

Recipe: Plant feta 🌿

This is one of my recipes from [Lovely's, a vegan cookbook](#). It's pretty versatile: it melts really nicely on a pizza, can be used in salads or spread on a cracker. Also works great in the Greek filo pastry dish 'spanakopita'! It melts at a lower temperature to conventional feta, however, so don't leave it out in the sun too long!

In the picture I've stored it in a jar – with olive oil, garlic, rosemary, black and pink peppercorns – but this was mainly just to make it pretty for the photo 😊. You can keep it in the fridge and crumble/cut it into blocks as needed.

As always, all measurements are level and use standardised cups and spoons ([like these](#)).

Requirements

- A silicone mould or Tupperware lined with baking paper/plastic wrap.
- Immersion blender
- Standardised measuring spoons and cups ([like these](#))
- Silicone spatula
- Fridge + freezer

Ingredients

- 250g firm tofu, drained
- 1 tbsp shiro (light-coloured) miso
- 1 lemon, juice only
- ⅓ cup coconut oil, refined
- ⅓ tsp fine salt
- 2 tsp Italian herbs
- ½ tsp onion powder (not granules)

Instructions

1. Drain the tofu well and squeeze out any excess liquid with clean hands.
2. Crumble the tofu into a medium-sized mixing bowl, add the other ingredients and blend into a smooth paste using your immersion blender.
3. Spoon the mixture into your silicone mould (could be a bread loaf shape, a cube, a dome – whatever you have) or your lined Tupperware box. Smooth the top with a silicone spatula or spoon.
4. Place in the freezer to firm up quickly (20 mins) then demould the feta and store in the fridge until needed.

Tips 💡

- Great on pizza!
- You could use a food processor instead of an immersion blender. I find the immersion blender + mixing bowl combo less fiddly.
- I believe coconut oil takes up the same volume whether it's melted or solid, so you could either pack it into your measuring cup while it's solid (but softened) or melt it first.

Recipe by Plant-Aardig ([plant-aardig.net](#)) 🌿