



Chef Fran Costigan

Meet the “Queen of Vegan Desserts”

Expertise:

Vegan Pastry Arts; Vegan Cuisine; Organic/Fair-trade/Natural Sweeteners and Chocolate; Whole Grains; Alternative Diets; Desserts; Baking; Recipe Development; Consulting; Food Writing; and Culinary Education.

Native New Yorker Fran Costigan, the “Queen of Vegan Desserts,” is an internationally recognized culinary instructor, author, consultant, recipe developer and *the* pioneering vegan pastry chef who marries healthy eating with sumptuous tastes. The “Fran Factor” is her unique ability to transform traditional desserts into modern, healthful, and luscious vegan desserts that satisfy vegans and omnivores alike. In Fran’s recipes, ‘nothing is missing except the dairy, eggs, white sugar, cholesterol, and excess fat.’ Fran’s vegan desserts appeal to a growing and diverse population including those who are ethical vegetarians, lactose intolerant, egg allergic, eliminating dietary cholesterol, following kosher and other religious diets, and those living an eco, green lifestyle. Fran’s recipes use organic, fair trade, and wholesome ingredients to make rich, moist cakes, flaky piecrusts, delicious cookies, puddings, and more.

A graduate of the New York Restaurant School, the Natural Gourmet Institute for Health and Culinary Arts, and Nick Malgieri’s Professional Pastry Intensive, Fran worked as a pastry chef in both traditional and vegan kitchens, and has been teaching cooking classes for over 20 years. Today, Fran teaches her unique courses at the Natural Gourmet Institute (including her always sold-out Vegan Baking Boot Camp Intensive®), and at the Institute of Culinary Education, and she presents demonstrations and lectures at venues throughout the US and Canada. Fran is *the* authority on all things related to vegan baking and desserts.

Fran has dedicated her career to creating healthy, wholesome desserts that are so delicious they rival their nonvegan counterparts. Fran’s innovative recipes, from retro fun desserts to elegant vegan versions of the classics, are clear, and concise, producing excellent results every time. As a follow up to *Great Good Desserts Naturally!: Secrets of Sensational Sin-Free Sweets* (Good Cakes Publications), Fran’s second cookbook, *More Great Good Dairy-Free Desserts Naturally* (Book Publishing Company, 2006), is designed as a complete course in vegan baking. Recipes use organic whole grains, fair trade chocolates and natural sweeteners, and clean seasonal ingredients; no white sugar or even ‘organic junk’ allowed! These exceptional desserts are vegan by design, not by taste. Fran is now at work on her third cookbook, *Irresistible Chocolate Vegan Desserts For Everyone: Unapologetically Delicious, Organic and Fair*, Running Press, fall 2013.



Along with her celebrated ‘Chocolate Cake to Live For’, Fran has been featured on Discovery Health’s Get Fresh with Sara Snow, and her ‘Healthy Organic Vegan Twinkies’ have been featured on Better TV and ABC’s Nightline. Her work has been profiled in numerous print and online publications such as VegNews, The New Yorker Magazine, New York Magazine, Veg Family, Vegetarian Journal, Vegetarian Voice, Flavor & The Menu Online Magazine, Desserts Magazine, Café Sweets Japan and Organic Spa Magazine. She is an advisory board member of the New York Coalition for Healthy School Foods (NYCHSF), and was selected by the International Association of Culinary Professionals (IACP) to lead a “Cooking Schools & Teachers Teleforum - Moving into the Vegan/Vegetarian Cooking Class Arena” and is a contributor to the IACP e-newsletter. Fran also promotes her message through her additional professional affiliations, which include the New York Women’s Culinary Alliance (NYWCA), Women Chefs and Restaurateurs (WCR), and the aforementioned International Association of Culinary Professionals (IACP).

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For more information visit: www.francostigan.com

What the pros say about Fran...

“After eschewing butter, cream, and eggs for vegan versions in the ‘80s, Costigan has shaped the art of vegan baking like no other. In fact, many say that Costigan is the country’s first-ever vegan pastry chef, and her flawless cakes, cookies, and tarts will make you a believer.”

