



# Vegan Baking

101

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# *Role of Eggs and their substitutes in Baking*



## ROLE OF EGGS

- *Binds- Eggs binds all the ingredients together and gives an amazing structure to baked goods*
- *Aeration- When Eggs are whipped with sugar they incorporate air and expand while baking in sponges and souffles*
- *Emulsify -The yolks emulsifies the ingredients in a custard and makes it stable*
- *Leavening- The whites when aerated cause leavining as the proteins and sugars expand while whipping*

# Egg Substitutes



## FLAX EGG

- *Flax Egg is great for binding and emulsifying but not that great in aerating the mixture*
- *To make a flax egg grind the flax seeds into a fine powder.*

*1 Egg= 1 Tbsp Flax Meal+3 Tbsp Water*

## BANANAS

- *Is a really good sweetner and gives added moisture to the baked good*
- *Great to use in cakes and brownies but does give an aftertaste so need to be mindful*

*1 Banana (80 Grams) = 1 Egg*

## APPLE SAUCE/FRUIT PUREE

- *Similar to Bananas great for adding moisture and also gives nice flavor and tender texture to baked products*
- *Great to use in cakes, brownies, cookies and muffins*

*1 Egg= 1/4 Cup (60 Grams)*

## AQUAFABA

- *Is basically the cooking liquid from chickpeas/beans . For convenience I like using the canned liquid*
- *Is a great substitute for Egg Whites and can be whipped into a meringue. Great to use in souffles, cakes, cookies, muffins, macaroons*

