

NOTES FOR CHIP COOKS

What is egg replacer and how is it used in CHIP's new "Eat More" cookbook?

It is a powder. The idea is to try cooking without the use of any animal products and egg replacer powder is egg-free and therefore vegan-friendly, made from potato and tapioca. Energy-G is a popular egg replacer powder commonly available in the US.

How much do you need to use?

The recipes give the quantities for the dried powder. The recipe on page 132, the Roast Vegetable Quiche, uses 1/2 cup egg replacer. It does need 1/2 cup of egg replacer powder even though it seems like a lot. This exchange is different from a typical amount to exchange per egg, however, these types of flan recipes typically call for anything from 6-8 eggs. The desired texture is quite egg-like. As the egg powder is made from tapioca and potato there is no nutritional harm there.



Adapting popular recipes for plant-based eating - Pg 22 - egg alternatives What would be the amounts used to replace one egg?

The reason that no amounts are stated here is that the amounts vary depending on the type of food you are preparing and what functional properties you are attempting to recreate. For this reason we have provided the quantities needed in the actual recipe, e.g. Pumpkin and Spice Pie (pg. 156) contains 4 Tbsp cornstarch or arrowroot powder. We left out instructions intentionally because the instructions vary so much and can be somewhat ascertained from the packets of ingredients. i.e. a packet of egg replacer powder advises you on how much powder to use to replace one egg.

Here is a website with some additional information that you may find useful:

<http://www.peta.org/living/vegetarian-living/Egg-Replacements.aspx>
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It provides the following information:

Tofu: Tofu is great for egg substitutions in recipes that call for a lot of eggs, like quiches or custards. To replace one egg in a recipe, purée 1/4 cup soft tofu. It is important to keep in mind that although tofu doesn't fluff up like eggs, it does create a texture that is perfect for "eggy" dishes.

In Desserts and Sweet, Baked Goods: Try substituting one banana or 1/4 cup applesauce for each egg called for in a recipe for sweet, baked desserts. These will add some flavor to the recipe, so make sure bananas or apples are compatible with the other flavors in the dessert.

Other Egg Replacement Options

- 1 egg = 2 Tbsp. potato starch
- 1 egg = 1/4 cup mashed potatoes
- 1 egg = 1/4 cup canned pumpkin or squash
- 1 egg = 1/4 cup puréed prunes
- 1 egg = 2 Tbsp. water + 1 Tbsp. oil + 2 tsp. baking powder
- 1 egg = 1 Tbsp. ground flax seed simmered in 3 Tbsp. water
- 1 egg white = 1 Tbsp. plain agar powder dissolved in 1 Tbsp. water, whipped, chilled, and whipped again

Egg Replacement Tips

- If a recipe calls for three or more eggs, it is important to choose a replacer that will perform the same function (i.e., binding or leavening).
- Trying to replicate airy baked goods that call for a lot of eggs, such as angel food cake, can be very difficult. Instead, look for a recipe with a similar taste but fewer eggs, which will be easier to replicate.
- When adding tofu to a recipe as an egg replacer, be sure to purée it first to avoid chunks in the finished product.
- Be sure to use plain tofu, not seasoned or baked, as a replacer.
- Powdered egg replacers cannot be used to create egg recipes such as scrambles or omelets. Tofu is the perfect substitute for eggs in these applications.
- If you want a lighter texture and you're using fruit purées as an egg substitute, add an extra 1/2 tsp. baking powder. Fruit purées tend to make the final product denser than the original recipe.
- If you're looking for an egg replacer that binds, try adding 2 to 3 Tbsp. of any of the following for each egg: tomato paste, potato starch, arrowroot powder, whole wheat flour, mashed potatoes, mashed sweet potatoes, instant potato flakes, or 1/4 cup tofu puréed with 1 Tbsp. flour.