



Cashew Cream

SERVINGS: **10.5 SERVINGS**

Cashew cream is a vegan-chef staple that stands in for dairy in a variety of ways. In the raw-food world, where it originated, it's used in lots of desserts. When you cook with it, though, it can be so much more—from cheese filling in ravioli.

Ingredients

Cashew Cream

- 2 cups whole raw cashews (not pieces, which are often dry), rinsed very well under cold water
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Directions

Put the cashews in a bowl and add cold water to cover them. Cover the bowl and refrigerate overnight.

Drain the cashews and rinse under cold water. Place in a blender with enough fresh cold water to cover them by 1 inch. Blend on high for several minutes until very smooth. (If you're not using a professional high-speed blender such as a Vita-Mix, which creates an ultra-smooth cream, strain the cashew cream through a fine-mesh sieve.)

To make thick cashew cream, which some of the recipes in this book call for, simply reduce the amount of water in the blender, so that the water just covers the cashews

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