with $\frac{3}{4}$ cup water, adding the remaining $\frac{1}{4}$ cup if needed to get the nuts completely broken down.
Because they are fibrous, they won't ever go completely smooth, but there should be no whole pieces of nut left.
2. Place the mixture in nut milk bag or wine straining bag and place a plate and weight on top. The weight should be heavy enough to gently start to press the liquid out.
3. Leave to culture in a warm place, such as on top of a dehydrator, or near a house radiator/heater for at least 12 hours, or up to 24 hours, so it gets light and aerated. The warmer the place you leave it, the quicker it will culture.
NB: Inside of a dehydrator is too warm and will cause it to spoil.
4. You now have a first stage cheese ready to go for any of the other fibrous cheeses in this course. This first stage can be kept in the fridge in a sealed container for several weeks.

