

Manufactured plant-based brands offer convenience, quality, and selection. To the consumer, these features often outweigh the addition of emulsifiers, salt, or sweeteners.

If you have the time, making dairy-free milk or cream from scratch guarantees the end product is additive-free and made to your desired flavor profile and consistency.



Cashew PLANT-BASED MILK + CREAM

Raw cashews are mild and quickly blend into a smooth and creamy mixture. Avoid using roasted cashews as they are hard, dry, and oily, so they will not blend smoothly. The beauty of cashew milk is there is no messy straining required. Cashew milk is great for smoothies, baking, and overnight oats. Making a thicker cashew cream is an excellent replacement in sauces, baking, and soups. When heated, the blended cashews thicken without flour, cornstarch, or other thickeners.

INGREDIENTS

1 cup whole raw cashews
Enough water to cover cashews

After soaking add:

½ water for a thicker cream consistency
1 ½ - 2 cups water for milk consistency

METHOD

Place cashews in a small bowl and cover with enough water to cover. Soak overnight. Strain and rinse. Add the cashews to a blender bowl. I recommend using a high-power blender to avoid straining. After blending, if the mixture isn't smooth enough, strain it through cheesecloth or a fine mesh sieve and squeeze out any excess liquid from the pulp. I suggest you save the pulp for smoothies, granola, or baked goods.

Process on high until mixture is smooth and to desired consistency. Store in an airtight container and refrigerate for up to one week.

MILK VARIATIONS

Sweeten up: drizzle in a little maple syrup or honey
Swap out coconut milk for cashew milk, which contains less fat

CREAM | SAUCE VARIATIONS:

Substitute as a bechamel sauce, season with salt and pepper and grated nutmeg. When heated, the blended cashews thicken without flour, cornstarch, or other thickeners.

Savory herb sauce: add lemon juice and salt and pepper to taste

Alfredo sauce: add crushed garlic, nutritional yeast, salt and pepper to cashew cream and cook until thickened to desired consistency.

Mushroom sauce: add caramelized onions, sautéed cremini mushrooms, to cashew cream and cook until thickened to desired consistency.