

(Both recipes from my book “Nonna’s Italian Kitchen: Delicious Homestyle Vegan Cuisine” (The Book Publishing Co., Summertown, TN, 2003)

NOTE: *If you make your own soymilk and/or tofu, or have access to fresh okara (the leftover soy pulp), you might like to try [my recipe for Okara/Cashew Ricotta at this post](#).*

BRYANNA'S RICOTTA DI SOYA (TOFU RICOTTA)

Makes 3 1/2 cups

This mixture is very similar to the creamy full-fat ricotta used in Italy, which bears little resemblance to the watery, grainy ricotta available to most North Americans. It's so creamy that you can use it as a spread on bread, or a filling for crespelle (crepes), or even in desserts.

2 (12.3 oz.) boxes extra-firm SILKEN tofu, crumbled

1/2 cup + 2 tablespoons raw cashew pieces, ground very fine in a coffee/spice mill or mini-chopper

2 tablespoons plus 1 teaspoon fresh lemon juice

1/2 teaspoon salt

In a food processor, mix about 3 cups of the crumbled tofu, the ground cashews, the lemon juice and salt until they are VERY smooth. Then crumble in the remaining tofu and process again.

The resulting mixture should be mostly smooth, but with a little graininess-- it doesn't have to be like cream cheese.

Scoop the "ricotta" into a plastic container and refrigerate. It firms up when chilled.

Nutrition Facts

Nutrition (per 1/2 cup): 126.6 calories; 51% calories from fat; 7.6g total fat; 0.0mg cholesterol; 199.1mg sodium; 229.1mg potassium; 6.4g carbohydrates; 0.5g fiber; 1.7g sugar; 6.0g net carbs; 9.3g protein; 3.1 points.

Cooking Tip

For a quick tofu ricotta to use in lasagne or other pasta dishes, you may prefer to use this simple mixture: Mash 1 lb. very fresh drained medium-firm tofu, reduced-fat if possible, with 6 T. soy, nut or rice milk and 1/2 tsp. salt. This makes 2 generous cups.

ALMOND RICOTTA ON NEXT PAGE:

BRYANNA'S ALMOND "RICOTTA"

makes about 2 1/2 cups Soy-Free

This is a tasty vegan "ricotta"-- the almond milk has a clean, mild taste.

1 cup hot water

1/2 cup whole blanched almonds

1 cup cold water

4 teaspoons fresh lemon juice

4 tablespoons cornstarch (if you're allergic to corn, you can use wheat starch, or use 6 tablespoons white rice flour)

1 tablespoons oil

1 teaspoon maple syrup

1/2 teaspoon salt

Place the hot water and almonds in the blender and blend until a very smooth "cream" results-- be patient! It cannot be grainy. Add the rest of the ingredients and blend again well.

Pour the mixture into a medium, heavy-bottomed saucepan and stir constantly over medium-high heat until it thickens and comes to a boil. Turn the heat down to medium and cook 1 minute more, stirring.

MICROWAVE OPTION: Pour the mixture into a large microwave-safe bowl or beaker. Microwave 2 minutes at 100% power. Whisk. Microwave 1 to 2 minutes more, or until thickened.

Scrape the mixture into a container and let it come to room temperature. Beat it with a whisk or electric mixer. Cover and chill. When it is chilled and firm, mash and stir it with a fork, until it has some texture. Refrigerate.

Nutrition Facts

Nutrition (per 1/2 cup): 137.9 calories; 62% calories from fat; 10.1g total fat; 0.0mg cholesterol; 194.7mg sodium; 107.6mg potassium; 10.0g carbohydrates; 1.6g fiber; 1.6g sugar; 8.4g net carbs; 3.2g protein; 3.3 points.