*1 Egg= 3 Tbsp (45 Grams)*

*Aquafaba*

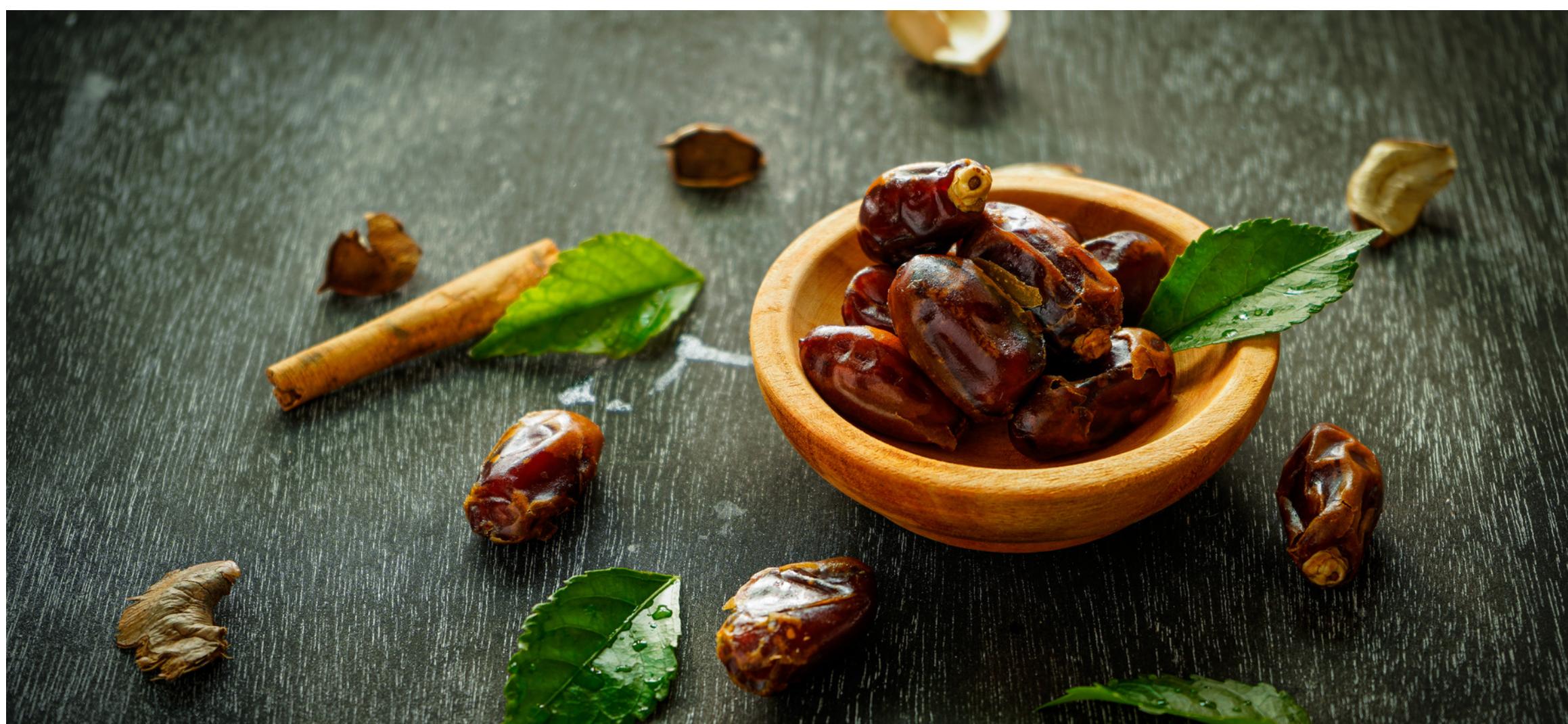
# *All About Sweetners*



## WHAT IS THE ROLE OF SUGARS IN BAKING

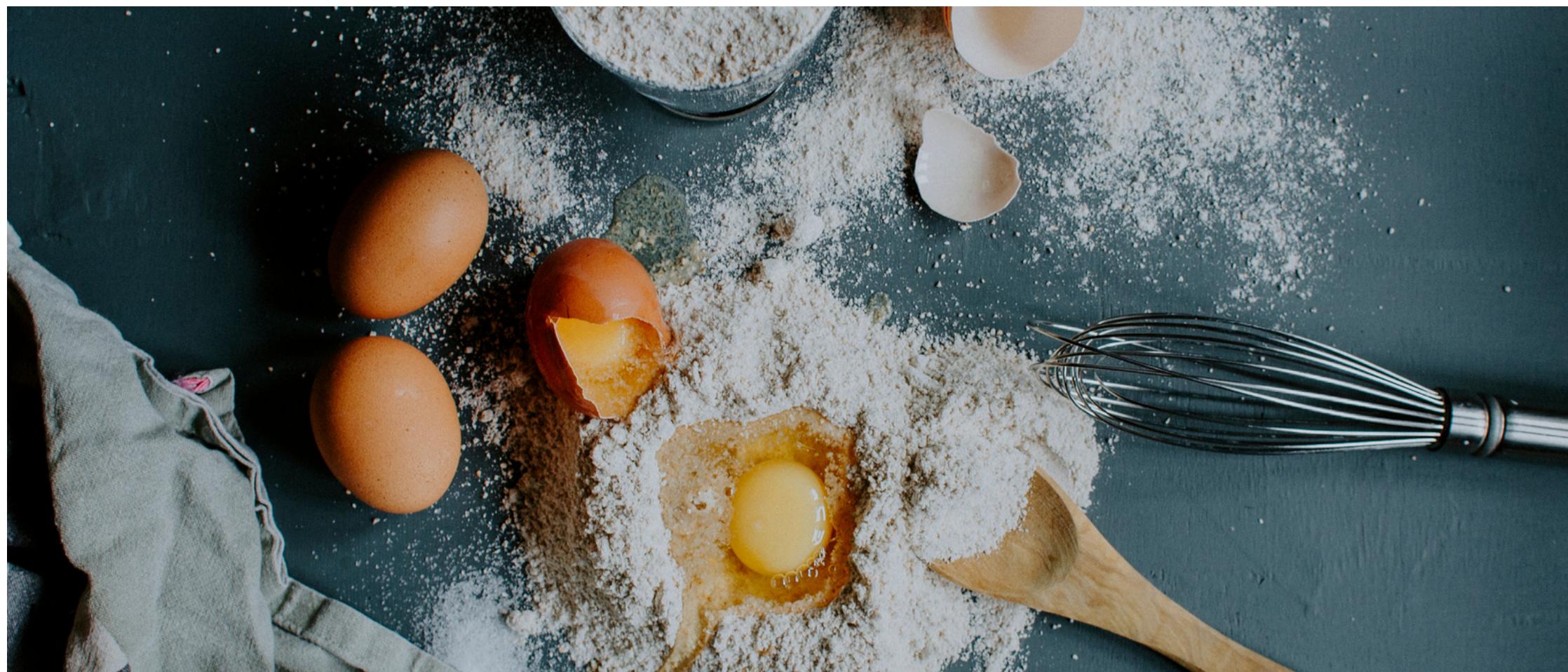
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- *Moisture- Sugar is Hygroscopic and keeps the moisture in the baked product*
  - *Crispiness- When Sugar caramelises it gives an amazing crispy texture*
  - *Creaming- Sugar coats the butter/fats and Aerates the batter*
  - *Leavening- Sugar helps to trap air in batters and makes the baked good rise*
  - *Flavor- Gives amazing flavor to baked products*
  - *Stabliser- Sugar Stablises egg whites when making a meringue*

