

Dairy- and egg-free

Plant based dairy and egg replacement alternatives without sacrificing flavor

- Creamy soy milk
- Any nut or seed milk
- Cashew cream
- Cashew or almond creme fraiche

Creamy soy milk

Time to prepare: 30-45 minutes

Difficulty: Very Easy

Utensils: Pot, Nut milk bag/Cloth, Blender / Food processor / Immersion blender

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: [China]

Ingredients:

- 3 liters of water
- 200 g of unsoaked dry soybeans

Optional:

- 1 teaspoon vanilla extract
- 1 tablespoon sweetener of choice
- pinch of salt

Preparation:

Bring 1.5 liters of water to a boil in a pot. Once it's boiling add the soybeans and boil for 1-2 minutes. Remove from the heat and let the beans soak for 30 minutes. Drain the soybeans and transfer half to a blender/food processor/immersion blender with 750 ml of water. Blend no longer than 20 seconds. Pour the mixture through your nut milk bag or cloth and squeeze or press with a wooden spoon to extract as much of the liquid as possible. Repeat the process with the rest of the soybeans and water and pour the milk into your pot to simmer over medium heat. Continue to simmer at a heat that will not boil over for 5-10 minutes. After this your milk is done. Add the optional ingredients and store in the refrigerator for up to 4 days. If you want to store it longer pour the hot milk into clean wide-mouthed jars, cover and store in the refrigerator for up to 3 weeks. Once opened the milk will keep for 5-7 days.

Any nut or seed milk

Time to prepare: 5-10 minutes

Difficulty: Very Easy

Utensils: Bowl, Nut milk bag/Cloth, Blender / Food processor / Immersion blender

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: [Solarpunk]

Ingredients:

- 1 liter of water
- 100g of soaked seed or nut of choice (in case of some nut or seed like pistachio or sunflower be sure to remove the thick skin in case you cannot buy them dehulled)

Optional:

- 1 teaspoon vanilla extract
- 1 tablespoon sweetener of choice
- pinch of salt

Preparation:

Soak your main ingredient of choice for 6-8 hours. Drain the water and add the nuts/seeds to a blender/food processor/immersion blender with 1 liter of water. Blend for around 30 seconds to 1 minute. You can consume the milk with all the seed/nut pieces left inside or you can strain it through a nut milk bag / cloth. Be sure to squeeze out as much of the milk as possible. You can store it in the refrigerator for 3 to 4 days.

Cashew cream

Time to prepare: 5-10 minutes

Difficulty: Very Easy

Utensils: Bowl, Blender / Food processor / Immersion blender

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: [South America]

Ingredients:

- 500-700 ml of water
- 200 g of soaked cashews

Optional:

- 1 tablespoon of plant based yogurt natural flavor
- 1 teaspoon of lemon juice

Preparation:

Pre-soak cashews for 4-6 hours. Drain the cashews and add them with fresh water to a blender/food processor/immersion blender. Blend for about a minute until smooth and creamy. In case you want a creamier consistency use the lower range of water (500 ml) or less, as long as your blender/food processor/immersion blender can handle it. For a tangier fermented taste add 1 tablespoon of plant based yogurt and/or 1 teaspoon of lemon juice . The cream can be stored from 1 to 3 days, in case you used lemon juice for up to 5 days.

Cashew or almond creme fraiche

Time to prepare: 5-10 minutes

Difficulty: Very Easy

Utensils: Nut milk bag/cloth, Bowl, Blender / Food processor / Immersion blender

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: [South America / Iran]

Ingredients:

- 200ml of water if using cashews or 300 ml of water if using almonds
- 150g of soaked cashews/almonds
- 60g plain dairy-free yogurt
- a pinch of salt

Optional:

- 1 teaspoon of lemon juice

Preparation:

Pre-soak cashews/almonds for 4-6 hours. Drain the cashews/almonds and add them with fresh water to a blender/food processor/immersion blender. Blend for about a minute until smooth and creamy. In case of using almonds you have to pour the mixture through a nut milk bag/cloth and squeeze out as much of the milk as you can. Pour the cashew/almond cream into the blender/food processor/immersion blender and add the remaining ingredients. Blend until smooth and pour into a container with a lid. Set at room temperature for 24 to 72 hours until thickened and sour. Place into the refrigerator where it will get creamier after a day or two. You can store it in the fridge for up to 3 weeks.