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# THE VEGAN EGGZ COOKBOOK



PLANT-BASED EGG ALTERNATIVES FOR  
THE ETHICAL GOURMET FEATURING  
VEGAN EGGZ ESSENTIALS

THE GENTLE CHEF

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*"The word "veganism" denotes a philosophy and way of living which seeks to exclude - as far as is possible and practical - all forms of exploitation and cruelty to animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals." ...The Vegan Society*

*Compassion (derived from Latin and meaning: "to suffer together with") is a profound human virtue and emotion prompted by the pain of other living beings and is ranked as one of the greatest virtues in numerous philosophies and spiritual traditions. More vigorous than empathy, the feeling of compassion commonly gives rise to an active desire to alleviate another's suffering.*

*Sentience implies the ability to experience pleasure and pain. As vegans, we believe that all sentient beings are entitled, at the very least, to the right not to be subjected to unnecessary suffering.*

*This understanding of sentience and the desire to alleviate suffering is the primary motivator for embracing veganism and a strict plant-based diet.*

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Also by Skye Michael Conroy:

*The Gentle Chef Cookbook - Vegan Cuisine for the Ethical Gourmet*

*The Non-Dairy Evolution Cookbook - A Modernist Culinary Approach to Plant-Based Dairy-Free Foods*

*Seitan and Beyond - Gluten and Soy-Based Meat Analogues for the Ethical Gourmet*

*Nuts about Almonds! - A Mini-Cookbook of Fresh and Cultured Almond Curd Cheeses (PDF format only)*

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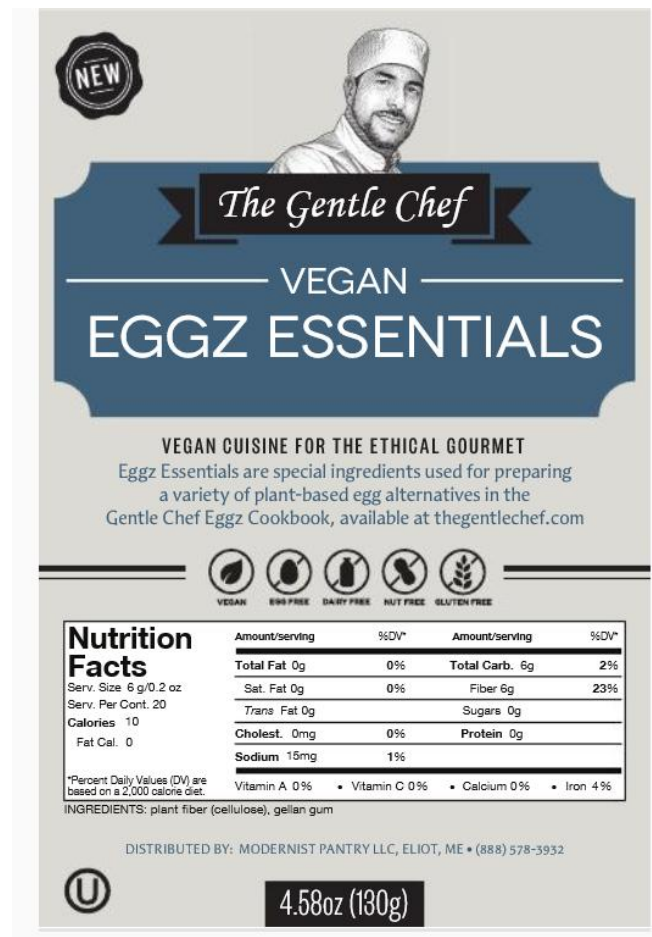


# Introduction to Eggz and Vegan Eggz Essentials

The Vegan Eggz Cookbook is a culinary guide to creating a wide variety of plant-based egg alternatives which closely approximate the aesthetic qualities of real cooked eggs and egg-based foods.

Vegan Eggz Essentials is my first product sold under The Gentle Chef label and is solely distributed by Modernist Pantry LLC ([www.modernistpantry.com](http://www.modernistpantry.com)). The product can be shipped worldwide.

