

# SOME RECIPES

## VEGAN MAYO\*

- 5 tbsp soy cream
- 1 tbsp lemon juice
- 3 tbsp apple cider vinegar
- 1 tbsp mustard
- Salt and black pepper to taste
- ½ cup sunflower or rapeseed oil

Place the soy cream, lemon juice, vinegar, mustard, salt and pepper in a blender and blend everything together while progressively pouring in the oil. In just a few seconds, the blend will rise and thicken. The mayo is ready to use!

*\* Recipe suggested by Des épices et des graines: recettes-vegetales.fr.*

## CHOCOLATE MOUSSE WITH AQUAFABA

- 70-100 g dark chocolate (adjust the amount to suit your taste)
- 5 oz viscous water from a chickpea jar or can, aka "aquafaba"
- 1 tbsp icing sugar

Pour the chickpea water in a bowl and let it rest in the fridge for about 10 minutes. Whisk the water with the help of a powerful electric whisk so that soft peaks form (about 5 minutes). Slowly add the sugar while still whisking. The final mix, after 5 minutes, shouldn't fall if we turn the bowl upside down. Cut the chocolate into little pieces and melt it with a hot water bath or in the microwave. With a spatula, carefully add the melted chocolate to the mousse. Divide the mousse into 4 glasses or ramekins and place them in the fridge for 1 hour.

## VEGAN CREPES

- 2 cups wheat flour
- ½ cup cornstarch
- 2 cups plant-based milk
- 1 cup lukewarm water
- 2 tbsp vegetable oil
- a pinch of salt
- 3 tbsp sugar
- 1 tbsp vanilla (optional)

Dissolve the cornstarch in the water. In a bowl, mix all dry ingredients. Make a hole in the center of the mix, add the liquid ingredients and mix everything together. Let it sit for at least 1 hour. In an oiled crepe pan, pour in enough of the batter to cover all the surface with the aid of a ladle. Cook it until the edges lift up a bit. Turn the crepe over to cook the other side. Repeat the same steps until you've used all the batter. Remember to add some oil to the pan from time to time.

More crepe recipes at [L214.com/crepes](https://l214.com/crepes).

Like us, animals can suffer and feel joy, and they should be able to live their lives as they wish. Animals are sentient beings, that is, **they have consciousness and are capable of feeling emotions**.

**Be it in cages or in the open, tens of millions of hens and chicks suffer and are killed every year in the egg industry.** Chicks are born in incubators, where they're brutally selected in their first day of life: since they can't lay eggs, more than 50 million male chicks of laying strains are ground up alive or gassed every year in France. A wild hen lays about 20 eggs per year, but farm hens nowadays lay more than 300, what exhausts them very rapidly. After only a year and a half, they are sent to the slaughterhouse and replaced by other hens.

However, there are many plant-based options available to replace eggs. It is perfectly possible to cook without dairy and eggs, and **almost any recipe can be adapted to be 100% plant-based!**

A plant-based diet offers a huge variety of delicious and healthy foods. Meat, dairy and egg alternatives are becoming more and more abundant and ubiquitous. **L214 supports the dietary transition.**

To learn more: [L214.com/remplacer-oeuf](https://l214.com/remplacer-oeuf)



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# HOW TO REPLACE EGGS



## EGGS' COOKING FUNCTIONS

**Binding, rising, humidifying, thickening: the replacement depends on the role the egg plays in the recipe.**

**Rising:** in cakes or buns with a soft texture. If the recipe includes either more than one egg or egg whites beaten until stiff, this is certainly the eggs' role.

**Humidifying / binding:** muffins, cookies, cakes, buns and recipes including a single egg.

**Thickening:** when cooked, eggs thicken puddings, quiches, custards, pâtés...

Often, when the recipe needs only one egg, it is not essential, especially if the recipe contains gluten (wheat, rye, spelt, kamut...). In these cases we can remove the egg without affecting the recipe.

In general, eggs add softness and structure to pastries.

## MUST HAVES IN THE KITCHEN!

**And available in any supermarket**

- Corn or potato starch
- Plant-based cream: soy, rice, oat, almond... try them out to see which one you like the most! Soy cream is the most versatile and the easiest to find
- Yeast

## DID YOU SAY "AQUAFABA"?

This weird word refers to the water found in chickpea cans or jars, which is perfect for recipes asking for egg whites beaten until stiff. Aquafaba also allows us to make a perfect mousse for meringues, macaroons, etc. You have to try it!

- Strain a can of chickpeas.
- Keep the liquid.
- With a powerful electric whisk, whisk it until stiff and then add some icing sugar, just like you would do with egg whites (whisking for a slightly longer time). You'll get a firm mousse with a neutral taste that you'll cook at a low temperature and for a bit longer.





