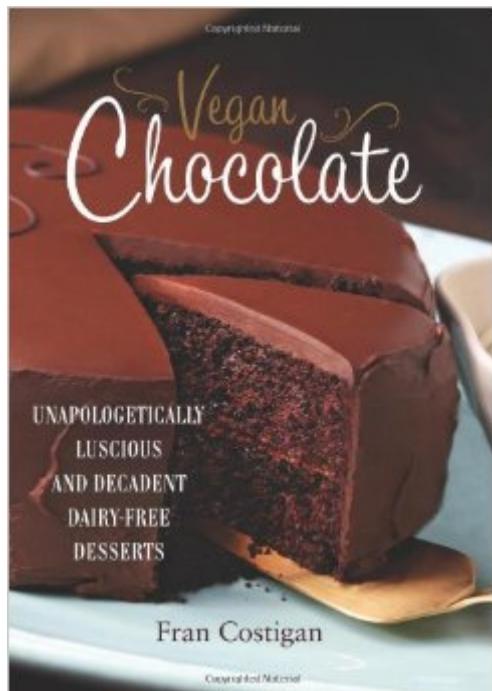


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Vegan Chocolate: Unapologetically Luscious And Decadent Dairy-Free Desserts



Synopsis

It can be difficult to find truly indulgent vegan desserts—especially chocolate. But for the first time, chocolate cakes, brownies, truffles, puddings, ice creams, and more are within reach: dairy-free, organic, fair-trade, and sublime. Author, baking instructor, and vegan powerhouse Fran Costigan has dedicated years to satisfying her sweet tooth while keeping it vegan. Through experimentation and long hours in the kitchen, she's recreated some of her favorite chocolate desserts as better-for-you interpretations that pass the taste test: Bittersweet Chocolate Truffles (with a variety of flavor variations), a Brooklyn Blackout Layer Cake, a Sacher Torte, even chocolate Moon Pies! Her detailed instructions make for professional-quality outcomes every time: it's like a personal baking class, right in your kitchen. The perfect gift for anyone with a sweet tooth, Vegan Chocolate is sure to become an instant classic.

Book Information

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Customer Reviews

I will say that I was a tester for this book so I have tried a fair amount of these recipes and had the pleasure of making them with the guidance of Fran. She has made this book such an incredible masterpiece. I knew it would be great but it far exceeded my expectations. Fran has such a vast amount of experience and knowledge with all things pastry and a love for chocolate and it shows. The book is brimming with information to help you succeed and each recipe is clearly written and explained so you will have no problems. The ingredients are easy to find and there are lots of ideas for substitutions whether they be for allergies or lifestyle (oil free) or just taste preference. Fran has

used wholesome ingredients and yet the desserts always taste rich and indulgent. The book itself is beautiful, I feel bad putting it on the bookshelf. There are lots of full color photographs to show you what you aiming for and just to make you drool! Some of my favorites are the legendary Chocolate Cake to Live For, Chocolate and Olive Oil cake (my mother requested it for her birthday!), Blondies, Magic Cookie Bars, Low fat and Luscious Hot Cocoa as well as the Quick and Easy Homemade Hot Cocoa, Chocolate Chunk Banana Bread Pudding, Brooklyn Blackout Cake (my husband's favourite), Chocolate Pecan Cranberry Coffee Cake (decadent spin on a classic), Creme Fraiche Truffles (I couldn't stop eating them!), Mocha Creme Brûlée (so rich and creamy), Chocolate Almost Instant Pudding and the Raspberry Chocolate Silk Tart. I have to point out our two very favourite recipes. The Buche de Noel is a standout! It is incredibly tasty and while it seems intimidating to make, Fran has broken it down into manageable steps in order so you have a plan of attack.

The fact that I find myself writing a review of a cookbook is pretty humorous. I've been a musician all of my life and am quite comfortable writing reviews of music and arts-related projects that I think people need to be aware of, but a cookbook? That's something my awesome chef of a wife is much better qualified to do. On the other hand, it's always a joy to share something you love with other folks, and I LOVE this cookbook. Since we began eating plant-strong/non-animal/vegan (whatever you'd prefer to call it), the one food category we've missed most is dessert and, in particular, chocolate dessert. There are lots of wonderful things you can create with fruit, but when the cacao/chocolate desire springs up, black bean brownies don't quite fit the bill. While vacationing at the Chelsea Market in NYC, we wandered into a book store that emphasized local authors. Surveying the stacks, my eye was drawn to the cover and the seeming dichotomy of the word 'Vegan Chocolate' imposed over a beautiful photo of an amazing chocolate iced chocolate cake. Next to the Happy Herbivore cookbooks, Fran Costigan's book is the best investment we've made. The book has a variety of recipes from very simple and reasonably quick 'Double Chocolate Chunk Cookies,' to a multi-step layered 'Chocolate Cherry Miroir Cake,' both of which are fabulous. Obviously Costigan has invested much time experimenting to come up with these perfect recipes. And one if the most rewarding things is that, if you don't tell folks these are vegan recipes, I can almost guarantee they won't notice...they're simply excellent, rich and (occasionally) decadent desserts.

In *Vegan Chocolate*, author Fran Costigan shows the reader how to make 120 vegan chocolate

desserts including truffles, pies, cupcakes, brownie, bread pudding, tartlets, frozen desserts, frosting, sauces, drinks and my personal favorite: The No-Oil Added Chocolate Torte to Live For, a moist, luscious rich chocolate cake with a Bittersweet Chocolate Ganache Glaze â “ a cake I could easily bake and eat every day. Every time I bite into that cake, I have to remind myself I am not eating a chocolate cake made of flour, sugar, butter and eggs but rather a cake made primarily of flour, Dutch-process cocoa powder, coconut milk, almond milk, maple syrup, and sugar (albeit a 1/4 cup). And, whenever I serve the No-Oil Added Chocolate Torte to Live For, no one can believe itâ ™s vegan and oil-free. For skeptics (of which I was one myself), I simply tell them â œpage 70.â • You may never make a chocolate cake with butter and eggs again; itâ ™s that good. In Vegan Chocolate, Costigan does more than provide easy recipes for delicious desserts; she also writes of the importance of ingredients (flours, sugars, extracts, fats, dried fruits, nuts, leavening agents, thickeners, cocoa versus cacao, and more) and most importantly, of chocolate: the types, how to store and how to use. Equipment is also crucial and the author provides valuable information on the best tools to use when handling chocolate, most of which are in a typical kitchen. Sources are also provided in the back of the book. There are three important aspects to a cookbook for me: simplicity, ingredients, and taste.

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