Vegan Eggz Essentials is not an egg replacer or complete mix like other commercial egg replacer products on the market. It consists of 2 special ingredients portioned and sealed in their own individual pouches and sold in one convenient package. The pouches are labeled “Essentials A” and “Essentials B”. These special ingredients are 100% plant-based, egg-free, dairy-free, nut-free and gluten-free and contain no nutritional value of their own other than dietary fiber. They are used in many, but not all, of the recipes in this cookbook to create remarkably realistic simulations of cooked eggs.



My new recipes using Vegan Eggz Essentials are the result of my quest to create home-prepared egg alternatives that have the appearance, flavor and texture of real eggs but which can also be cooked like real eggs. The exciting thing about these alternatives is that they are easily prepared using soymilk or almond milk and can be customized for different culinary purposes.

Eggz mixtures prepared with Vegan Eggz Essentials can be blended in advance (up to 1 week) and cooked at your convenience. The eggz mixtures can also be used to replace the functionality of real eggs as a binder in many cooking applications. However, the eggz mixtures are not formulated to act as an egg

replacer in baked goods (breads, cakes, muffins, etc), or in other recipes that rely on the protein structure of eggs to create lift (such as soufflés), since their chemical and structural composition is not the same as real eggs. For baked goods you may want to experiment with aquafaba, commercial egg replacers or other ingredients such as flaxseed emulsion, applesauce and bananas.

Tofu-based egg alternative recipes are also included in this cookbook for variety. Tofu is a good source of concentrated and complete plant protein, so it is always a good option. In some cases tofu is required for functionality of the recipes. Please be aware that if you have an allergy to soy, you will only be able to prepare the recipes which use almond milk as an option.

Ingredients in the eggz recipes such as Vegan Eggz Essentials, soymilk or almond milk, tofu, water, starch and food gums are functional ingredients, so for the best results do not modify the amounts suggested or substitute with other ingredients; and always use accurate level measurements. Other ingredients such as nutritional yeast, kala namak, paprika and turmeric are flavoring and coloring ingredients and they can be adjusted to suit your taste - but please try the recommended measurements first.

Regarding nutrition: The new egg alternatives offered in this cookbook are not nutritionally equivalent to real eggs. They were created for those who miss the appearance, flavor and texture of real eggs and not as a primary protein source in the plant-based diet. The protein and other nutritional values of these alternatives are equivalent to the nutritional value of the primary ingredients being used, whether soymilk, almond milk or tofu. Be sure to consume a wholesome, varied and balanced plant-based diet in order to satisfy your nutritional requirements.

To prepare the eggz mixtures, Eggz Essentials A and B are blended with soymilk or almond milk and other ingredients as specified in the recipes for flavor and/or color. A mini blender or immersion blender is required for blending the eggz mixtures, since the Essentials do not mix readily in cool liquids simply by stirring. For dishes such as quiches and frittatas, starch is added to assist setting of the eggz mixtures when cooked. This is necessary when non-dairy cheeses, cooked vegetables and/or meat analogues are combined with the eggz mixtures before cooking.

As a general rule for simulating cooked eggs, the blended eggz mixtures need to chill and thicken before cooking. This allows the ingredients in the Essentials to absorb the water in the soymilk or almond milk, which in turn ensures proper setting of the eggz mixtures when cooked. However, the eggz mixtures do not require chilling when used for some cooking applications, such as eggz-dipping and breading. Please follow the recommendations in the individual recipes.

Will other non-dairy milks work in the formulas? Possibly, but experiment at your own risk. Plain unsweetened soymilk and almond milk, either homemade or commercial, are recommended because of their higher protein content and lower starch content than other plant milks. Other commercial plant milks are almost always sweetened and are usually loaded with additives for homogenization and mouthfeel. Cashew milk thickens significantly when heated and this may cause an adverse effect in the eggz texture.

Remember to keep your expectations realistic because these recipes can only mimic eggs to a certain degree. If you expect exact replicas, you are setting yourself up for disappointment. Creating high quality plant-based egg alternatives is a complex art and there is no doubt that I have many discoveries to make in the future. I've just begun exploring the potential of the Vegan Eggz Essentials. The recipes will continue to evolve as I continue to learn, so expect revisions. I invite you to join me on my journey of discovery...



## Glossary of Other Special Ingredients



Some of the ingredients in this cookbook may be very familiar and others may not be familiar at all. Before attempting the recipes, it's helpful to familiarize yourself with these items and understand what they are and why they are being used.

