

Recipes using Aquafaba

Aquafaba is the name for the cooking liquid of chickpeas and also beans, found in a tin when you drain the chickpeas. One tin of chick peas will contain approximately 100mls of aquafaba, which is equal to only one exchange.

The amount of aquafaba needed to replace one whole egg is 45mls which is half an exchange. To replace the egg white only in a recipe then you will need 30mls of aquafaba which is exchange free.

French toast

1 can's worth aquafaba (chickpea water)
60ml oat milk/ low protein milk
1 tsp cinnamon
6 pieces of low protein bread
Butter or oil for pan

- Whip aquafaba in blender 90 seconds, it should fluff up.
- Add fluffy aquafaba to a bowl with the almond milk and cinnamon and combine.
- Add vanilla essence (optional)
- Dip bread in the mixture so that both sides are covered
- Fry on both sides until brown and crispy.
- Add blueberries and maple syrup as a topping and enjoy!

Recipe from lifeisnoyoke.com

Chocolate Mousse

1 can's worth of aquafaba (chickpea water)
100g Vitabite chocolate (or any low protein chocolate)
1 tablespoon cocoa powder

- Melt chocolate on the hob using a heat proof bowl over a pot of boiling water or in the microwave, in 30 second increments, stirring in between. Leave melted chocolate to cool completely.
- Add aquafaba to a large mixing bowl that has been chilling in the fridge for at least 10 minutes. Use an electric whisk to beat the aquafaba on highest setting for 10-15 minutes until stiff peaks form.
- Pour the cooled chocolate into the aquafaba mixture as you continue beating the mixture. The volume will decrease by approximately a third.
- Sift in cocoa powder and continue beating until combined.
- Spoon mixture into two small containers or bowls and place in the fridge to set for about 20 minutes.

Recipe from asaucykitchen.com

Meringue

1 can's worth of aquafaba (chickpea water)
100g golden caster sugar

- Preheat oven to 110°C and line a baking tray with baking parchment.
- Using an electric whisk beat the aquafaba until soft peaks form, similar to egg whites. This should take approximately 10-15 minutes.
- Add the sugar a little at a time, whisking constantly until thick and glossy.
- Spoon the meringue mixture onto the tray in 8cm blobs.
- Bake for 1hr 15 minutes until crisp.
- Enjoy topped with fresh berries.

Recipe from bbcgoodfood.com

Pavlova

220ml Aquafaba (chickpea water), approximately 2 can's worth.
200g caster sugar
Koko Dairy Free Plain Yoghurt as topping
Strawberries, raspberries, blueberries, and mint to decorate

- Preheat oven to 130°C and prepare baking tray with baking parchment. Draw a large circle on the baking parchment using a plate.
- Whisk the aquafaba at the highest speed for approximately 8 minutes or until firm peaks begin to form.
- Slowing the speed of the electric whisk, add the sugar slowly in stages, increasing the speed in between adding the sugar. When all of the sugar is added, whisk for another 3 minutes. The meringue is ready when a peak stays standing firm on the whisk.
- Spoon mixture onto baking tray and evenly spread to fill the circle.
- Bake for 90 minutes.

Recipe from Supervalu, by The Happy Pear

Crepes

1 cup aquafaba
1 cup low protein flour
1/8-1/4 cup oat milk or low protein milk (depending on thickness of batter)
½ tsp salt

- Whisk aquafaba with an electric whisk. You don't want to whip it like it into meringue style aquafaba, just a little to get some air into it.
- Whisk in flour, but be sure not to over whisk it. Feel free to add cinnamon or some sugar to sweeten pancake mixture.
- The batter should be just a little thick. Add in milk a little at a time until it reaches your preferred consistency.
- Lightly oil a non-stick pan and cook pancakes on a medium heat.

