

Dessert

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**TOP TEN BREAD
BAKERS 2011**
presented by





Cafe Gratitude's vegan ice cream sandwiches.

DAIRY-FREE AND DELICIOUS:

Vegan Frozen Desserts That Don't Leave Flavor Out In the Cold

There's a reason Fran Costigan is known as the "Queen of Vegan Desserts." Costigan, a trained pastry chef, culinary instructor, author, and consultant, proves that vegan desserts are in no way limited by ingredients, flavor, or creativity. "Vegan desserts were uncharted territory in the late 1980s, and unless you liked the gummy and heavy health food style vegan desserts of the day, you were out of luck," she explained. And so she researched, tested, and baked until she got the product for which she was searching: "No-apology-needed delicious desserts that just happened to be vegan."

Costigan believes that the process of making vegan frozen desserts oneself should not be considered a daunting task. In fact, they are some of the easier treats to make at home. "Some frozen desserts can be made by creaming the frozen bases in a food processor, but for the best texture, I specify chilling the

ice cream base and using an ice cream maker." After 40 minutes in the freezer, the dessert is ready for eating. Almond milk, coconut milk, soy milk, and tofu are commonly used frozen dessert bases, but according to Costigan, avocado also works well. In developing her desserts, she researches non-vegan versions and then adapts to make them out of ingredients that are vegan.

Bakers of all levels of culinary skill can attend Costigan's courses in vegan pastry techniques at the Institute of Culinary Education, the Natural Gourmet Institute, and the Natural Kitchen School. Fran Costigan's Vegan Baking Boot Camp Intensive® is also a highly sought-after course attended by students from all over the world.

The idea for Atomic #7 in Henderson, Nevada, came one hot day when owner Ginger Corbett and a few friends, who eat organic, vegan, or are lactose free,

were frustrated that they couldn't easily pop in somewhere for a scoop of ice cream. Creative wheels started turning and the result was Atomic #7 a frozen dessert shop accommodating all types of diets, preferences, and digestive needs.

At Atomic #7 guests have input on every part of the dessert process. Each customer receives a piece of paper and marker to check off the following items: size and type of dessert (made to order ice cream, "raw nutrient dense ice cream," or a frozen milkshake) milk base (almond, coconut, soy, rice, lactose free, and regular milk, or tart yogurt), bowl or cone (a gluten free cone is also available) sweetness (cane sugar, agave, stevia, or honey) flavors, sauces, and "chunky" toppings.

Atomic #7 uses a patented freezing process to turn the ingredients into ice cream on the spot. As Corbett explained,

Recipe for Vegan Ice Cream Adapted from
More Great Good Dairy Free Desserts Naturally,
by Fran Costigan

Fran Costigan's Coconut Sorbet

Makes 1 pint

13.5 oz/383 g full-fat organic coconut milk
6.17 oz/175 g organic sugar
2 tsp finely minced lime zest (organic)
2.4 oz/68 g unsweetened dry organic shredded
coconut, toasted and cooled
1 tsp pure vanilla extract
Flaked coconut for serving (optional)

1. Add enough water to the coconut milk to measure 1 pt/480 ml. Mix the coconut milk and water, sugar, and lime zest in a medium saucepan. Bring to a boil over medium heat, whisking frequently. Reduce the heat to low, and simmer for 3 minutes.
2. Off heat, add the shredded coconut and vanilla extract. Cover the saucepan and set aside for 10 minutes. Remove the cover, stir and allow the coconut milk mixture to cool in the saucepan. When cool, refrigerate in a covered container for at least 8 hours to let the flavor develop fully, or overnight.
3. About 15 minutes before making the ice cream, strain the coconut milk mixture through a fine-mesh strainer set over a bowl, pressing hard on the coconut. Reserve the coconut; it will be added to the ice cream. Refrigerate the ice cream base for 15 minutes. Chill a quart container in the freezer.
4. Stir the base and pour into an ice cream maker, following the manufacturer's directions. When the ice cream has reached the consistency of a soft-serve, add the reserved coconut. Continue to churn until the coconut is incorporated. Pack into the chilled freezer container; freeze 20 to 40 minutes until hardened before serving. Allow time at room temperature to soften slightly. Serve in chilled bowls, garnished with coconut flakes or shreds. The ice cream can be frozen in a tightly covered container for up to one week with no loss of flavor. Allow to soften before serving, as needed.

Café Gratitude's Raw Butter Pecan Ice Cream

Yield. 1 pint

12 liq oz/360 ml water
1.76 oz/50 g pecans
2.6 oz/76 g macadamia nuts
2 Tbs vanilla extract
3 oz/84 g agave syrup
1 Tbs lecithin
1/4 tsp plus 1/8 tsp salt
2 tsp yacon syrup

1. In a blender, blend all ingredients really well until they are

*A Dish of Ice Cream: Coconut Sorbet sprinkled
with toasted coconut and flaked coconut.*



Photo by Linda Long

- ice cream mixture will more readily freeze into ice cream.
2. Process in an ice cream machine according to manufacturer's instructions. This kind of ice cream is best eaten right away, as freezing it will make the ice cream hard. If you do choose to store ice cream, keep in freezer in an airtight container.

Atomic #7's Raw Vegan Chocolate Mousse

Yield. 1 pint

13.5 oz/383 g coconut milk
2 avocados
6 Tbs agave syrup
2 tsp vanilla extract
6 Tbs cocoa powder
2 Tbs coconut oil

Place all ingredients except the coconut oil in a blender and blend on high speed until creamy. Check sweetness. With blender on high, slowly drizzle in coconut oil. Store in an airtight container in the refrigerator.