**Agar Powder** is a tasteless seaweed derivative and a widely used plant-based replacement for gelatin. It is used as a cold-set gelling agent in cold-served eggz foods and in some chilled desserts. It is sometimes sold in flake and stick form but the powdered form is recommended for the recipes offered in this cookbook.

**Aquafaba** is the common name for the viscous liquid produced by white beans and other legumes such as chickpeas when cooked in water. Typically it is known as the discarded liquid found in retail cans and boxed packages of beans, or as the liquid left over from cooking beans at home. The word was coined by Goose Wohlt, who discovered that aquafaba by itself can act as a general egg white replacer on its own.

Aquafaba is popularly known for its ability to make billowy eggless meringues. As such, it is featured in the Lemon Meringue Pie recipe offered in this cookbook. Aquafaba won't coagulate like egg protein when heated (in other words, it won't set like a real egg white when cooked). Many report success using aquafaba as an egg replacer in some baked goods and as a binder in some cooked foods. It cannot however be used in food applications which rely heavily on egg protein for structure (such as angel food cakes and soufflés).

The general recommendation for using aquafaba as an egg replacer is 2 tablespoons aquafaba to replace one medium egg white or 3 tablespoons to replace one medium whole egg. A growing international community has developed around aquafaba to explore its full potential. Please visit the [aquafaba.com](http://aquafaba.com) website for more information.

**Calcium Chloride** is a calcium salt commonly used in commercial tofu production. In modern gastronomy, it is one of the primary ingredients used in direct spherification (it is dissolved in water to create a setting bath which activates sodium alginate). In this cookbook, it is used for creating whole yolk spheres in the same manner.

**Cellulose** is a non-toxic and non-allergenic dietary fiber (an organic complex carbohydrate and primary structural component of the cell wall of plants and many forms of algae). Cellulose is an ingredient in Vegan Eggz Essentials and works synergistically with gellan gum as a heat-set gelling agent.

**Cooking Oil** refers to any mild-tasting vegetable oil that can withstand high cooking temperatures. The best oils for high temperature cooking are canola oil, peanut oil, corn oil, soybean oil, safflower oil, and sunflower oil.

**Eggz** refers to any plant-based egg alternative offered in this cookbook. Vegan Eggz Essentials is required for some of the eggz recipes while others are tofu-based and prepared in a different manner.

**Gellan Gum** is an ingredient in Vegan Eggz Essentials and works synergistically with cellulose in recipes. It is a water-soluble hydrocolloid (food gum) produced by fermentation of carbohydrates with the microorganism *Sphingomonas elodea* (similar to the manner in which xanthan gum is produced by fermentation of carbohydrates with the microorganism *Xanthomonas campestris*). As a food additive, gellan gum was first approved for food use in Japan (1988). Gellan gum has subsequently been approved for food, non-food, cosmetic and pharmaceutical uses by many other countries such as US, Canada, China, Korea and the European Union etc. In the food industry it is widely used as a thickener, emulsifier, and stabilizer. It is commonly used in commercial soy milks to keep the soy protein suspended in the milk and used as an alternative to gelatin in the manufacture of "gum" candies.

**Guar Gum**, also called *guaran*, is a natural substance derived from the ground seeds of the guar plant which grows primarily in Pakistan and the northern regions of India. Food gums, such as guar, belong to a group of stabilizing compounds called *polysaccharides*. It is used as a thickener and stabilizer in making non-dairy butter and other non-dairy foods and can be used as an alternative to sodium alginate or xanthan gum in the broken yolx offered in this cookbook.

**Kala Namak**, also known as Himalayan black salt, is an Indian salt with a high mineral content, most notably sulfur, which gives it its characteristic and pungent "hard-boiled egg" odor. Oddly enough, it is pink in color when dry but turns black when moistened. It is used in egg alternative foods to impart a cooked egg flavor and aroma. Be advised, that if you detest the sulfurous odor of hard-boiled eggs, you probably will not care for this salt and will need to substitute with sea salt or kosher salt.

Kala namak is considered a cooling spice in Ayurvedic medicine and is used as a digestive aid. It can be found in specialty food stores as well as though the internet. Himalayan pink salt is not the same thing, so this can make purchasing rather confusing since kala namak is also pink when dry. Specifically look for the names *kala namak* or *Himalayan black salt*. The amount of kala namak indicated in a recipe is only a recommendation and can be adjusted to suit one's taste.