Recipe from foodhighs.com

Banana Bread

225g low protein flour
100g golden caster sugar or light brown sugar
1 tsp cinnamon
1 tsp xantham gum (Dove's Farm found in Tesco) or 1 tsp psyllium husks (optional)
½ tsp salt
1 tsp baking powder
3 bananas mashed
1 tsp vanilla essence
80 mls vegetable oil
50g dates (optional) or Vitabite chopped into chocolate chips
100mls aquafaba from 1 tin chickpeas

- Sieve and mix all dry ingredients together
- Mix the bananas, vanilla essence, oil and dates/vitabite together, then add them to the dry ingredients to create a batter or dough
- Whisk the aquafaba with a fork and then fold into the banana bread mix
- Put in oiled loaf tin and place in the oven for 40-45 minutes at 180°C
- After 30 minutes check the loaf and cover with foil to reduce browning if required
- Test using a skewer, if it comes out clean then it is cooked

Recipe by Suzanne Ford for NSPKU News & Views, Issue 162, Autumn 2019

Waffle and Pancake Mixture

350g low protein flour
1 tsp baking powder
A pinch of salt
6 tbsp sugar
1 tbsp plus ½ tsp lemon juice
5 tbsp rapeseed oil
410mls cold water
1 tsp of vanilla extract
120mls aquafaba (1 tin's worth)

- Sift low protein flour, baking powder, salt and sugar into a bowl and pour the tsp of lemon juice onto it – it should be slightly foamy. Add the oil, water, vanilla extract and blend everything until combined. Then add 2 tbsp of aquafaba and mix again.
- In a second bowl beat 6 tbsp of aquafaba, this will take 5-6 minutes. At the end, add ½ tsp of lemon juice and then fold the whipped aquafaba into the batter with a flat mixing spoon until just combined.
- Your waffle or pancake batter is now ready to use, so heat your waffle maker or frying pan and get going. Fluffy American style pancakes work best with a thick batter like this one.
- Top with fresh berries and coconut yoghurt or sliced banana and maple syrup.

Recipe by NSPKU News & Views, Issue 161, Summer 2019

Vegetable Tempura

Tempura	Dipping Sauce
1 small butternut squash or sweet potato, peeled	3 tbsp tamari or soy sauce
2 medium courgettes	4 tsp maple syrup
1 medium aubergine	1 tsp toasted sesame oil
3 tbsp / 45 ml of fridge-cold, reduced aquafaba*	1 tbsp rice wine vinegar
240 ml of fridge-cold sparkling water	1 spring onion, sliced thinly
1 tsp baking soda	
2 tbsp cornflour	
1½ cup low protein flour mix (Loprofin Baking Mix)	
about 20 ice cubes	
about 2 cups of sunflower or vegetable oil	

*Aquafaba is the brine left over from a tin of chick peas. For this recipe, it should resemble egg white in consistency. The aquafaba from the tin might need to be concentrated by reducing it by simmering it on a low heat. The aquafaba must be cold for this recipe, so refrigerate before using.

- Cut the vegetables into ½ cm wide matchsticks.
- Spread some flour on a large plate to coat the vegetables in later. Prepare two glass or metal bowls. One should be a bit larger than the other so that you could nest the smaller bowl inside the larger one.
- In a separate bowl, combine sifted low protein flour and baking soda.
- In another bowl, combine all dipping sauce ingredients and set aside until later.
- Pour oil into a small pot and set it on the stove on a medium heat. Allow it to come to temperature (170-180°) while you prepare the batter.
- Place ice cubes at the bottom of the large bowl. Rest smaller bowl on top of the ice cubes. Put cold aquafaba into the small bowl and whisk it with a hand whisk until frothy. Add fridge cold sparkling water to the aquafaba, then mix in flour mixture with a hand whisk to achieve a runny (crepe-like) batter. Be very careful not to over mix the batter or else it will become heavy.
- Drag each piece of vegetable in a little flour first and then immerse it in cold batter.
- Once the oil comes to temperature, test it by dropping a piece of tempura in it. If the tempura drops to the bottom but comes up right after that, the oil is at the correct temperature. If the vegetables do not drop to the bottom at all, the oil is too hot. Depending on the size of your pot and vegetables, fry 2-3 pieces at a time. It is important not to overcrowd the pan or else you'll end up with greasy tempura.
- Cook tempura for 1-2 minutes (depending on thickness and hardness of the vegetables – courgette cooks quicker than butternut squash, for example) and then turn and cook for another 1-2 minutes – until both sides are lightly browned. Once they achieve the desired colour, fish them out with a slotted spoon and place them on a piece of paper towel to drain any excess oil.
- Serve straight after frying with a dipping sauce on the side.

