

COMMENT

A creamy option for vegans

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What's Cookin'

Use the cashew cream any place you would cook or garnish with sour cream. It will not substitute for sour cream in baked goods such as cheesecake though.

Hope this helps for those of you with vegetarians and vegans in the house over the holidays!

Have fun and keep cooking!

Email questions and comments to
whatscooking@theifp.ca

Cashew Cream

INGREDIENTS

- 1 cup raw cashews
- 1 tsp cider vinegar
- 1 tsp fresh squeezed lemon juice
- Pinch or two coarse salt
- Freshly ground black pepper (optional)

METHOD

1. Place cashews in a bowl and cover with cold water. Soak for at least 2 hours or as long as overnight.

2. Drain and rinse the cashews.

3. Place all ingredients in a food proces-



sor and process until smooth, adding one quarter of a cup of cold water through the feed tube as you process. Continue until cream is smooth. You can add more water if you like to make the cream looser.

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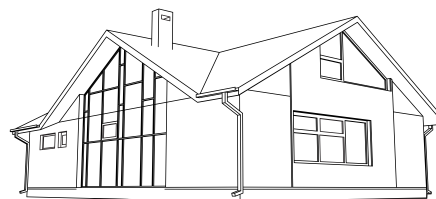
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