- **Colleen Holland: Publisher, VegNews Magazine**

“I have nothing but the greatest respect and admiration for the work Fran Costigan does. She is the person the pros, and dedicated amateurs turn to for knowledge of egg-free, dairy-free baking; no one I know does it better”.

- **Michael Romano: Executive Chef/Partner, Union Square Café**

“I’m a fan of traditional pastry – flaky, buttery pie crusts, sugar cookies made with white sugar and wheat flour, rich pastry creams and all of that. I’ve even worked as a pastry chef. But when I wanted to make a chocolate cake for a vegan friend, I didn’t know where to begin. Thankfully Fran Costigan came to the rescue. I made her chocolate cake with tofu-based icing. I couldn’t believe how utterly delicious it was! No one who tasted the tender-crumbed, dark chocolate cake guessed that it was made with whole-wheat pastry flour, maple syrup, no eggs and oil instead of butter. Even I, the big doubter, was terribly impressed and very pleased to know that such good confections can be made in a healthful manner without losing their taste. Cooking from Fran’s book has taught me to open my mind to new possibilities. Vegan I am not, but I’d make this cake (and many of her other recipes) again, purely for my own selfish enjoyment.”

- **Deborah Madison: Author of Vegetarian Cooking for Everyone & Seasonal Fruit Desserts**

“In More Great Good Dairy-free Desserts Naturally Fran Costigan offers tips, techniques and fabulous recipes for pro- organic desserts made with minimally-processed ingredients, suitable for those who need or prefer non dairy.”

- **OMamaReport.com for the Organic Trade Association**

“Fran is a specialist in vegan desserts like no other; a fine cook, excellent instructor, and a really good writer. What a winning combination”.

- **Dr. Annemarie Colbin: Founder and CEO, Natural Gourmet Institute for Health and Culinary Arts**

“Fran’s recipes are delicious and innovative. She is truly the queen of vegan desserts.”

- **Jennie Matthau: Director and President, Natural Gourmet Institute for Health & Culinary Arts**

“I have had the pleasure of tasting Chef Costigan creations, and can say not only are they delicious and satisfying, but they are on par with the traditionally sugar-sweetened, dairy laden desserts our school’s pastry chefs create”.

- **Rick Smilow: President, The Institute of Culinary Education**

“Fran’s desserts are over the top and good for you too.”

- **Joy Pierson & Bart Potenza: Owners, Candle 79 & Candle Café**

“I took my first vegan cooking class with Fran when I was in high school visiting New York with my mom. Fran was fabulous and her class inspired me to attend The Natural Gourmet Institute. She is as lovely and warm as she is a great baker!”

- **Chef Chloe Coscarelli: Winner of Cupcake Wars on The Food Network**

“Since most of us gobble 130-plus pounds of sugar annually, why not use more healthful forms of this indulgence we all hate to love? Demand for egg-and dairy-free dessert due to allergies, cholesterol concerns and ethical choices is matched with an extensive proliferation of new recipes make More Great Good Dairy Free Desserts Naturally a kitchen must-have. Fran knows sweets like Dr. Phil knows emotional disorders, but don’t let this gourmand intimidate you; while the Peanut Butter Mousse in Chocolate Candy Cups recipe is more advanced, the Banana Cream Pudding reads like follow-the- dots. Since baking demands exactness, Costigan arms readers with practical advice, like not replacing dry sweeteners with wet ones, and that carob does not a cocoa-substitute make.”

- **Gail Davis: Author, So Now What Do I Eat and Writer, VegNews Magazine**

“Fran Costigan has done it again. Her latest cookbook, More Great Good Dairy-free Desserts Naturally, is much more than an update of Great Good Desserts Naturally, her first such book published in 1999. New Yorkers will want to try the New York Eggless Creammade with Costigan’s incredibly decadent Ultimate Chocolate Sauce, and kids of all ages will go nuts for the Caramel Popcorn Treats. Costigan’s expertise as a pastry chef is captured in her foolproof flaky piecrusts and tarts. She painstakingly walks the reader through each step in such a way that you feel you are in her classroom.”

