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Aquafaba: Vegans' Secret Weapon

Aquafaba (Vegan Heritage Press, \$21.95, October 2016) is a groundbreaking cookbook that explores the many uses for bean liquid in cooking and baking.

One of the most astonishing culinary discoveries of the decade, the bean liquid we used to throw away possesses miraculous egg replacing abilities, and can be used to make everything from French toast to lemon meringue pie.

Aquafaba includes the story of how the bean liquid properties were discovered, and how to use it to make fabulous recipes, including:

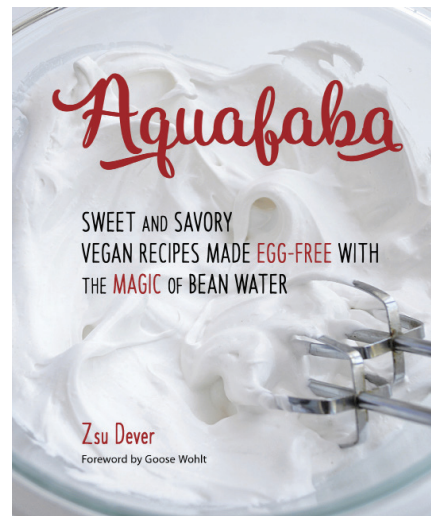
- Waffles
- Quiche
- Macaroons
- Burgers
- Marshmallows

Aquafaba can even be used to make dairy-free cheese, ice cream, butter, and so much more.

It is a boon to vegans, people with egg allergies, as well as anyone interested in innovative cooking with a magical new ingredient.

About the Author

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. Also a homeschooling mother of three teenagers, Zsu resides in San Diego, CA.



Aquafaba: Sweet and Savory Vegan Recipes Made Egg-Free with the Magic of Bean Water

by Zsu Dever • Vegan Heritage Press, LLC

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Paperback, 192 pages, 7½ x 9 • Publicity begins October 2016

Available wherever print and ebooks are sold.

Latkes

Makes 14 to 16 Latkes

These latkes are perfectly crisp on the outside and melt-in-your-mouth on the inside. Added potato starch increases their crispiness, but isn't essential to use. Place the potatoes in a lint-free kitchen towel and give them a good wring to remove excess moisture.

2 pounds russet potatoes, peeled & shredded
1/2 medium onion, peeled & shredded
4 tablespoons aquafaba
1/4 cup potato starch (optional)
2 tablespoons minced parsley (optional)
1/2 teaspoon sea salt
1/2 teaspoon baking powder
1/4 teaspoon ground black pepper
Sunflower oil, for frying

Mix ingredients in a large bowl. Heat 1/2-inch oil in a large skillet over medium heat. Using a 1/4-cup measuring cup, add 3-4 portions of the potato mixture to the hot oil and cook until golden brown, about 2 minutes. Flip the latkes and continue to cook another 2 minutes. Drain them on a paper towel and serve immediately.

Flip the page
for another
tasty recipe



From *Aquafaba* by Zsu Dever

Chocolate-Cashew Ice Cream

Makes 1 Quart

This cashew-based ice cream is creamy and rich and, with the addition of whipped aquafaba, light and delicate. It maintains the texture of dairy ice cream, even after being frozen solid. You can use this base to add different toppings or replace the cocoa with one pod of vanilla beans for a vanilla version of this decadent dessert.

1 1/2 cups cashew pieces
2 1/4 cups nondairy milk, divided
6 tablespoons Dutch-processed cocoa
1 teaspoon psyllium husk
1/4 teaspoon sea salt
1 teaspoon vanilla extract
1/2 cup aquafaba
1/4 teaspoons cream of tartar
3/4 cup granulated sugar

Base: Combine cashews and 1 1/2 cups milk in a blender. Blend until smooth. Add cocoa, psyllium husk, salt and remaining milk, then blend again. Transfer to a medium pot and cook over medium heat until it comes to a simmer, stirring often with a whisk. Transfer to a large bowl and cool to room temperature before stirring in the vanilla.

Meringue: Add aquafaba and cream of tartar to the bowl of a stand mixer. Using hand whisk, whip for 10 seconds. Using a balloon whisk attachment, whip on medium power for 5 minutes. Increase speed to medium-high and continue to whip for another 5 minutes. Add the sugar, two tablespoons at a time, over the course of 3 minutes and continue to whip until sugar dissolves.

Add 1/4 of the meringue to the base and mix. Once well incorporated, add the rest, folding gently until mixture is homogenous. Chill in refrigerator overnight.

Gently mix the chilled base and, using an ice cream machine, churn the cream as instructed by the manufacturer. Eat as soft serve immediately, or transfer to a freezer-safe container and freeze 3-4 hours until firm.



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