Recipe from lazycatkitchen.com

Vegetable Fried Rice

3 cups cooked and chilled low protein rice.
2 tbsp sunflower oil
1 cup diced carrots
1 cup chopped white onion
4 cloves garlic
1 tbsp peeled and minced fresh ginger
1.5 cups of small diced broccoli florets
¼ cup small diced red pepper
200ml aquafaba (approximately 2 tin's worth)
3 tbsp soy sauce, to taste
1 tbsp sesame oil

- Heat oil in a large non-stick wok over medium-high heat. Add carrots, onions, garlic and ginger and sauté for 3 minutes.
- Add broccoli and bell pepper and sauté until veggies are soft, about 3-4 minutes. Move veggies over to one side of the pan, add aquafaba and cook until it scrambles.
- Stir in rice, soy sauce, and sesame oil. Cook and toss for 2 minutes, and serve.

Recipe from cookingclassy.com

Garlic Aioli

3 tbsp aquafaba
1 tbsp apple cider vinegar
½ tsp Dijon mustard
½ tsp salt
236 ml vegetable oil
1 tsp lemon juice
2 cloves garlic, minced

- Add aquafaba, vinegar, mustard and salt to a bowl and blitz for a second with a hand held blender so that everything is combined.
- Keep the hand held blender running constantly and very slowly drizzle in the oil, making sure that it is fully combined as you go. Adding it too fast will turn the mixture very liquidy and isn't redeemable. If the oil is sitting on top, blend it in without adding in extra oil until it is mixed in.
- Once all of the oil has been added and is thoroughly mixed, the mixture will thicken. Add the garlic and lemon juice and mix thoroughly.
- Store in the fridge for up to 7 days in a sealed container. Best eaten on 2nd day

Recipe from laurencariscooks.com

Baked Onion Rings

1/2 onion medium to large
1/2 cup aquafaba
2 Tbsp Low Protein flour
1/2 cup Low protein bread crumbs
1 tsp garlic minced or 1/2 tsp garlic powder
1 tsp parsley flakes dried

- Whisk together the aquafaba and chickpea flour until it is a pasty batter.
- Combine the breadcrumbs and seasonings well.
- Cut the onion into 1/4 inch thick slices, and then separate the rings.
- Dip each ring into the batter and shake off excess coating.
- Toss the ring in the breadcrumb mixture until well coated.
- Gently place on a parchment or silicon lined baking sheet, or the air fryer pan.
- Bake at 375 degrees for 20-30 minutes (watch closely in the final 10 minutes to ensure they don't burn). Adjust temperature and time for air fryer accordingly (all are a little different).

Recipe from plantbasedrecipe.com

Peach Gelato

1 cup minus 1 tsp caster sugar
½ cup plus 1 tbsp water
3 large peaches
1 tbsp lemon juice
1 tbsp aquafaba
1 tbsp sugar
Pinch of cream of tartar

- In a small heavy saucepan, heat sugar and water, stirring until sugar is dissolved.
- Remove from heat and allow to cool
- Peel and pit the peaches, and place them in a blender. Puree until smooth.
- Place the peach puree into a bowl and add the lemon juice and cooled sugar syrup. Chill until cold.
- In a separate small bowl, place the aquafaba along with the sugar and cream of tartar. Beat until frothy. Gently fold in the peach mixture.
- Freeze using ice cream maker. Freeze according to instructions for the machine.

Recipe from cookingbylaptop.com