



# 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*

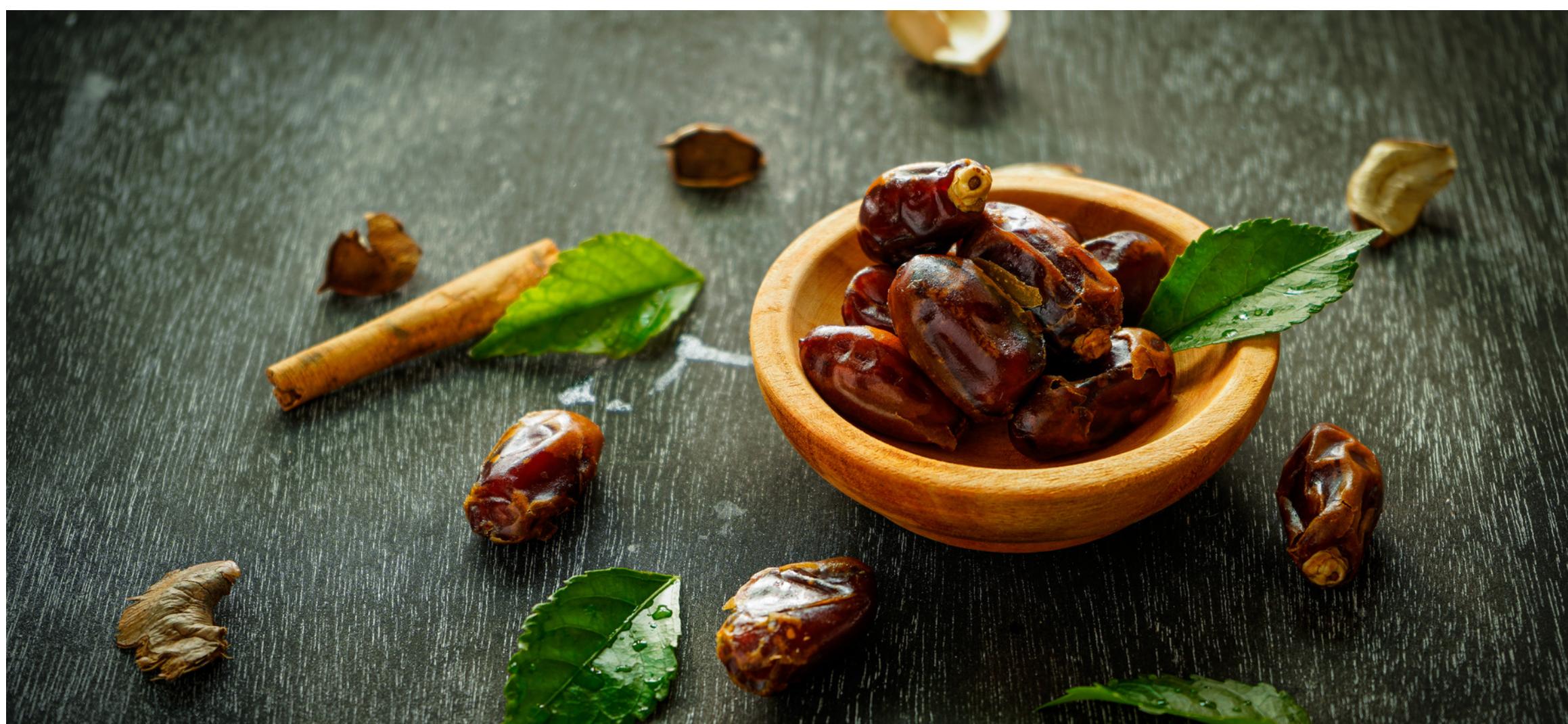
# *All About Sweetners*



## WHAT IS THE ROLE OF SUGARS IN BAKING

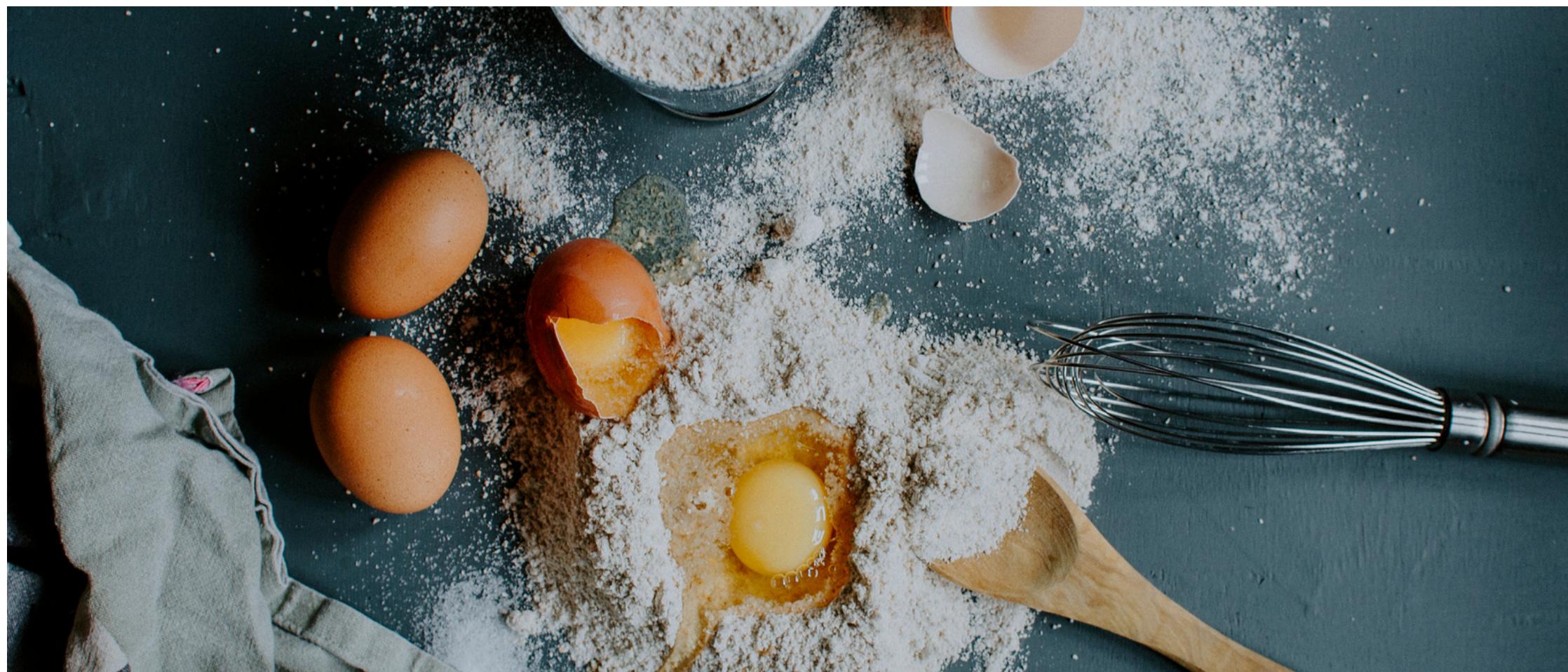
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- *Moisture- Sugar is Hygroscopic and keeps the moisture in the baked product*
  - *Crispiness- When Sugar caramelises it gives an amazing crispy texture*
  - *Creaming- Sugar coats the butter/fats and Aerates the batter*
  - *Leavening- Sugar helps 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*