**Lecithin**, simply stated, is a natural waxy substance derived from the processing of organic soybeans or sunflower seeds. It is an essential ingredient for promoting the emulsification of soymilk or nut milk with oil when preparing the Better Butter recipe in this cookbook; in other words, it binds the oil and milk together. Soy lecithin can be purchased in liquid, powder or granular forms and can be found in most health food and natural food stores, or online through food retail websites. A superb quality soy lecithin powder is available through Modernist Pantry.

Granular lecithin does not dissolve well in the butter formula, so I highly recommend grinding it into a fine powder before using. For those who are allergic to soy, sunflower lecithin, which is derived from sunflower seeds, can be substituted for soy lecithin.

**Mild Vegetable Oil** refers to any mild tasting plant oil such as safflower, sunflower, grapeseed, canola or soybean oil. This should not be confused with commercial labeling where "vegetable oil" is used as a generic term for soybean oil.

**Nutritional Yeast Flakes** are a non-active form of yeast and a source of complete protein and vitamins, especially the B-complex vitamins. The flakes are naturally low in fat and sodium and free of sugar and dairy. Some brands of nutritional yeast flakes (though not all) are fortified with vitamin B12. The vitamin B12 is produced separately and then added to the yeast. Do not confuse nutritional yeast flakes with brewer's yeast. Regrettably there is no substitute for nutritional yeast flakes in the eggz recipes for those who cannot tolerate the flavor.

**Organic Sugar** is made from organic sugar cane and should not be confused with refined white sugar. The juice is pressed from organic raw sugar cane, evaporated and then crushed into crystals. In adherence with strict Organic Standards, the fields are green cut and not burned or treated with herbicides or synthetic fertilizers. No chemicals or animal by-products are used to decolorize the sugar. This makes it very different from refined white sugar, which has been decolorized by filtering through animal bone char



(or even brown sugar to which molasses has been added back in). Organic sugar is my sweetener of choice for cooking because of its availability, affordability and neutral flavor.

**Purified Coconut Oil**, also known as **Refined Coconut Oil**, provides the solid fat essential for thickening the Better Butter recipe offered in this book. In many respects, it shares striking similarities to dairy butterfat, but without the cholesterol (and animal exploitation). Coconut oil becomes semi-solid at room temperature and very solid when chilled; therefore, it must be melted for proper measurement in the butter recipe. This can be done by removing the lid and placing the jar or bottle into a microwave. Heat until melted (about 30 seconds to 1 minute depending upon the solidity of the coconut oil). Avoid overheating the oil when microwaving. Alternately, place the jar or bottle into a container filled with near boiling water and let stand until the oil melts.

Virgin coconut oil is not recommended for making butter and other non-dairy foods except for ice cream and other desserts. While in most cases I would always recommend less refined or less processed ingredients, this is not the case when it comes to coconut oil used in butter - unless you're content with your butter having a distinct coconut undertaste. Purifying (refining) removes the coconut flavor and aroma from coconut oil and therefore is a better option. Save the virgin coconut oil for sweets and treats and skin care.

De-scented organic cocoa butter has properties similar to coconut oil and could potentially be used as an alternative (which would be a good option for those allergic to coconuts). However, it's not always easy to find locally and can be very expensive when purchased through the internet. I haven't had the opportunity to experiment with it at this time. Sustainably sourced palm oil is another potential alternative but I have not worked with it either.

**Sodium Alginate** is a flavorless food gum derived from brown seaweed. It is used in the food industry to add viscosity and stability to a wide range of food products. In this cookbook, it is used to impart viscosity and a yolk-like mouthfeel in the broken yolx and whole yolx. Sodium alginate is both food and skin safe.

**Tofu, Block** (water-packed) is commonly used for variety of tofu-based egg alternative foods, such as tofu scrambles. It is made from soymilk that has been coagulated and pressed into blocks. It is of Chinese origin, and is also a part of East Asian and Southeast Asian cuisine such as Chinese, Japanese, Korean, Indonesian, Vietnamese, and others.

Calcium sulfate (gypsum) is the traditional and most widely used coagulant to produce water-packed block tofu. The resulting bean curd is tender yet dense and firm in texture and the coagulant itself has no perceivable taste. Use of this coagulant also produces a tofu that is rich in calcium. The coagulant and soymilk are mixed together in large vats, allowed to curdle and the resulting curds are drained, pressed into blocks and then packaged.

