

ATLAS SWIFT & EARTH TO PLATE | MAY 2023
CASHEW CREAM CHEESE ROLL



ATLAS SWIFT
PREMIUM WINES

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Cashew Cream cheese roll paired with Atlas Swift Wine.

Atlas Swift Shelter Chardonnay 2020

The combination of cheese and wine have always been popular, and cashew-nut cheese and Chardonnay should be at the top of every foodie's list.

Numerous wines are fermented or matured in oak, and a winemaker can take into consideration a number of factors that influence the aromas and flavours of the wine, including the size of the casks, the age of the oak, and the length of time the wine spent in barrels.

Older barrels will not impart any secondary aromas or flavours, but the wine is produced in an oxidative style, where oxygen interacts with the wine to impart texture.

The Shelter Chardonnay 2020 is an excellent example of a wine that has been aged in older barrels; it has no oak fragrance or flavour, but its texture, depth, and length make it an ideal complement to cream cheese. While the cashew-nut cheese covers the palate, the wine's acidity purifies it by cutting through the cheese's fat.

The wine takes up the fragrance of the nuts and creates a two-way pairing, allowing both the wine and the food to flourish.

A wonderful combination for a relaxed afternoon with the family or friends.

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CASHEW CREAM CHEESE ROLL

NOTES

Connecting with our food and the people we share it with can be nourishing medicine for our souls. By slowing down and actively participating in the process, we can fully appreciate the joy it brings.

This plant-based cheese may take a day to prepare, but the end result is worth the love, patience, and time dedicated - just like a fine wine.

Cashew nuts are the base of our cheese and should be softened before blending. Soak them in fresh water overnight or boil them in plenty of water for about 15 minutes. Drain and rinse well.

We use the agar agar powder to create a firmer texture in our cream cheese.

Agar agar is an incredible natural, vegetarian substitute for gelatine obtained from red algae / seaweed. It is colourless and tasteless making it an excellent neutral jelling agent in recipes.

Aquafaba is the brine from cooked chickpeas, which adds protein and creaminess to the cheese when blended. Coconut cream can be used as an alternative if you don't mind a coconut flavor. Render the brine from a can of chickpeas and use the chick peas to make a delicious hummus

Truffle oil and Shiro Miso add mouth-watering umami flavor to the cheese. Although not necessary, they are highly recommended.

This recipe makes two small logs that can be rolled in spice mixes or mixed with herbs and spices. Keep in mind that the cheese may soften at room temperature, so it's best to keep it chilled and return it to the fridge or freezer to firm up, if needed.

INGREDIENTS

- > 300g cashews, softened*
- > ½ cup aquafaba *
- > 3 tbsp odourless coconut oil, melted
- > 1 + ¼ tsp salt
- > 3 tbsp fresh lemon juice
- > 1 tsp white wine vinegar
- > ½ tsp truffle oil *
- > 1 tbsp shiro (white) miso *
- > 1 tbsp agar powder + 80ml water

METHOD

Line a sieve with cheesecloth or a nut milk bag, set over a bowl. Chop the softened cashew nuts and add to a high speed blender with aquafaba (if using) , melted coconut oil, lemon, vinegar, truffle oil, miso + salt.

Blend until silky smooth, using the tamper to help the nuts move around and blend evenly. Stop the motor occasionally, scrape down the sides of the blender with a spatula. This may take time but its worth the effort for that perfectly creamy texture. Test if there are any grainy bits of nuts present, if not, its ready!

Now, prepare the agar agar mixture:

In a small sauce pan, add 1/3 cup water and sprinkle agar over surface. Stir to combine, heat and simmer for 1 minute. Stir lightly so that it does not stick to the bottom of the pan. Remove from the heat, immediately combine with cashew paste in the blender and process until smooth. Spoon the mixture into cheesecloth, twist and secure tightly. Refrigerate for 12-24 hours.

Thereafter, if you do not choose to roll + flavour the cheese, Unmould from the cloth and transfer to a container, sealed and stored in the fridge.

To shape the cheese, place two pieces of baking paper on a countertop and spoon the paste onto the paper. Shape it into a log, roll the paper over it, and secure the sides. Freeze for 30 minutes, this will make it easier to handle when seasoning. Remove from the freezer, unroll, and roll the cheese in a spice mixture of choice.

Store the cheese in a sealed container lined with parchment paper in the refrigerator for 5-7 days. For longer storage, freeze it and defrost it in the fridge overnight before use.



By soaking nuts, you can remove impurities and soften them, resulting in a creamier texture.



As it ages, the taste of the cashew cheese becomes richer, tangier, and more complex due to a slow development of flavor while at rest.



Atlas Swift Shelter Chardonnay

A blend of components from the four different areas we use in the Atlas Swift range – same winemaking procedure but giving you the best of four worlds.

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