

Happy Valentine's Day from Essential Vegan Desserts by Fran Costigan at Rouxbe.

Vegan Baked Alaska

Use any type of cake you wish, fit into individual ramekins (or make one large cake. Add an optional layer of a fruit sauce or chocolate sauce. Spread with non-dairy ice cream, store bought or homemade. Freeze until solid.

Make aquafaba meringue per the recipe and pipe or spread it over the ice cream to cover. Use a torch to brown. Serve immediately.

Note: The assembled dish may be frozen and torched just before serving.

Fran Costigan's Chocolate Cake to Live For

Ingredients

- 1/2 cup organic whole wheat pastry flour
- 1/2 cup organic all-purpose flour
- 1/3 cup Dutch-process cocoa powder
- 1/4 lightly ground organic sugar
- 1 tsp aluminum-free baking powder
- 1 tsp baking soda
- 1/2 tsp fine sea salt
- 1/4 cup mild tasting extra-virgin olive oil or organic neutral vegetable oil
- 3/4 cup plus 2 tbsp any nondairy milk
- 1/2 cup pure maple syrup, Grade A dark or dark amber
- 1 1/2 tsp pure vanilla extract
- 1 tsp apple cider vinegar
- 1/2 tsp chocolate extract, optional

Description

Position a rack in the middle of the oven and preheat the oven to 350°F (175°C). Oil the sides and bottom of a 9-inch cake pan and line the bottom with a parchment circle or paper cut to fit. Do not oil the paper.

Whisk, measure and sift together the whole wheat flour, all-purpose flour, cocoa powder, sugar, baking powder, baking soda and salt into a medium mixing bowl.

Place the oil in a medium mixing bowl. Add the non-dairy milk, maple syrup, vanilla, vinegar and chocolate extract (if using), whisking to blend completely. Pour the wet ingredients into the dry ingredients and whisk until the batter is smooth.

Pour the batter into the parchment lined pan. Rotate the pan to level the batter and tap it lightly on the counter to get rid of some of the air bubbles. The batter will be thin

Transfer the cake to the center rack of the preheated oven and bake for 28 to 30 minutes or until the top of the cake is set, the sides have started to pull away from the pan and a wooden toothpick inserted into the center comes out clean or with just a few moist crumbs attached.

Remove from the oven and set the pan on a wire cooling rack. Cool about 5 minutes. Run a thin spatula around the sides of the cake to release the sides from the pan. Invert the layer onto the wire rack, remove the pan and carefully peel off the parchment paper. Invert again to place the cake, top up, on the wire rack and allow to cool completely.

When cool, slide a cardboard circle or a flat plate underneath. Cover the cake tightly in plastic wrap and refrigerate until well-chilled before finishing. Freeze before cutting into shapes

Aquafaba Meringue

Use this staple vegan recipe in multitude of desserts, such as a spectacular Baked Alaska.

Ingredients

- 1/2 cup (4 ounces) unsalted chickpea liquid, previously reduced and chilled
- 1/2 tsp cream of tartar
- 4 ounces superfine or caster sugar (organic cane sugar ground in high-speed blender or spice grinder)
- 1 tsp vanilla extract, optional
- 1/2 teaspoon fresh lemon juice (optional, but suggested)

Description

To start, place the bean liquid and cream of tartar in the bowl of a standing electric mixer fitted with whisk attachment.

*Note: Chickpea liquid is one of the most neutral tasting and reliable and the one we use most often in our aquafaba recipes.

Beat the mixture on low speed until the cream of tartar is incorporated and the liquid is just semi-opaque. Increase the speed to high and beat for an additional minute, or until opaque.

Reduce the speed to low and begin adding the sugar 1 tbsp at a time. After the first addition, raise the speed to high, beating for 1 minute after each addition.

After all the sugar has been added, continue to beat for 10 minutes on high speed, scraping down the sides of the bowl with a spatula, once or twice. The meringue should be stiff and glossy. If not, keep beating until it is.

Reduce the speed to medium and slowly add the vanilla and lemon, if using. Immediately raise the speed to high and beat for another 3 minutes, or until the meringue is stiff, glossy and resembles marshmallow fluff. The total time needed depends on your mixer, and the liquid itself. You cannot over beat aquafaba, so don't worry