# *Types of Sweetners in Vegan Baking*



- *Processed Sugars- My favourites are Brown Sugar, Coconut Sugar and Palm Jaggery, but for the most stable result White Sugar is the most preffered one but has the least nutrition*
- *Maple Syrup- The most widely used sweetner in vegan baking. It has a really nice flavor and results in a nice baked texture. The only drawback is that it doesnt aerate the cake as much as processed sugars*
- *Dates- The sweetner I use the most in these lessons as it is so healthy and tastes amazing. Extremely high in fibre and has a low GI score*
- *Fruit Purees- They act as a binder as well as sweetner in case of Apple sauce, Bananas, Sweet Potato etc. They are also super healthy and give a soft texture to baked goods. If replacing sugar make sure to reduce the liquid in the recipe to compensate as fruit purees are in liquid form*
- *Stevia- A sweetner used by people with diabetes it is derived from a plant and is extremely good for the body. In baking , stevia is good to use in brownies, muffins, pancakes. It doesnt lead to any aeration or provide a tender texture but it does impart good amount of sweetness For every cup of sugar use 1 tsp of stevia powder.*

# Gluten Free Flours



## HOW DOES GLUTEN WORK

- *Gluten present in Flours acts as a great binding agent specially in breads and cakes and helps baked goods rise really well and have a really fluffy texture*
- *Baking without Gluten can be a little challenging at the beginning but it is totally possible to get great results and which are easier to digest as well*

## GLUTEN FREE FLOURS USED IN BAKING

- *Almond Flour- One of my favourites to use in cakes, brownies and muffins. It is made by ground blanched almonds and provides a really moist and tender texture*
- *Oat Flour- Made by grinding oats in a blender it is one of the most healthiest gluten free flours. It is very high in fibre and also binds together liquids well and keeps baked goods moist*
- *Corn Flour- Made by ground corn kernels this flour is good as a thickening agent in custards and ice creams.*
- *Rice Flour- Mostly used in All Purpose Gluten Free flours found in supermarkets. It is high in protein and fibre and is very versatile in baking breads and cakes*
- *Coconut Flour- Made by drying the coconut it is available as desicated coconut or a finer flour. It gives really good flavor as well as absorbs the liquids well in a recipe*

# *Role of Fats in Baking*



## WHAT IS THE ROLE OF FATS

- *Tenderiser- Tenderises products by coating and weakening gluten strands*
- *Emulsifier- It acts as an emulsifier in custards and ice creams*
- *Creaming- Aerates the batter by creaming with sugar causing a nice volume and texture*
- *Leavening- In case of pastries the butter trapped in the layers causes leavining as it is baked when the butter converts to steam*
- *Flavor- Gives amazing flavor to baked products*

## TYPES OF FATS USED IN VEGAN BAKING

- *Oils- The most commonly used fat in vegan baking. It gives nice moisture and texture to baked goods. My favorites are vegetable oil, coconut oil, avocado oils and olive oils*
- *Avocado- Great source of fats specially in cakes and brownies. Will impart flavor so be mindful of that.*
- *Nuts/Peanut Butter- Fats derived from nuts such as peanut butter or using soaked cashews for creamy texture are amazing for baking*
- *Dairy- Coconut Cream and Tofu are my favourite go to for replacing fats in a cheesecake or an ice cream*



