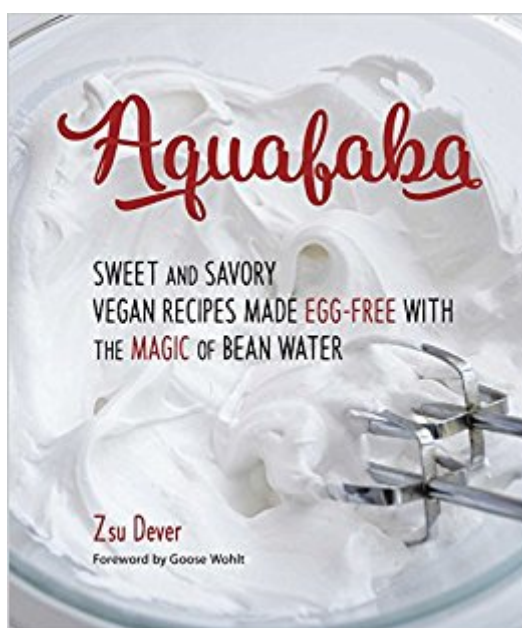


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Aquafaba: Sweet And Savory Vegan Recipes Made Egg-Free With The Magic Of Bean Water



Synopsis

This groundbreaking cookbook is the first to explore the many uses for aquafaba – a miraculous plant-based egg replacer made from simple bean liquid. The bean liquid we used to throw away turns out to be one of the most astonishing culinary discoveries of the decade. With its amazing egg-replacement abilities, miraculous "aquafaba" can be used as an egg-replacer to make everything from French toast to lemon meringue pie. Aquafaba can be used as a binder in both sweet and savory recipes and is a boon to vegans, people with egg allergies, as well as anyone interested in innovative cooking with a magical new ingredient. Aquafaba includes the story of how the bean liquid properties were discovered, how to use it, and how to make fabulous recipes, including: waffles, crepes, quiche, burgers, macarons, marshmallows. Aquafaba can even be used to make dairy-free cheese, ice cream, butter, and so much more. The book also includes a chapter filled with recipes that use the chickpeas and beans that remain after using their liquid to make aquafaba. The latest title by San-Diego-based author Zsu Dever (author of *Vegan Bowls* and *Everyday Vegan Eats*), *Aquafaba* features Zsu's signature photography, her easy-to-follow instructions, and metric conversion charts.

Book Information

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Customer Reviews

Zsu Dever hails from a long line of culinary professionals and restaurateurs. The author of *Vegan Bowls* and *Everyday Vegan Eats*, she is the publisher of Zsu's Vegan Pantry blog. She is a food writer and photographer who has taught cooking workshops. A homeschooling mother of three

teenagers, Zsu resides in San Diego, CA.

I have been using aquafaba (the liquid from a can of chickpeas or other bean) since Goose first started writing about it (he and I are friends on Facebook, and part of some of the same veg*n groups on Facebook). So, I've been using aquafaba for well over a year and a half. Two things that I want to say right up front: This is an amazing discovery not only for vegans, but for *anybody* who can't eat eggs. And this is *not* like *any* other egg 'substitute' out there. It is *JUST LIKE EGG WHITES*!!! And secondly, NO! It does *NOT* taste like beans! In fact, I've shocked people who eat my meringue cookies, and my meringue pies, when I tell them what it's made from. *YOU CANNOT TELL THE DIFFERENCE!!* All it takes is one time of whipping this liquid in your mixer into an *identical* substance as whipped egg whites to turn any non-believer into a believer. I'm including pictures of the aquafaba whipped in my Kitchenaid, and then both meringue cookies, and a vegan meringue pumpkin pie that I made for Thanksgiving last year. (Easy peasy - get the vegan pumpkin pie from Whole Foods, whip up some aquafaba meringue, spread it over the pie, and bake!) While there are tons of great resources online and in the Facebook group (search for the 'Aquafaba (AKA the original "Vegan Meringue - Hits and Misses!" ' group)), what has been missing has been a proper aquafaba cookbook! So THANK YOU, Zsu Dever, for writing this (and kudos for having Goose write the forward!) Now, all this said, Zsu didn't just slap together any old book and get it up online in order to be among the first, like *some* 'cookbook' authors do (I'm looking at you, Instant Pot book and Air Fryer book authors). No, *this* book is an *incredibly* well-done book in its own right! The pictures are gorgeous, the binding is very professional. But above all, the *information*, and the *recipes* are WONDERFUL!! Yes, you truly can make egg-free meringue, vegan 'butter', egg-free vegan mayonnaise, and so many other treats with the liquid from the lowly bean! And what do I do with the chickpeas after getting the aquafaba out of the can? I salt and season them and throw them in the dehydrator - they make a wonderful, crunchy snack! By the way, you *can* make your own aquafaba if you don't want to use canned chickpeas, but I find having these "egg whites" sitting in the pantry for whenever I need them so very convenient.

