



Vegan Baking & Cooking
Egg Substitution using Aquafaba



Aquafaba - Bean Water

- Aquafaba, the humble bean juice, has revolutionised the vegan kitchen.
- The discovery is credited back to Goose Wohlt, an American software engineer in search of an egg white replacer. Wohlt based his invention on French chef Joel Roessel's work with brine water.
- In March 2015, Wohlt came up with a vegan meringue whipped from chickpea brine and sugar and termed the chickpea water Aquafaba (water bean)

- Aquafaba is not restricted to chickpeas, it is the liquid found in canned beans in general.
- Although unclear what the mechanisms of action are; it works as a vegan egg white replacer. It has properties similar to those of egg whites.
- There is a facebook group dedicated to experimenting with Aquafaba and share all their hits and misses (Join Vegan Meringues Hits and Misses on facebook).
- Vegans now can enjoy macarons, marshmallows and meringues; in addition to all other dishes which included egg whites.

Aquafaba Basics

- For most baking recipes; one egg can be replaced by 3 Tbsps of Aquafaba
- Best results from discussion groups seem to be using chickpea or white bean water
- Aquafaba can be used endlessly, from Mayo to French toast to chocolate mouse and macaroons. There is no end to the uses of glorious Aquafaba
- We recommend you join the facebook page (vegan hits and misses) and have some fun
- The vegan society has 13 amazing Aquafaba recipes to get you started. (www.vegansociety.com/whats-new/blog/13-amazing-things-you-can-do-aquafaba)

The Original 2 Ingredient Meringue Recipe

- The liquid of one 400g can of chickpeas
- 1/2 cup granulated sugar
- Whip the chickpea liquid until it forms firm peaks and slowly add in the sugar while whipping at high speed.
- Once the peaks are firm enough use 3cm dollops on parchment paper and bake at 100C for 1 ½ hours, then let them cool.
- Some people add a touch of vanilla or other flavouring
- You can use more sugar to make the meringues stiffer.
- You can add a pinch of cream of tartar or vinegar to help form the initial peaks.

Original recipe by
www.facebook.com/groups/VeganMeringue/