# SWEET POTATO BROWNIE

# SWEET POTATO BROWNIE

## INSTRUCTIONS

### INGREDIENTS

Recipe

(Makes 4-8 Pieces)

#### Wet Ingredients

200 Grams Sweet Potato

100 Grams Dates

5-10 Grams Coffee

60 Grams Boiling Water

50 Grams Peanut Butter

30 Grams Chocolate

15 Grams Oil

20 Grams Soy Milk (If

Needed)

#### Dry Ingredients

40 Grams Oat Flour

25 Grams Cocoa Powder

1/2 Tsp Salt

1/2 Tsp Baking Powder

#### Toppings

25 Grams Chocolate

25 Grams Pecans

*The following recipe makes 6-8 pieces or 4 bigger pieces.*

1. Line the Baking tin with Baking Paper and Measure all the ingredients and set the oven to preheat at 180C/350F
2. In a Bowl soak dates with coffee and boiling water and set aside to soften for 5-10 mins
3. Peel and cut the sweet potatoes into 1 inch cubes and put in a pot to boil.
4. Put a bowl of Peanut Butter, Chocolate and Oil on the pot to melt
5. Once the sweet potato is extremely soft mash it and add it to the chocolate mixture
6. Put the dates in a blender and make a smooth paste and add to the wet chocolate and sweet Potato Mix
7. Mix the Dry Ingredients well and put it in the wet mixture and fold it until nicely combined. Add the Soy Milk and Mix Well
8. Pour the mixture in the baking tin lined with baking paper and sprinkle Chopped Chocolate and Pecans
9. Bake for 30 Mins at 180C/350F
10. Cool the Brownie in the Tin for 10 Mins and then on the wire Rack for Another 1-2 Hours



# BANANA AND OATMEAL MUFFIN

# BANANA AND OATMEAL MUFFIN

## INGREDIENTS

Recipe

(Makes 6-8 Pieces)

### Wet Ingredients

1 Tsp Flax Seeds

(Ground)

3 Tsp Water

2 Bananas (180-200

Grams)

100 Grams Milk

20 Grams Oil

40 Grams Brown Sugar

### Dry Ingredients

50 Grams Rice Flour

30 Grams Oat Flour

20 Grams Dessicated

Coconut

70 Grams Almond Flour

1/2 Tsp Cinnamon

1/2 Tsp Baking Soda

1 Tsp Baking Powder

### Add Ins

50 Grams Oats

50 Grams Pecans/Nuts

30 Grams Chocolate

## INSTRUCTIONS

*The following recipe makes 8 small pieces or 6 bigger pieces.*

1. Take a 6-8 Muffin Tray and cut Baking Sheets into Approx 9cm/10Cm square. Grease the Muffin Tray and arrange the baking paper roughly
2. Set the Oven to Pre-Heat at 180C/350F for atleast 15 Mins
3. Make the Flax Egg by mixing the ground flax seeds with water and setting it aside for 5-10 mins
4. Mash the Bananas and add the Brown Sugar and the oil and milk and whisk well to combine
5. Measure the Dry Ingredients and Set aside
6. Whisk the Flax egg in the Banana Mixture
7. Add the dry ingredients and fold together well
8. Add the Oats, Nuts and Chocolate and we should get a rough batter
9. Put about 2-3 Tablespoon batter in the muffin tray and sprinkle oats and brown sugar and bake at 180C/350F for 30-40 Mins
10. Check with a skewer or if it comes out clean to check if the muffin is baked. Rest the muffin in the tray for 10 mins and cool for atleast 1-2 Hours on a cooling tray before eating



# HEALTHY CHOCOLATE CHIP COOKIES

# CHOCOLATE CHIP COOKIES

## INSTRUCTIONS

### INGREDIENTS

Recipe

(Makes 8-12 Pieces)

