
THE VEGAN EGGZ COOKBOOK



PLANT-BASED EGG ALTERNATIVES FOR
THE ETHICAL GOURMET FEATURING
VEGAN EGGZ ESSENTIALS

THE GENTLE CHEF

"The word "veganism" denotes a philosophy and way of living which seeks to exclude - as far as is possible and practical - all forms of exploitation and cruelty to animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals." ...The Vegan Society

Compassion (derived from Latin and meaning: "to suffer together with") is a profound human virtue and emotion prompted by the pain of other living beings and is ranked as one of the greatest virtues in numerous philosophies and spiritual traditions. More vigorous than empathy, the feeling of compassion commonly gives rise to an active desire to alleviate another's suffering.

Sentience implies the ability to experience pleasure and pain. As vegans, we believe that all sentient beings are entitled, at the very least, to the right not to be subjected to unnecessary suffering.

This understanding of sentience and the desire to alleviate suffering is the primary motivator for embracing veganism and a strict plant-based diet.

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Written, photographed and published by Skye Michael Conroy

Email: thegentlechef@gmail.com

Website: <http://thegentlechef.com>

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Introduction to Eggz and Vegan Eggz Essentials

The Vegan Eggz Cookbook is a culinary guide to creating a wide variety of plant-based egg alternatives which closely approximate the aesthetic qualities of real cooked eggs and egg-based foods.

Vegan Eggz Essentials is my first product sold under The Gentle Chef label and is solely distributed by Modernist Pantry LLC (www.modernistpantry.com). The product can be shipped worldwide.

Vegan Eggz Essentials is not an egg replacer or complete mix like other commercial egg replacer products on the market. It consists of 2 special ingredients portioned and sealed in their own individual pouches and sold in one convenient package. The pouches are labeled “Essentials A” and “Essentials B”. These special ingredients are 100% plant-based, egg-free, dairy-free, nut-free and gluten-free and contain no nutritional value of their own other than dietary fiber. They are used in many, but not all, of the recipes in this cookbook to create remarkably realistic simulations of cooked eggs.



My new recipes using Vegan Eggz Essentials are the result of my quest to create home-prepared egg alternatives that have the appearance, flavor and texture of real eggs but which can also be cooked like real eggs. The exciting thing about these alternatives is that they are easily prepared using soymilk or almond milk and can be customized for different culinary purposes.

Eggz mixtures prepared with Vegan Eggz Essentials can be blended in advance (up to 1 week) and cooked at your convenience. The eggz mixtures can also be used to replace the functionality of real eggs as a binder in many cooking applications. However, the eggz mixtures are not formulated to act as an egg

replacer in baked goods (breads, cakes, muffins, etc), or in other recipes that rely on the protein structure of eggs to create lift (such as soufflés), since their chemical and structural composition is not the same as real eggs. For baked goods you may want to experiment with aquafaba, commercial egg replacers or other ingredients such as flaxseed emulsion, applesauce and bananas.

Tofu-based egg alternative recipes are also included in this cookbook for variety. Tofu is a good source of concentrated and complete plant protein, so it is always a good option. In some cases tofu is required for functionality of the recipes. Please be aware that if you have an allergy to soy, you will only be able to prepare the recipes which use almond milk as an option.

Ingredients in the eggz recipes such as Vegan Eggz Essentials, soymilk or almond milk, tofu, water, starch and food gums are functional ingredients, so for the best results do not modify the amounts suggested or substitute with other ingredients; and always use accurate level measurements. Other ingredients such as nutritional yeast, kala namak, paprika and turmeric are flavoring and coloring ingredients and they can be adjusted to suit your taste - but please try the recommended measurements first.

Regarding nutrition: The new egg alternatives offered in this cookbook are not nutritionally equivalent to real eggs. They were created for those who miss the appearance, flavor and texture of real eggs and not as a primary protein source in the plant-based diet. The protein and other nutritional values of these alternatives are equivalent to the nutritional value of the primary ingredients being used, whether soymilk, almond milk or tofu. Be sure to consume a wholesome, varied and balanced plant-based diet in order to satisfy your nutritional requirements.

To prepare the eggz mixtures, Eggz Essentials A and B are blended with soymilk or almond milk and other ingredients as specified in the recipes for flavor and/or color. A mini blender or immersion blender is required for blending the eggz mixtures, since the Essentials do not mix readily in cool liquids simply by stirring. For dishes such as quiches and frittatas, starch is added to assist setting of the eggz mixtures when cooked. This is necessary when non-dairy cheeses, cooked vegetables and/or meat analogues are combined with the eggz mixtures before cooking.

As a general rule for simulating cooked eggs, the blended eggz mixtures need to chill and thicken before cooking. This allows the ingredients in the Essentials to absorb the water in the soymilk or almond milk, which in turn ensures proper setting of the eggz mixtures when cooked. However, the eggz mixtures do not require chilling when used for some cooking applications, such as eggz-dipping and breading. Please follow the recommendations in the individual recipes.

Will other non-dairy milks work in the formulas? Possibly, but experiment at your own risk. Plain unsweetened soymilk and almond milk, either homemade or commercial, are recommended because of their higher protein content and lower starch content than other plant milks. Other commercial plant milks are almost always sweetened and are usually loaded with additives for homogenization and mouthfeel. Cashew milk thickens significantly when heated and this may cause an adverse effect in the eggz texture.

Remember to keep your expectations realistic because these recipes can only mimic eggs to a certain degree. If you expect exact replicas, you are setting yourself up for disappointment. Creating high quality plant-based egg alternatives is a complex art and there is no doubt that I have many discoveries to make in the future. I've just begun exploring the potential of the Vegan Eggz Essentials. The recipes will continue to evolve as I continue to learn, so expect revisions. I invite you to join me on my journey of discovery...

