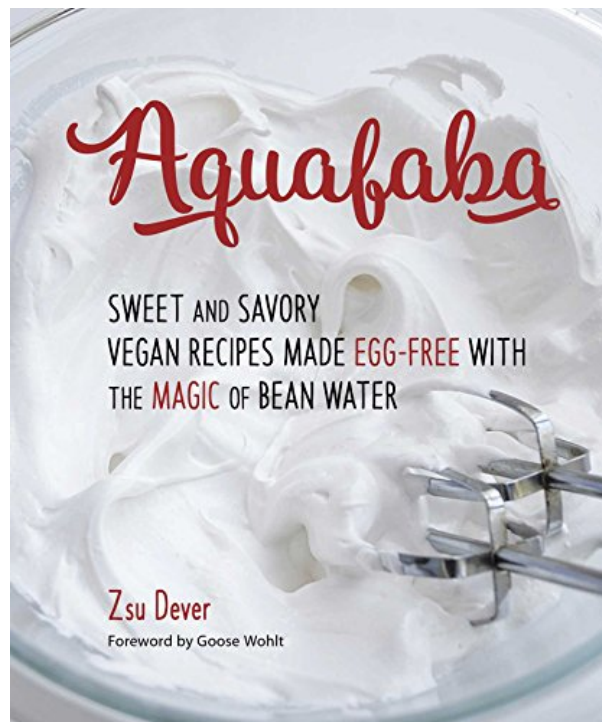
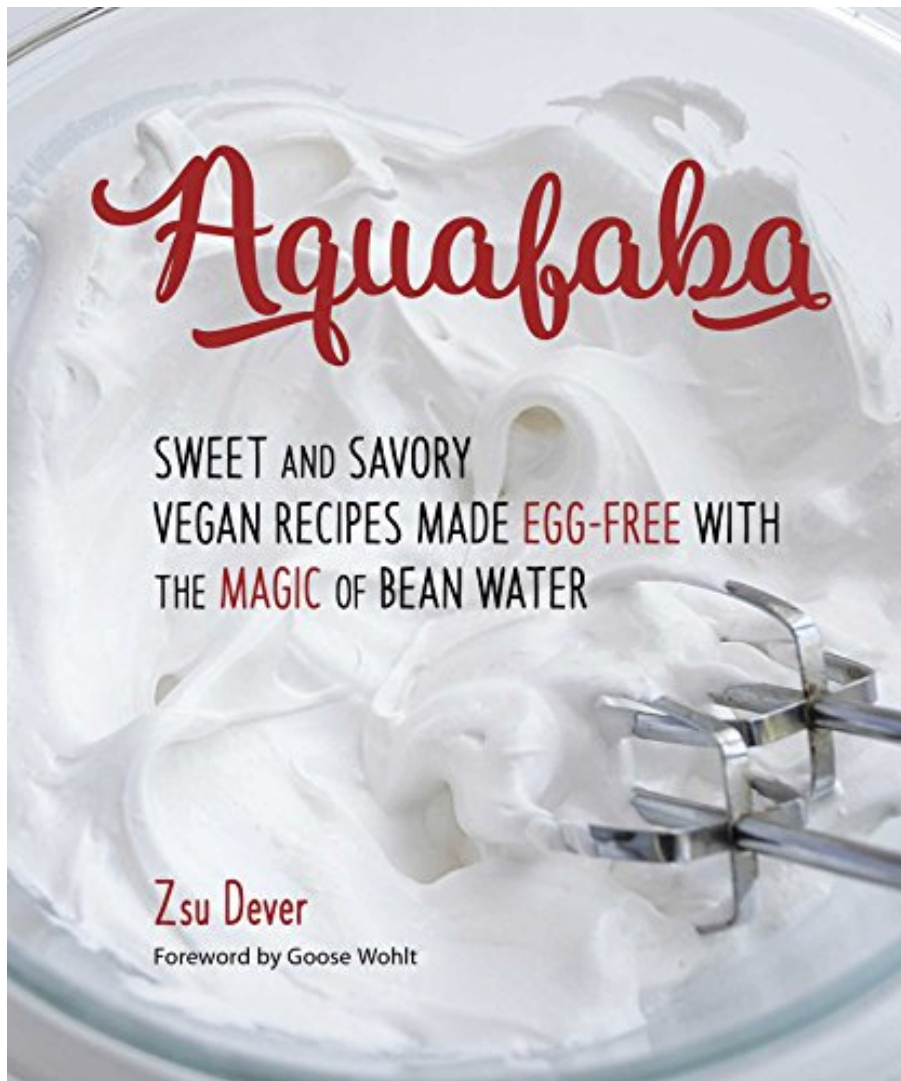


# AQUAFABA: SWEET AND SAVORY VEGAN RECIPES MADE EGG-FREE WITH THE MAGIC OF BEAN WATER BY ZSU DEVER



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## **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. A homeschooling mother of three teenagers, Zsu resides in San Diego, CA.

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# **AQUAFABA: SWEET AND SAVORY VEGAN RECIPES MADE EGG-FREE WITH THE MAGIC OF BEAN WATER BY ZSU DEVER PDF**

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.

- Sales Rank: #2986 in Books
- Published on: 2016-10-04
- Released on: 2016-10-04
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .50" w x 7.50" l, .0 pounds
- Binding: Paperback
- 192 pages

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

Most helpful customer reviews

11 of 11 people found the following review helpful.

I've Used this Magic Bean Liquid (Aquafaba) for almost 2 Years - Pictures and Info Below - and this Book is FANTASTIC!

By Anne P. Mitchell

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.

7 of 7 people found the following review helpful.

Must Have Knowledge

By Joseph R. Vellutini

I am 4 recipes into this book and they are great. I had no idea that liquid from beans could do this. I have bought other books from this author and I have never been disappointed. If you are vegan and like to cook then you have to have this knowledge.

16 of 18 people found the following review helpful.

Great book with lots of varied and intriguing recipes as well as old favorites.

By Boston Lesbian

I have eagerly awaited this book. I knew nothing of the online groups but the idea of using bean water for these purposes was fascinating. I am not vegan or vegetarian but often cook such recipes, and am a very experienced cook.

It surprised me that a number of esoteric ingredients are required. Here's a list of them:

Xanthan gum

Psyllium powder

Kombu

Cream of tartar

Lactic acid

Nutritional yeast

I can't wait to try the recipes. They look fascinating. There's everything from nougat, waffles, vegan cheese, "meatballs", both Swedish and Italian, matzo brei, various pies, portobello schnitzel, marshmallow crime and fudge. There are even a number of recipes for chickpeas that I can't wait to try. You see you need to cook chickpeas to make the bean water. It's great to have ways to use them too.

The bottom line, this is a great book with lots of intriguing recipes. Just be aware you need some unusual ingredients, although maybe they aren't unusual to you.

Recipe reviews to come.

See all 8 customer reviews...

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