# SPECIFIC PURPOSES

## THE TASTE OF HARD-BOILED EGGS!

The taste and smell of Kala Namak salt are very similar to those of hard-boiled eggs thanks to its sulfur content. Just like sea salt, this condiment is mainly composed of sodium chloride. You can add it to avocado, tofu, salads, etc., but be careful: it has a very strong taste, so don't add too much!

Kala Namak salt, also called black salt or Himalayan salt, comes mainly from the Nepalese Himalayas. We can find it in some specialized stores or buy it online.

## GIVE COLOR TO A CAKE, BUN OR PIE

Sweetened plant-based milk, plant-based cream or agave, maple or date syrup diluted in a bit of water are perfect to brown cakes, buns and pies.

## OMELETTES WITHOUT EGGS

Thanks to silken or firm tofu and chickpea flour, you can still enjoy omelettes and "scrambled eggs"!  
> [L214.com/omelette](https://L214.com/omelette) and [L214.com/tofu](https://L214.com/tofu)

## PLANT-BASED EGG

It's a pre-made product that can be found in some specialized stores.

Plant-based eggs are very easy to use: you just have to replace an egg with a dose of the product and a bit of water. However, this product isn't necessary at all, since the other possibilities described in this leaflet can replace eggs in the same way.



### LET'S MAKE IT EASY:

	1 tbsp corn or potato starch + 1/8 cup liquid	1/4 cup soy yoghurt or blended silken tofu	1/4 cup (about a half) mashed banana, fruit compote (sweet) or vegetable puree (salty) <sup>(1)</sup>	1 tsp oil or nut butter + 1/5 cup of liquid <sup>(2)</sup>	1 tsp apple cider vinegar or lemon juice + 1/4 cup plant-based milk <sup>(3)</sup>
Cakes	✓	✓	✓	✓	✓
Crepes	✓		✓	✓	
Cookies		✓	✓	✓	
Shortbread				✓	
Sweet or salty muffins / cupcakes	✓	✓	✓	✓	✓
Quiches	✓	✓			
Puddings	✓				
Pastry cream	✓				
Ice creams	✓	✓	✓		

### LEGEND:

1/5 cup liquid (water or plant-based milk) = 2 tbsp

✓ = the ideal method for the recipe



- (1) Choose thick apple, pear or peach compotes or pumpkin, carrot or tomato purees. Mashed or blended banana (which has a powerful taste) gives ice creams a texture similar to that of Italian ice creams.
- (2) Nut (almond, cashews...) butters replace egg yolks in muffins, pizzas or pastry crusts or custards. They have a strong taste.
- (3) Lemon juice and vinegar curdle and thicken soy cream, and they allow us to replace eggs in cakes, muffins and cupcakes.

## THE EGG WHITE APPEARANCE

Mixed with water, chia seeds and ground flax seeds produce a sticky substance very similar to that of egg whites. It's better to grind flax seeds as we need them, since once ground they can get oxidized quite quickly.

You should mix 2 tsp chia seeds or ground flax seeds with 2 tbsp liquid. You have to let (whole) chia seeds sit for 10 minutes after mixing them with water.

## LEMON JUICE, VINEGAR AND BAKING SODA AS RAISING AGENTS

These ingredients replace egg whites beaten until stiff. They soften the dough and contribute to making it rise in combination with yeast. They can be used for sponge cakes, muffins and loaf cakes.

Since the reaction occurs at the moment we add them to the dough, you have to add them at the last moment, mix everything and put it quickly in the oven.

You have to add a tsp baking soda for every tsp apple cider vinegar or lemon juice. It's best to use lemon juice for sweet recipes.

## FLOURS FOR THICKENING

To thicken quiches and cakes, it's usually enough to replace 1/4 of the recipe's flour with chickpea, soy or lupin flour or with kokkoh, millet or rice porridge. Chickpea, lupin and soy flours add a slight golden color to the recipes. Thanks to these flours, you can also change your crepe doughs!

## AGAR-AGAR, A POWERFUL GELLING AGENT

Agar-agar is a transparent, tasteless and odorless algae that can be used as a gelling agent. You can use it in any recipe you want to solidify: cakes, puddings, pannacotta... You have to boil the agar-agar to activate its gelling function, which will be noticeable once the recipe has cooled down. Choose the powder version, which is much more convenient. When we reheat a dish containing agar-agar, it doesn't lose its firmness.

2 g powdered agar-agar (about a flat tsp) are enough for 2 cups of liquid.