

Chef Fran Costigan

Meet the “Queen of Vegan Desserts”

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 and excess fat.’ She is *the* authority on all things related to vegan baking and desserts.

A graduate of the New York Restaurant School, the Natural Gourmet Institute, and Nick Malgeri’s Professional Pastry Intensive, today Fran teaches her unique courses at the Institute of Culinary Education, the Natural Gourmet Institute (including her always sold-out Vegan Baking Boot Camp Intensive®), and at other venues throughout the US and Canada. Fran’s second cookbook, ***More Great Good Dairy-Free Desserts Naturally*** (Book Publishing Company, 2006), is designed as a complete course in vegan baking. Fran’s recipes feature organic whole grains, fair trade natural sweeteners and chocolates, and clean seasonal ingredients. Fran’s third cookbook, ***Irresistible Chocolate Vegan Desserts for Everyone: Unapologetically Delicious, Decadent, Dark, Organic and Fair***, will be published by Running Press, fall 2013.

Fran and her decadent modern vegan dessert recipes have been featured on Discovery Health Channel Show *Get Fresh with Sara Snow*, on Better TV, and on ABC’s *Nightline*. Her work has been profiled in numerous print and online publications such as *The New Yorker*, *VegNews*, *Veg Family*, *Vegetarian Journal*, *Vegetarian Voice*, *Café Sweets Japan*, and *Organic Spa Magazine*.

Fran is an advisory board member of New York Coalition for Healthy School Foods. She also promotes her message through her professional affiliations, which include the New York Women’s Culinary Alliance (NYWCA), International Association of Culinary Professionals (IACP), Women Chefs and Restaurateurs (WCR).

For more information, please visit www.francostigan.com

Representation:

Fran is represented by Sally Ekus sally@LisaEkus.com

The Lisa Ekus Group LLC: www.LisaEkus.com