

Nachos



The Filling

Basically it's up to you what 'meat' / bean filling you use. You can even buy ready made chilli beans which work well. I usually fry onion, mix tinned, diced tomatoes, some tomato paste, throw in some cumin, pinch of chilli powder, salt, etc and then mix a cup of TVP in it and allow to soak until the 'mince is tender, add fried kidney beans or just do it without the TVP and just extra beans. The hardest parts to substitute were the sour cream and cheese.

Sour Cream (non-cultured). Do this first

½ cup soy cream
½ cup coconut oil
2 pinches of salt
1 pinch of msg** (see footnote)
A few drops of lactic acid* OR
1 tsp cider vinegar or white vinegar
1 small pinch of xanthan gum

Melt coconut fat
Add everything except xanthan gum
Blend til smooth
Add gum powder and re-blend
Scoop into a container
Refrigerate til firmer

Nacho 'Cheese' (béchamel-style 'cheese' sauce)

1 onion
1 clove garlic or ½ tsp garlic powder
2 cups soy milk (or 1½ plus ½ cup soy cream)
1 tsp miso
½ tsp lactic acid*
½ tsp cider vinegar (or 2 tsp if no lactic acid)
1 cup coconut oil / marg
6 Tbsp nooch (nutritional yeast)
4 Tbsp tapioca fl
1 tsp msg** (see footnote)
½ tsp salt
2 Tblsp cornflour
½ tsp mustard powder

Put rough cut onion and garlic into some of the milk
Heat for two minutes in microwave
Put all dry ingredients into a bowl
Put coconut oil in micro and melt
Pour into container with marg to make up to 1 cup and reheat
Put milk, onion garlic into blender and blend til smooth
Add miso, vinegar, lactic acid
Add rest of milk / cream
Blend again
While blending:
Add dry ingredients gradually
Add melted oil/marg
Place in saucepan on medium heat
Stir and scrape sides continuously with rubber spatula
When 'curds' start to form stir and scrape more briskly
When smooth and congealed, turn off heat and beat briskly
Serve while hot or beat regularly as it cools to reheat later

Presentation:

Put bean /'mince' mixture into bowls and microwave (or re-heat in pan first)
Put corn chips over the top, pour cheese sauce generously over chips, top with guacamole or 'Mockamole' and the sour cream, sprinkle paprika over it.

***Lactic Acid** (non-dairy) is used by brewers to make beer. If you ask your local brewer nicely they will possibly give you a bottle free or cheap. It adds that sour, buttery note to dairy substitute recipes.

****A Quick Note about MSG:**

Contrary to the bad press MSG has had, it has been cleared of all charges!
It is now believed that there is no such thing as MSG allergy as many believe, and, in fact the 'Glutamate' part of it (Glutamic Acid) is an essential Amino Acid. It is also believed to lower blood pressure. It has an amazing ability to enhance the flavour of savoury food. Soy Sauce is full of it.. The Chinese word for MSG translates as "Deliciousness".