



Vegan Desserts with Chef Shuchi Bhardwaj

Vegan Donuts (makes 24)

300 g aquafaba (liquid drained from tinned chickpeas; try to buy organic non-salted)
100 g flour
400 g almond meal/flour
160 g tapioca starch
240 g coconut sugar
100 g cocoa powder
3 tsp baking powder
1.5 tsp baking soda

2 cup almond milk
120 ml coconut oil
2 tsp vanilla extract
50 ml water

Process:

1. Whip aquafaba until it reaches stiff peak. Set aside.
2. In a blender, add all the other liquids and blend.
3. In a bowl, combine the dry ingredients.
4. Add the dry ingredients to the blender and blend until smooth paste is formed.
5. Fold aquafaba into your mixture.
6. Make sure to grease your donut dough tins before piping the mixture in. Fill only 2/3 full.
7. Bake at 170 degrees for 20 mins.



Doughnut glaze:

1 cup icing sugar

3 tbsp cocoa powder

½ tsp vanilla extract

100 ml plant-based milk of choice

2 tbsp coconut oil

Handful freeze-dried raspberries and edible flower petal.

Process:

1. Warm the plant-based milk and coconut oil until lukewarm. Sift the dry ingredients in a bowl and now pour over the warm liquids in a steady stream while whisking from the centre of the mix.
2. Keep emulsifying the mixture by whisking it constantly until it reaches a smooth glossy finish.
3. Dip your doughnuts either fully or partially--your choice--in the glaze and set aside. While the glaze is still wet sprinkle some freeze-dried raspberries and edible flower petals on top.



Vegan cheese cake (makes 4 mini or 1 large)

Base:

40 g almond flour
50 g Almonds or brazil nuts
140g dates
70 g cashew flour
80 g coconut flour
25 g cocoa powder
3 g vanilla

Plain vanilla cream:

200g soaked cashews
80g almond milk
25 g water
95g agave
Pinch salt
3 g vanilla
120g Coconut oil
1 probiotic pill

Flavoured cream:

200g soaked cashews
120 ml fruit puree or coffee (today we have mango and raspberry)
95g agave
Pinch salt
3 g vanilla
120g Coconut oil
1 probiotic pill



Method:

1. To make the base of the cheesecake, blend all the ingredients in a blender until it forms a homogenised paste.
2. Now evenly press this paste into your lined tin with either a spoon or your hands and let it set in the fridge for roughly 20 mins
3. For plain vanilla cream, drain the soaked cashews and place them in the blender with the rest of the ingredients and simply blend until a glossy batter forms.
4. Fill the mould with this batter.
5. Make the flavoured cream in the same way you made the vanilla cream, just add the fruit puree or coffee.
6. Now, you'll create a ripple effect. To do this, pour the flavoured cream (with patience!) from a height, gently rotating the base or your hand. Cover the whole base in a swirl. Now bring your jug lower so some cream can sit right on top also.
7. Using a fork, slightly mix the two creams creating an effect you like.



Lemon meringue pie

Pie crust:

Almond flour 110g
Cashew flour 80g
Coconut flour 120g
Walnut flour 80g
Dates 160g
Vanilla 3g
Coconut oil 20 ml

Vegan lemon curd

1/3 cup cornflour cornstarch
1 cup coconut sugar
¾ cup lemon juice
1 cup coconut milk
¾ cup coconut oil
1/4 teaspoon turmeric

Aquafaba meringue

1/2 cup Aquafaba liquid
1/2 teaspoon cream of tartar
1 cup powdered sugar



Method:

1. To make the pie crust, blend all the ingredients in a blender until it forms a homogenised paste.
2. Now evenly press this paste into your lined tart tin with either a spoon or your hands and let it set in the fridge for roughly 20 mins
3. For the vegan lemon curd, place all the ingredients in a saucepan and on a medium heat. Keep whisking until a thick paste is formed and it sticks to the back of your spatula.
4. Let this mix cool for roughly 15 mins in the fridge covered with clingwrap to prevent skin from forming on top.
5. Pour the mix on top of the lined crust and fill it to the brim of the tart. Let this mix set in the fridge for further 40 mins until the curd is fully set.
6. Once the curd is fully set start to work on your aquafaba meringue. Place the aquafaba liquid in a bowl. Mix the cream of tartar and powdered sugar together.
7. Start whisking the aquafaba with an electric whisk. Once it starts to foam, start to add the sugar and tartar mix in 3 parts.
8. The end result should look like a stiff peak glossy meringue. Now pipe this on top of the pie in one of the various ways shown in the class.