Water-packed block tofu is sold in plastic tub containers completely immersed in water to maintain its moisture content and will always be found in the refrigerated section of the market.

**Tofu, Silken** is also commonly used for variety of tofu-based egg alternative foods. In egg-free desserts, it offers a smoother and more custard-like texture compared to the dense and crumbly water-packed block tofu. Magnesium chloride and calcium chloride are the coagulants (called *nigari* in Japan) used to make silken tofu. These coagulants are added to soymilk and the mixture is then sealed in 12.3 oz aseptic cartons. In other words, the resulting bean curd is produced inside its own package, rather than being drained and pressed into blocks.

Silken tofu packaged in this manner needs no refrigeration until the carton is opened. This gives it an extended shelf life, compared to fresh water-packed block tofu sold in refrigerated tub containers. However, silken tofu can now also be found in tub containers in the refrigerated section next to block tofu.

This can be somewhat confusing if you're new to tofu, so it's important to read labels and be aware of what you're purchasing.

Recipes in this cookbook requiring extra-firm silken tofu are referring to the unrefrigerated Mori-Nu™ silken tofu (or similar brands) packaged in the 12.3 oz aseptic carton. If you purchase silken tofu in a refrigerated tub container, you will need to weigh the tofu before using in the recipe.

To prepare silken tofu for the recipes in this cookbook, open the carton with kitchen shears and drain any small amount of liquid inside. Line a large plate with several layers of paper towels or a clean lint-free kitchen towel. Carefully slide the tofu from the carton and place on the towel(s). Set aside for 20 to 30 minutes or until the excess moisture has been absorbed into the towel(s). You will be surprised how much liquid is absorbed.

Gently blot the surface of the tofu with additional toweling. Avoid applying any significant pressure to the tofu as it will crumble very easily (this is only a concern if you wish to maintain the shape). The tofu can also be cut into slabs as directed in a recipe and drained in the same manner. Please note that silken tofu does not respond well to pressing in a tofu press, since it has a non-porous structure, unlike water-packed block tofu.

**Unmodified Potato Starch** is one of the less familiar starches used as a food thickener. It can be used in equal amounts as an alternate to cornstarch or arrowroot powder. Unmodified potato starch works flawlessly in the eggz recipes and works well as a substitute for cornstarch in custards, puddings and pie fillings. Do not confuse unmodified potato starch with potato flour, which is actually ground dehydrated potatoes and avoid modified potato starch (which has been physically, enzymatically, or chemically treated in such a manner that changes its properties).

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## Ingredient Resources

Modernist Pantry LLC is the sole distributor of Vegan Eggz Essentials. They also carry other special cookbook ingredients such as sodium alginate, calcium chloride, agar powder, soy lecithin powder, nutritional yeast flakes, purified coconut oil, tapioca starch/flour, guar gum and xanthan gum. Modernist Pantry ships worldwide. Please visit the Modernist Pantry website at:

*[www.modernistpantry.com](http://www.modernistpantry.com)*

Other more common ingredients used in this cookbook can be found in major supermarkets, specialty and gourmet food stores, health food stores and online through food retail websites such as Amazon.com.

## Scrambled Eggz



*Cooked scrambled eggz bear a remarkable resemblance to real cook scrambled eggs - with no tofu required. The eggz mixture consists of Vegan Eggz Essentials blended with soymilk or almond milk and other ingredients for flavor and color and the mixture is cooked just as you would real beaten eggs.*

*The scrambled eggz mixture needs to be blended and refrigerated for a minimum of 2 hours for proper setting when cooked, so plan accordingly. For breakfast preparation convenience, blend and chill the eggz mixture the night before.*

*Please note that the scrambled eggz mixture is only intended for preparing scrambled eggz and omelets and as a binder in some cooked foods. The formula needs to be customized for eggz quiches and frittatas (please see the appropriate recipes) and when used as an eggz dip for battering or breading (please see the “Pain Perdu” and “Eggz-Dipped Seasoned Breading” recipes).*