#### Dry Ingredients

80 Grams Almond Flour

60 Grams Oat Flour

1/2 Tsp Baking Powder

25 Grams Sugar

40 Grams Coconut

Dessicated

#### Fats and Liquids

30 Grams Peanut Butter

15 Grams Oil

80 Grams Aquafaba

(Chickpea Brine)

#### Add Ins

10 Grams Sesame

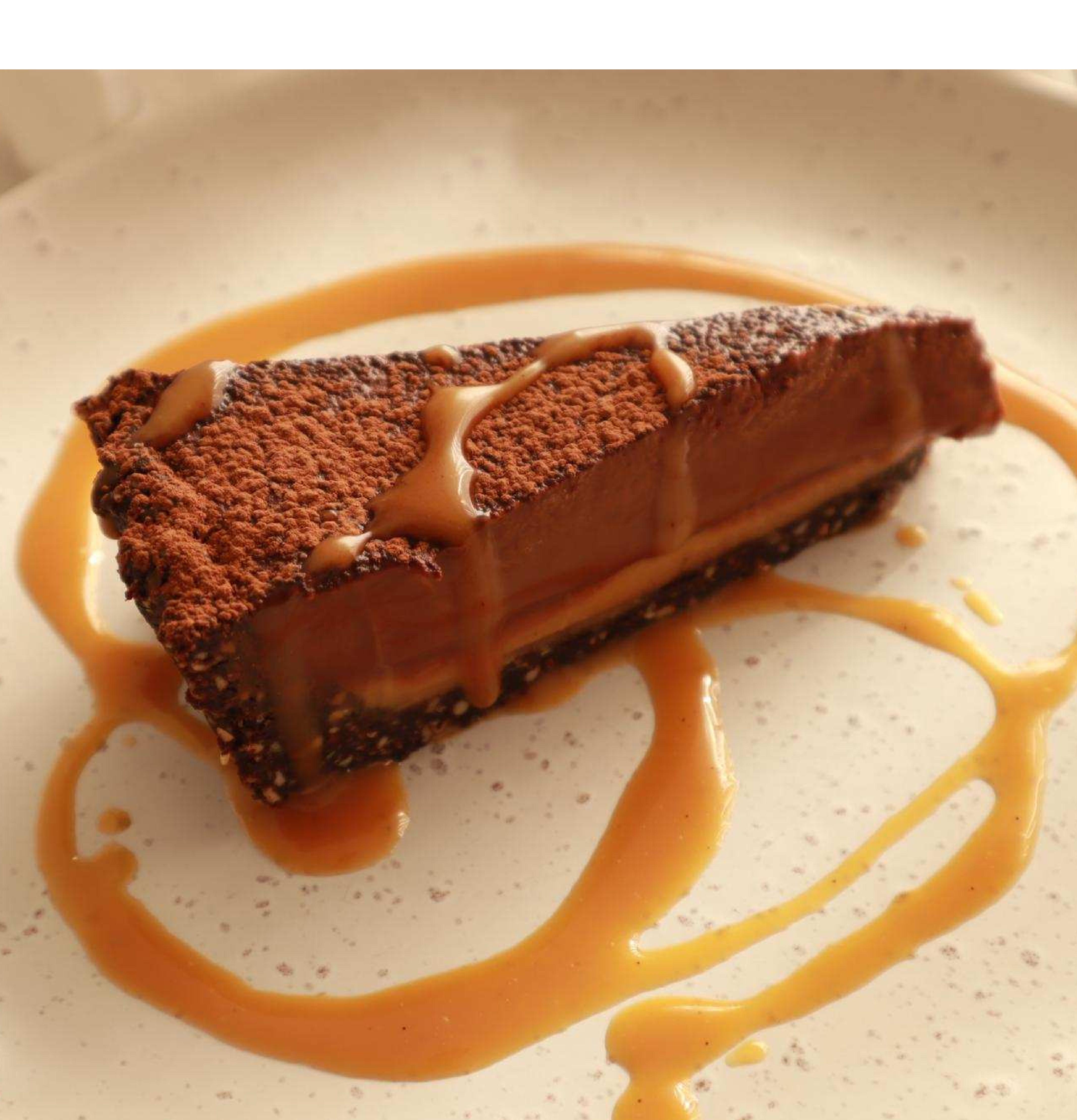
20 Grams Pumpkin

Seeds

20 Grams Oats

30 Grams Chocolate

1. Melt the Peanut Butter and Oil together and set aside
2. Mix all the Dry Ingredients together and set aside
3. Whip the aquafaba into a soft meringue for 4-5 Mins on Medium speed
4. Mix the melted peanut butter into the meringue and fold lightly
5. Pour the wet mixture into the dry ingredients and combine into a dough
6. Add the add ins of seeds, oats and chocolate at this stage
7. Cool the dough in the fridge for atleast 30 mins upto overnight for best flavor.
8. Before baking line a tray with baking paper and preheat the oven at 180C/350F for 15 mins
9. Take about 1-2 Tablespoon of the dough and shape it into a ball and flatten it out slightly
10. Bake for 15-20 Mins until crispy and nicely baked
11. Cool down for atleast 20-30 Mins before eating



# SALTED CARAMEL CHOCOLATE TART

# CHOCOLATE CHIP COOKIES

## INSTRUCTIONS

### INGREDIENTS

Recipe

(Makes 8-12 Pieces)

#### Tart Dough

150 Grams Dates

200 Grams Nuts

40 Grams Cocoa Powder

1/4 Tsp Salt

#### Salted Caramel Sauce

7 Grams Cornstarch

150 Grams Coconut Milk

150 Grams Coconut Cream

130 Grams Sugar

1/4 tsp Salt

1 Tsp Vanilla

#### Chocolate Ganache

200 Grams Coconut Cream

150 Grams Coconut Milk

1 Tbsp Coffee

1. Brush the Tart Tin with Oil or Spray oil so that the tart doesn't stick on the tin
2. Soak the Dates in Boiling water until they are submerged completely. Soak for 5-10 Mins
3. Pulse the nuts, salt and the cocoa powder until its finely mixed
4. Take the soaked dates and sieve them to remove the water. Blitz the dates together with the nuts mixture to form a smooth dough
