

CHRISTMAS

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# PlantBased

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VEGAN BAKING: 10 SWEET TREATS







# Kombucha-Fermented Cheesecake

Serves: 8-10

You can have a lot of fun with different flavours of kombucha in this recipe: try those based on single estate teas, or homemade seasonal fruity numbers like the chamomile and apple kombucha.

## For the cheesecake filling:

- 250g (8.8oz) **cashews** or **macadamia nuts**
- 250ml (1 cup) **kombucha**
- 3 tbsp **coconut oil**
- 75g (2.6oz) **coconut milk**
- 100g (3.5oz) **maple syrup**
- A pinch of **sea salt**

## For the base:

- 50g (1.7oz) **spelt** or **buckwheat flour**
- 75g (2.6oz) **jumbo porridge oats**
- ½ tsp **baking powder**
- A pinch of **sea salt**
- ½ tsp **ground cinnamon**
- 4 tbsp **coconut sugar**
- 2 tbsp **maple syrup**
- 50ml (scant ¼ cup) **olive** or **coconut oil** (or a mix)

- 50g (1.7oz) chopped **dried fruit** (dates, apricots, raisins, mango and/or figs)
- 50g (1.7oz) **chopped nuts**, seeds and/or nut butter
- Grated zest of 1 **lemon**, **lime** or **orange** (optional)

## You will also need:

- 20cm cake or tart tin with a removable base or, for individual cheesecakes, a 12-hole muffin tin, each cup lined with a strip of silicone-free greaseproof paper to aid removal

**1** Place the cashews or macadamia nuts for the cheesecake filling in a bowl and cover with the kombucha. Leave to soak at room temperature for 6 hours or in the fridge overnight. Strain the cashews, making sure you keep the kombucha liquid.

**2** To make the base, preheat oven to 180°C/350°F/Gas 4. Add the flour, oats, baking powder and salt to a big bowl. Mix well so the baking powder and salt are evenly distributed. Add the remaining ingredients. Mix everything together.

**3** Press this base mix into the cake or tart tin, or the holes of muffin tin – adding enough of the mix to create a 1cm-deep base (you might have a bit of excess mix – if you do, use it to

bake little cookies!). Slide the cheesecake base into the oven and bake for 12-15 minutes or until golden and firm. Remove from the oven and allow to cool.

**4** Put the kombucha-soaked, drained cashews in a food processor with the coconut oil, coconut milk and maple syrup. Add a pinch of salt. Blend until smooth, adding 1-2 tablespoons of the reserved kombucha liquid both for flavour and to help bring the mix together into a smooth, creamy cheesecake filling. You can also add a touch more maple syrup if needed.

**5** Spoon the filling over the chilled base(s). Return to the fridge for 4-6 hours or freeze for 30 minutes to 1 hour, until set.

**6** The cheesecake will keep in the fridge for 4-5 days or you can freeze it for up to 3 months (defrost it in the fridge before serving). Serve it with fresh, seasonal fruit.

• CNM recommends the use of organic ingredients

• Recipe and photography by Rachel De Thample, Course Director for the ICSA Natural Chef Diploma Courses at CNM.  
[cnmcourses.com](http://cnmcourses.com), 01342 777 747.

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