

SWEETS FOR THE SENSITIVE

As a cake artist and pastry chef, I have many clients that come to me for desserts and cakes made dairy free, gluten free, sugar free, vegan and any other “free” you can think of. As both a professional or a parent/family member, it can be daunting to navigate the realm of “free” baking. Baking is chemistry, and if the reactions are not correct within a baked good, then the result can be an unpleasant, and inedible dish. 13 years ago, I found myself thrown, head first, into the “free” baking arena because my daughter was diagnosed with an illness, put on medication and the medication created allergic reactions to multiple food sectors, namely; gluten, dairy, eggs, soy and yeast.

One of the most difficult types of “free” baking to navigate is Vegan. Vegans don’t consume anything that comes from an animal, like dairy, or eggs, of course meat but also honey and gelatin. When the 3 main ingredients for any baked good are sugar, eggs & butter, to eliminate 2 of the 3 seems a bit impossible. But I assure you, it’s not only possible, the results are even delicious! I’m providing you with recipes (at the end of this document) for **chocolate vegan cake, white vegan cake and even a vegan buttercream (see the photo)**.

If you have the need to make these recipes gluten free also, you can substitute the flour for a Gluten Free flour blend.

Top 10 Allergens;

Eggs • Dairy • Peanuts • Soy • Gluten • Tree Nuts • Shellfish • Fish • Raw Fruits and Vegetables • Sesame Seeds

Eggs; Watch out for other names used for egg products on labels: albumin, globulin, lecithin, livetin, lysozyme, and words with ovo, and ova in their prefixes, silica albuminate, simplese, vitellin

FLAX EGG RECIPE; 2 1/2 T water + 1 T flax meal, let sit for 10 minutes to become gelatinous.

Soy; watch for it snuck in many things as the oil or fat. Vegetable oil IS soy oil. Watch for soy in chocolate products

Gluten; wheat, barley, rye all have gluten. Oats are ok if processed in a GF facility. Watch for pre-made GF flours that may have nut flours added in, for anyone sensitive to nuts.

If you wish to create your own flour blend, you can contact The Gluten Free Baking Company at www.thegfbakingco.com and ask for Roanna’s recipe for GF flour. Tell her Charity sent ya!

Remember to read labels, vigilantly!

Chocolate Vegan Cake

-Chef Charity

Sift into a bowl...

1 1/2 c. flour (can be GF if you wish)

1 c. sugar

3 T. Cocoa

1/2 tsp. salt

1 tsp. Soda

Make an indentation in the dry ingredients for each of the wet ingredients...

6 T. extra virgin coconut oil melted

1 tsp. Vanilla

1 T. vinegar

1 c. water (room temperature)

Mix all together very well and pour into an 8x8 pan. Bake at 350 degrees for 30-35 min until a cake tester comes out clean.

Quick chocolate frosting:

Melt 1/2 package semi sweet chocolate chips in a microwave (approx 1 min.) w/ 2 T. vegan butter sticks. Add 1 to 1 1/4 c. sifted powdered sugar alternating with 1/4 c. coconut milk until at desired consistency.

White Vegan Cake

-Chef Charity

Sift into a bowl...

1 1/2 c. flour (can be GF if you wish)

1 c. sugar

3 T. Almond Meal (if there's a nut allergy concern, use coconut flour)

1/2 tsp. salt

1 tsp. Soda

Make an indentation in the dry ingredients for each of the wet ingredients...

6 T. extra virgin coconut oil melted

1 tsp. Vanilla (or other flavoring)

1 T. vinegar

1 c. water (room temperature)

Mix all together very well and pour into an 8x8 pan. Bake at 350 degrees for 30-35 min until a cake tester comes out clean.

Vegan buttercream

Use 1c. Vegan Butter STICKS

1-2 lbs. powdered sugar (depending on the consistency you need)

1 tsp vanilla (add a little citric acid too for that cream cheese style "tang" if you wish)

1-2 T coconut milk (again for consistency)