5. Mix the dough with your hand to make sure it comes together really well
6. Spread half the dough into the Tart Tin . Use a baking paper with a glass to push the dough evenly if needed
6. Spread the remaining dough on the sides and press it well. Put in the freezer for 1 Hour and then trim the edges
7. To make the Caramel, heat the sugar in the pan and keep stirring to caramelise evenly. Add the coconut milk and cook for 30-60 Seconds Until smooth. Then add the coconut cream and mix well.
8. Finish with vanilla paste and sea salt and cool down for atleast 15-20 Mins
9. Pour the Caramel in the Tart (saving about 1/4 cup for final plating)

# CHOCOLATE CHIP COOKIES

## INSTRUCTIONS

### INGREDIENTS

Recipe

(Makes 8-12 Pieces)

#### Tart Dough

150 Grams Dates

200 Grams Nuts

40 Grams Cocoa Powder

1/4 Tsp Salt

#### Salted Caramel Sauce

7 Grams Cornstarch

150 Grams Coconut Milk

150 Grams Coconut Cream

130 Grams Sugar

1/4 tsp Salt

1 Tsp Vanilla

#### Chocolate Ganache

200 Grams Coconut Cream

150 Grams Coconut Milk

1 Tbsp Coffee

10. To Make the Ganache chop the chocolate into small pieces

11. Pour the coconut cream and milk with 1 Tablespoon Coffee Powder into a saucepan and get it to a boil

12. Take the pot away from the stove and put the chocolate in the saucepan and let it sit for 30 seconds to temper

13. Mix nicely to make a smooth emulsion and pour in a bowl and let it cool for 15-20 Mins

14. Pour on the tart and put the tart in the freezer for 1 hour. Take the tart out of the freezer and cover nicely with plastic wrap and freeze overnight

15. The Next day take a glass with boiling water and put a knife in the water to warm. Clean the knife and cut the tart nicely

16. Plate with cocoa powder or salted caramel sauce

# CONTACT ME



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Thank you!!