- **Mimi G. Clark: Owner and Instructor, Veggie Gourmet Cooking School, Fairfax, VA**

What the customers say about Fran...

“I have been vegan for nearly 9 years and have done quite a bit of baking both in restaurants and at home. I have to admit the German carob un-chocolate cake is one of the best recipes I’ve ever used for a cake. Many non-vegan friends never knew the difference and joked that I’d returned to their side. With the recipes in this book you don’t have to give up light moist cakes. Thanks Fran. And I can’t wait till I have time to take your pastry class in NYC.”

- N. Cloud on Amazon.com

“For many years now, I have kept More Great Good Desserts Naturally to myself, considering it a trade secret. (I am best known on Nantucket for my version of “Chocolate Cake to Live For”). Only recently have I begun to share Fran with my closest friends. Alas, it is good to share what you value most.”

- Daniel Patrick Ross, Caterer on Nantucket Island, MA, on Amazon.com

“After purchasing More Great Good Desserts Naturally, I was so impressed that I traveled to New York from Dublin to attend Fran’s Vegan Baking Boot Camp Intensive - what a fantastic experience! If you are interested in baking healthier desserts that taste like desserts- this is the book for you. The instructions are detailed and lead to consistent results. I highly recommend this book to everyone!”

- M. Doyle, Custom Cakes, Dublin, on Amazon.com

“I have just about every vegan dessert cookbook that is out there - and the one I ALWAYS turn to is this one! I like the fact that Fran doesn’t use egg replacer and the ingredients are as natural as possible. The chocolate cake is one that I am asked to back over and over again - it is now what people ask me for as a birthday present! Even die-hard people who won’t touch ‘that strange vegan food’ wolf down the chocolate cake. Many thanks to Fran for such fantastic recipes from a fan in South Africa.”

- Maureen Cram, on Amazon.com

“I have a daughter with dairy and egg allergies. What teenager doesn’t want to enjoy desserts with her friends or at birthday parties? This cookbook allows you to do that with little effort. The chocolate peanut butter mousse is awesome. The kids didn’t even know there was tofu in it. Thanks to the author to give nondairy eaters something better to eat.”

- Judy Hafemeister, on Amazon.com

“There’s a chef in my kitchen! I love Fran’s straight-talk style...it’s as if she is right here in my kitchen giving helpful hints and encouragement. From the “Getting Started” intro chapter to all the great tidbits of information throughout, her book is a great education for the novice and more experienced baker. Oh, and the recipes I’ve tried so far, are incredibly yummy!”

- Carolyn Arcario, on Amazon.com

“If you’re looking for fantastic dairy- and egg-free desserts, look no further than this cookbook. I have made almost every recipe from this book, and have not been disappointed. One of the highlights is the amazing Chocolate Cake to Live For, the cover recipe! The recipes include all types of desserts; cakes, pies, cookies, cobblers, puddings, you name it! There’s also a very detailed explanation of ingredients that can be substituted for eggs and dairy and how they work in the recipes. And no refined white sugar or honey here.”

- Diane Jeffers, Caterer on Amazon.com

“My husband and I purchased this book after taking a class with Fran at Institute of Culinary Education. It is wonderful. The first item I made was the Chocolate Cake to Live For and let me tell you it was wonderful! I brought it to work two days after making it and everyone still raved about it. I really enjoyed all of the information at the beginning of the book regarding ingredients, sweeteners, etc. It was all very helpful and interesting. The other thing I found very helpful was the information regarding pan sizes, amounts of batter, etc. Having it all laid out for you is very helpful especially when the recipes tell you how much batter they yield. I have a number of other vegan cookbooks and have had many mixed results with them (strange textures, weird tastes, etc). Everything I have made out of this one has been great! “

- Kimberly Sansone, on Amazon.com

“This is one of the first dessert cookbooks I bought when I went vegan. Every recipe I’ve tried has turned out delicious. I like that Fran uses alternative sweeteners and healthier flours. Sometimes I change up the sweeteners and my desserts always turn out amazing.”

- Christy Morgan, The Blissful Chef on Amazon.com