

ONE BITE

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Vegan Magazine

July / August 2019

VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



VEGAN CULTURED PEPPER JACK *Walnut Cheese*

PREP TIME:
10 minutes

TOTAL TIME:
2-3 days

YIELDS:
1 6 inch round of cheese
(to account for soaking/
fermentation time) (approx. 6 servings/
wedges)

By Kristen Wood

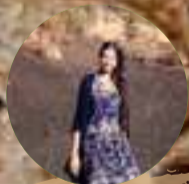
This vegan nut cheese recipe is cultured with probiotic capsules for an extra gut health boost and a cheesy tang. It's also filled with spicy jalapeños and red chili flakes for a most delightful pepper jack flavor!

INGREDIENTS

- 2 cups raw walnuts, soaked for at least 4 hours
- ½ cup water
- ¼ cup nutritional yeast
- 1 whole jalapeño pepper, top/stem removed (+ more for optional garnishing)
- 1 tablespoon + 1 teaspoon apple cider vinegar
- ¾ teaspoon sea salt or pink salt
- ¼ teaspoon red chili flakes (+ more for optional garnishing)
- 2 probiotic capsules or approx. 1 teaspoon probiotic powder (makes sure it does not contain any prebiotics, only probiotics)
- cheesecloth or very thin fabric

INSTRUCTIONS

1. Soak walnuts in a bowl of water for at least 4 hours or overnight.
2. Drain and rinse walnuts.
3. Place into a food processor or blender with remaining ingredients, except for the probiotics.
4. Blend until uniformly smooth.
5. Remove blade, and empty the probiotic capsules or powder into the mixture. Stir with a wooden or plastic spoon (no metal).
6. In a shallow glass or plastic dish, place a large square of cheesecloth or thin fabric. Pour the cheese mixture into the center of the cloth.
7. Gather all ends together and twist until it forms a round/circle. Keep the covered cheese round on the dish. Cover with a dishcloth and set in on the counter away from direct sunlight.
8. Let ferment for 48 hours.
9. When 48 hours are up, place into the refrigerator for at least 4 hours (up to 8) to chill and firm up a bit.
10. Remove from the fridge and gently peel away the cheesecloth or fabric. Optionally, you can reshape the cheese with your hands by 'hugging' the cheese with your hands.
11. Place on a serving platter and optionally sprinkle with red chili flakes and finely minced jalapeño before serving or place in the fridge in an airtight container for up to one week before serving.
12. Enjoy!



Kristen Wood —

Kristen is the creator of *Moon, Spoon and Yum!* and is a mama, photographer and recipe developer based in Flagstaff, Arizona. A vegetarian since the age of eight, she adopted a gluten-free diet in 2013 after seeing tremendous health improvements after doing so. Kristen enjoys the creative and intuitive side of creating in the kitchen and strives to create well-rounded whole foods-based, refined sugar-free creations that the whole family can enjoy.

Visit her website: moonandspoonandyum.com

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Easy Spicy Golden Sauerkraut

By Kristen Wood

This probiotic rich Spicy Sauerkraut recipe with turmeric, red chili flakes, and black peppercorns is bursting with flavor and anti-inflammatory + gut health benefits! Easy, healthy, vegan, gluten-free and DELICIOUS!

PREP TIME:
15 minutes

TOTAL TIME:
2-3 weeks

YIELDS:
approx. 6 cups sauerkraut / 12 servings

INGREDIENTS

- 1 head of green cabbage
- 1 ¼ teaspoon sea salt or pink salt
- 1 tablespoon ground turmeric
- ½ teaspoon red chili flakes
- ½ teaspoon black peppercorns



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INSTRUCTIONS

1. Rinse and thinly slice cabbage.
2. Place in a large non-reactive bowl (stainless steel, plastic, wood, silicone) with salt.
3. Firmly massage with your hands, for about 5 minutes, or until all starts to reduce in size and begins to release liquid.
4. Add spices.
5. Continue to firmly massage, about 5 to 10 minutes longer until all has considerably reduced in size, become soft and quite a bit of liquid has been released (see pictures above in post).
6. Place the cabbage and the liquid (brine), into a sterilized (see 'Tips' above in post) jar. Pack and press down firmly with clean hands or a wooden/plastic utensil until the cabbage is securely placed and all is covered with the natural brine.
7. Cover with a lid or cheesecloth.
8. Place in a warm (not too cold) location away from direct sunlight for 2-3 weeks or until desired taste and texture is achieved.
9. If using a lid, open and release any pressure build up once a day and whether using a lid or cheesecloth, check every day to ensure all stays below the brine. You will need to press all down below the brine every few days, as it will naturally rise up during the fermentation process.
10. Begin tasting the sauerkraut around 2 weeks to test for taste and texture. Ferment for up to 4 weeks until desired taste and texture is achieved.
11. When you are happy with your sauerkraut, screw on a lid tightly and place in the refrigerator for up to 6 months.
12. Enjoy!