This is a one-of-a-kind, innovative cookbook for anyone wishing to learn how to use the versatile and trendy new ingredient, aquafaba, in their cooking. It is clear that a huge amount of time and experimentation went into this book, and the resulting recipes are carefully and clearly written with absolutely delicious results. If you are familiar with this ingredient you might assume a book focusing on the use of Aquafaba would be full of recipes for sweets such as lemon meringue pie.

But in fact, there is a huge variety of recipes in here from quiche, to cheese, to meatballs, etc., plus an entire chapter on delicious ways to use the leftover chickpeas that you will have stocked in your freezer once you start cooking from this book. I have so far made 30 recipes from this book, and can honestly say I would make every one of them again. Some of the stand-outs for me are: Chile Relleno Quiche - so creamy and extremely flavorful, this quiche has a really nice kick to it Sun Dried Tomato Quiche - another great quiche which is so versatile, I have also tried it with Kalamata olives, delicious! Pound Cake - perfect texture, served with berries and coconut whipped cream it was the perfect dessert Egg Roll Wrappers - these came out almost exactly like store bought wrappers, only better. I made round ones for potstickers and will not be buying store-bought wrappers ever again. Coconut Key-Lime Cream Pie - my friends couldn't get over how light and creamy and delicious this was Chocolate Ice Cream - wow! Country-Style Aged Sharp Cheddar Cheese - this cheese was incredible. Even better than Miyoko's Creamery gourmet cheeses. Peruvian Roasted Chickpea Potato Bowl - Amazing flavors Shiro Wot - Again, amazing flavors Korean Dak Galbi - Did I say amazing flavors yet? Yogurt - I made this in my Instant Pot and it was so easy and the results were creamy and delicious. Lemon Poppyseed Muffins - These were so light and flavorful, and when I drizzled a simple royal icing over it (recipe also in the book) it was like a decadent dessert. As you can see, the variety of recipes in this book is amazing! And nearly all of the ingredients are very easy to find. The difficulty level varies from very simple to somewhat complex, but even the complex recipes are well worth the time for the results you will get. I can't wait to try more of the recipes. Never throw away your bean cooking water again!

Good book! allergic to dairy & eggs, also gluten intolerant. It's very difficult to find recipes to fit these and many, many more allergies. At least I can now have another way to replace eggs. Sometimes the other "egg replacers" don't work very well in some recipes, or you can't replace more than 2 eggs in a recipe.

The pictures sold the book - For a cooking class with 8th grade girls we made the Mississippi Mud Pie as 's'mores tartlets (graham cracker crust) and the whipped topping and the pudding layer were amazing. Even the folding was difficult like egg whites. Then we caramelized the tops with a creme brulee torch and you can see the results. Yum! This book exceeded my expectations and I'm already planning a spring course at the local adult school to introduce others to the magic of Aquafaba

I've been following Zsu Dever on the Aquafaba issue. I must say, this book does not disappoint. There is another aquafaba recipe book out there, but this one is really great in comparison. In this book Zsu goes into greater detail about how to make your own aquafaba, something I've been wanting to do for a year now. I've been stuck using canned chick peas since I couldn't figure out the ratio of water to chick peas to make the best aquafaba. Here in this book Zsu tells you the secret. Also the various stages of the meringue are very well explained, so much so that I now realize I never knew what soft peaks meant when I used egg whites once upon a time long ago. I love the collection of recipes in this book. I regularly use aquafaba, canned chick pea water/juice as my egg replacement in my recipes I try to veganize. It helps having more ideas and more details to expand my aquafaba usage and my knowledge of whole food plant based cooking.

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