

Protective Diet Class #283

Melt & Bake Cheeze Pro Tips

This class is full of pro tips for steaming, applying and baking [Melt & Bake Cheeze](#) on pizza, nachos, quesadillas, tuna melts and casseroles bringing you cheezy success on a Protective Diet. Imagine a diet that keeps getting better...and this is just the beginning.

Announcements

- Reach out in [Protective Diet Living \(PDL\)](#) to get support from the PD community.
- Attend the Saturday Morning [Live Coaching Hour](#) and [Pre-Class Chats](#) to get personalized guidance.
- UPDATE: Protective Diet [Plant-Based Broth Mix](#) is back in production after COVID delays and will be available soon.

Vocabulary

Genistein

Gelatinous

Allium Family

Anthocyanins

Independence

Pro Tips for Real Cheese Performance

- **Have a Ready Supply of Cheeze in Your Pantry**
 - Prep this [cheeze](#) in 2 minutes with staples regularly stocked in your Protective Diet pantry.
 - Create a [Yogurt](#) making system in your Workplace for Wellness to make this cheeze an everyday option.
 - Buy [Tapioca Starch in bulk](#) for a long term supply of [Melt & Bake Cheeze](#) and several other Protective Diet [recipes](#).
- **Avoid Making Gelatinous Cheeze**
 - Read the [recipe](#) in full before beginning: Description, Ingredients, Directions, Notes, and Serving Suggestions. Every step in this innovative recipe is essential and each suggestion is included to help you achieve the best results in the simplest way.
 - Master 3 key steps to take this Cheeze from a gelatinous texture to firm, lightly browned and slightly crisp perfection.

Whisk, Steam, & Whisk Again

Essential Tools: [Instant Pot](#), [steamer basket](#), 4-cup glass measuring pitcher, your favorite sturdy [whisk](#).

- Pour 1 cup of water in the Instant Pot bowl--generates steam. "Burn" indicator later means you forgot to add water.
- Measure and WHISK Cheeze ingredients in a 4-cup glass measuring cup, recommended because:
 - It has measuring marks, a shape that allows for thorough whisking, and it transfers in/out of the Instant Pot easily.
 - Do not use your [soufflé dish](#)--it does not have a round bottom that lends itself to whisking.
 - Any round-bottomed, oven-safe bowl will work, but test results were consistently best with a 4-cup glass pitcher.
- Place measuring pitcher in steamer basket or on a rack in pressure cooker. Follow [recipe](#) guidance to STEAM-melt Cheeze.
- Quick release pressure using a [pressure valve steam diverter](#). Use hot mitts or [grippers](#) to remove from pressure cooker.
- WHISK vigorously again to smooth lumps and incorporate any starch that settled. At this stage, Cheeze is pourable.

Apply From the Top Center Out

- Cheeze must be the top layer for exposure to direct heat that enables it to firm up. It is NOT suitable for inner layers.
- Pile Cheeze on the top center of your casserole, tortilla, pizza or sandwich and spread evenly outward toward the edges.
- Coverage recommendation--Use enough Cheeze to avoid a paper-like texture from spreading too thinly.
- Harder to apply when thick. Thicker Cheeze may be caused by steaming it in a bowl instead of a 4-cup glass pitcher, not quick releasing or letting it sit too long after steaming. Chilled leftovers are very thick and require smashing to spread.

Bake For Sufficient Time

- Oven baking is KEY to real cheese performance.
- Bake time varies depending on the temperature and moisture level of the food beneath the [Melt & Bake Cheeze](#) layer.

Quick Reference Baking Chart

Meal	Bake Time & Temp	Coverage	Tips
Casserole or Enchilada Topper	400° for 30 min.	8x12 casserole	Broil for 3-5 minutes for extra browning
Flatbread Pizza (oven-baked only)	450° for 30-35 min.	1 pizza	Make a double batch for 2 personal pizzas
Open-Faced Sandwich	450° for 8-12 min	4 slices bread	Broil for 3-5 minutes for extra browning
Nachos or Tostadas	400° for 8-10 min.	8 corn tortillas	Do not burn chip edges by baking too long
Quesadillas (stovetop)	"Low & slow", medium heat	Use leftovers	Until tortillas are lightly toasted & cheeze firms

- **Enjoy Limitless Combinations**

- The possibilities are endless with this Cheeze. Share how you are enjoying it in [PDL](#) or leave a review below the [recipe](#).
- Watch Julie demonstrate six familiar comfort food favorites with layers of protection and plant diversity to get you started:

