

Beans, Rice And Everything Nice

Homemade Soy Feta



original recipe by beansriceeverythingnice.weebly.com

Ingredients

4 cups or one 946 ml
(32 oz) package of plain
unsweetened soy milk

1/2 teaspoon salt

1/2 teaspoon garlic powder

2 teaspoons Italian seasoning

zest of one lemon

1/3 cup lemon juice
(from 1 to 1 1/2 lemons)

1. To start, place a fine mesh colander over a large mixing bowl. Line the colander with a piece of cotton muslin cloth or nut milk bag. Zest and juice the lemon.
2. Place the soy milk and salt in a medium saucepan, stir to combine and bring almost to a boil over medium-high heat. Stir frequently to prevent the milk from sticking to the bottom of the pan.
3. When the soy milk is really steaming but not yet boiling, turn off the heat, remove the pot from the burner, and add the garlic powder, herbs and lemon zest. Stir to combine. Slowly pour in the lemon juice. Stir to thoroughly combine. You should see curds starting to form. Cover with a lid and let sit to cool for about 30 minutes.
4. After 30 minutes, carefully strain the delicate curds by spooning or slowly pouring them into the muslin cloth and strainer in the bowl. When the bowl gets too full of liquid, pour the whey into a large jar and replace the strainer over the bowl and continue straining.
5. When it looks like most of the liquid has strained through on its own, fold over the edges of the cloth or nut milk bag to enclose the curds and press down with your spoon to extract more liquid. Stop and pour the extracted liquid into the jar of whey. You don't want the curds sitting in a bowl of liquid.
6. Place a plate or other object with a flat surface on top of the enclosed curds (I used a four cup measuring cup.) Then place a heavy weight on top of that (I used a 796 ml (28 ounce) can of tomatoes.) Place the tower in the refrigerator and let sit for at least 8 hours and up to 3 days. I let mine sit for 24 hours, which seemed about right. When ready, carefully unwrap the cheese, cut into cubes and serve.