<p>Oven-Baked Flatbread Pizza leftover Salsa Roja or Roasted Chili Verde Chorizo or Italian Sausage Crumbles Onion and Pepper (diced, raw or roasted) Fresh Spinach Melt & Bake Cheeze dried Oregano sprinkle - Go light on the sauce to avoid soggy crust - Spinach makes spreading the Cheeze easy</p>	<p>Baked Pasta Casserole Pressure Cooked Pasta Quick Red Sauce Roasted Eggplant Dry Steamed Kale Melt & Bake Cheeze</p> <p>Serve with: Green salad tossed w/Zesty Italian Dressing</p>	<p>Mock Tuna Melts Whole Wheat Bread, Bagels or Pretzel Rolls Real Plant Based Mayo, Mustard Probiotic Pepper Sauce or Frank's Hot Sauce Mock Tuna Salad Melt & Bake Cheeze</p> <p>Serve with: Quickie Cream of Veggie Soup w/Spinach</p>
<p>Nachos or Tostadas Baked Tortilla Chips or Tostadas Melt & Bake Cheeze</p> <p>After baking, top with: Pico de Gallo, reheated leftover Red Lentil Chili, Yogurt drizzle, shredded lettuce, Probiotic Pickled Onions, and Probiotic Pepper Sauce</p>	<p>Enchiladas Red Enchiladas or Spicy Green Enchiladas Melt & Bake Cheeze</p> <p>Serve with: Baked Tortilla Chips and Salsa Molcaiete</p>	<p>Quesadillas Fresh Corn Tortillas leftover Melt & Bake Cheeze</p> <p>After cooking, fill or top with: lettuce, Escabeche, Chipotle Salsa, Yogurt - press each quesadilla between your hands before cooking to spread cold Cheeze evenly.</p>

Cooking Tips

- [Zesty Italian Dressing](#)—skip the fresh bell pepper or use diced, [dehydrated red bell peppers](#) for convenience and eye appeal.
- [Real Plant Based Mayo](#) uses [Kala Namak black salt](#)—an Indian salt from a sulfuric sea that provides an egg flavor.
- [Chipotle Salsa](#) and [Fresh Tomato Salsa](#) are pantry ready salsas that use additive-free canned or boxed [diced tomatoes](#).
- Add protection to [soups](#) with a few handfuls of fresh spinach. Let it wilt down on the “Keep Warm” setting in the Instant Pot.

Student Q & A

- Q: Can I put the [Cheeze](#) on the crust and the veggies on top? (42:15)
- Q: You can use [Melt & Bake Cheeze](#) on [Mexican Pizza](#) and Flatbread Pizza they both bake at 450 degrees. (39:25)
- Q: Have you tried making Quesadillas using [Soft Flour Tortillas](#)? (42:25)
- Q: Should the “Steam” function be set to Less, Normal or More? (44:30)
- Q: Does the [Cheeze](#) on a leftover reheated casserole turn out well? (44:50)
- Q: Should you reheat leftovers in the oven or using the [Instant Pot Steam Reheat Technique](#)? (47:20)
- Q: Can you use the [Melt & Bake Cheeze](#) on [fries](#)? (56:50)
- Q: When steaming the [Cheeze](#) in a glass bowl, do you cover it? (1:00:48)

Encouragement

- You are adding a tasty layer of angiogenesis-inhibiting Genistein to your oven-baked meal with this [cheeze](#).
- If you are walking away from the dinner table hungry on a [Protective Diet](#) you are doing this all wrong.

“We’ve got cheese independence! If you’re struggling on the fence with giving up real cheese or that oily, fatty vegan cheeze, make this.”

Recommended Recipes

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> Funeral Potatoes | <input type="checkbox"/> Guac Faux Mole | <input type="checkbox"/> Beefless Taco Filling | <input type="checkbox"/> Quickie Cream of Veggie Soup |
| <input type="checkbox"/> Baked Ziti | <input type="checkbox"/> Unfried Black Beans | <input type="checkbox"/> Pico de Galo Especial | <input type="checkbox"/> Mango Salsa |
| <input type="checkbox"/> Cruciferous Casserole | <input type="checkbox"/> Julie’s Beans | <input type="checkbox"/> Taco Slaw | <input type="checkbox"/> Roasted Salsa Verde |
| <input type="checkbox"/> King Ranch Casserole | <input type="checkbox"/> Loaded Nachos | <input type="checkbox"/> Pickled Pepper Rings | <input type="checkbox"/> Black Bean & Corn Summer Salad |
| <input type="checkbox"/> Homemade Lasagna | <input type="checkbox"/> Jalapeno Corn Relish | <input type="checkbox"/> Tuna Melt | <input type="checkbox"/> Escabeche Mexican Pickles |

Recommended Classes

- [#276 Mastering PD Cooking Techniques featuring Plant-Based Stroganoff](#)
- [#266 Homemade Tortillas & Pro Tips for Perfect Chips](#)
- [#281 Making Perfect Yogurt](#)