*The scramble mixture will not work as an egg replacer in baked goods (breads, cakes, muffins, etc), or in other recipes that rely on the protein structure of eggs to create lift (such as soufflés). For baked goods you may want to experiment with aquafaba, commercial egg replacers, flaxseed emulsion, bananas or applesauce.*

*After the eggz have set, try folding in some shredded non-dairy cheese that melts before serving; or blend in one of the Cheese Melts featured in this cookbook. If desired, top with sautéed vegetables; chopped herbs; or slices of fresh avocado and salsa. For a classic American breakfast, serve with hash browns, vegan bacon or sausages and whole grain toast with non-dairy butter. This recipe yields about 4 servings.*

## Eggz Ingredients

- 2 cups (480 ml) plain unsweetened soymilk or almond milk
- 2 T (8 grams) Eggz Essentials A
- 1 T nutritional yeast flakes
- 2 tsp (5 grams) Eggz Essentials B
- ¾ tsp kala namak (Himalayan black salt)
- scant ¼ tsp paprika
- scant ¼ tsp ground turmeric

## Preparation

Add the eggz ingredients to a blender and process for 20 seconds (a mini-blender is ideal for this purpose). An immersion blender can also be used. The mixture will be pale in color (the “egg” color will develop when the mixture is cooked). Resist adding more turmeric or paprika as this will create a very unnatural finished color appearance. Please note that the raw mixture will be thicker than real beaten eggs.

Transfer the mixture to a sealable container and chill for a minimum of 2 hours. This is essential in order for the mixture to set properly when cooked. The blended mixture can be stored in the refrigerator for up to 1 week and then used to prepare scrambles at your convenience. After chilling, the mixture will be quite thick and somewhat gelatinous. Before using, stir vigorously to loosen the mixture and break up any air bubbles that formed during blending. If the mixture has been chilled for extended periods, let it warm up to room temperature a bit. This will also help loosen the mixture and improve flow.

Mist a non-stick skillet with cooking oil or melt a tablespoon or two of non-dairy butter or margarine over medium-low gas flame (electric stoves may require a higher setting to heat the skillet sufficiently). Spread the desired amount of the eggz mixture in the skillet (½ cup for each serving). Increase the heat to medium.

After thirty seconds, push against the edge of the mixture with a flexible spatula to test for setting. If still liquid check again in thirty seconds. Once the mixture begins to set, push and fold the edges in towards the center with a flexible spatula. Break up the mixture with the edge of the spatula and continue to fold and cook until the eggz are set. Plate, season and garnish as desired; serve immediately.



*Scrambled Eggz with  
Onion, Nopales  
(Tender Cactus)  
and Seitan Chorizo  
(from the Seitan and  
Beyond Cookbook)*



## Classic Tofu Scramble



*I'm always looking for ways to improve the texture of certain plant-based foods and the classic tofu scramble has been one of them. When scrambled eggs are made with real eggs (or my new vegan scrambled eggz in the preceding recipe), the spatula scrapes the beaten egg mixture into curds as the eggs cook and begin to set, thus creating the scrambled texture. So rather than crumbling the tofu (which always resembles crumbled tofu rather than scrambled eggs), the tofu is sliced into thin “sheets” before cooking. This takes a couple more minutes than crumbling, but the finished texture is remarkable.*

*The other secret to a velvety scramble is to avoid pressing all the water out of the tofu. You'll want to press the excess water, but some water is essential for a velvety texture. After cooking, try folding in some shredded non-dairy cheese that melts before serving; or blend in one of the Cheese Melts featured in this cookbook. If desired, top with sautéed vegetables; chopped herbs; or slices of fresh avocado and salsa. For a classic American breakfast, serve with hash browns, vegan bacon or sausages and whole grain toast with non-dairy butter. This recipe yields 2 to 4 servings.*

### Primary Ingredients

- 1 block (about 14 oz before pressing) medium to firm water-packed tofu (not silken tofu)
- ¼ cup plain unsweetened soymilk or almond milk
- non-dairy butter or margarine for cooking

### Scramble Seasonings

- 2 tsp Tofu Scramble Seasoning Blend (recipe follows); or
  - 2 tsp nutritional yeast flakes
  - ½ tsp kala namak (Himalayan black salt)
  - ¼ tsp onion powder
  - ¼ tsp sweet paprika
  - ¼ tsp ground turmeric

## Preparation

Drain and press the tofu on paper towels or in a tofu press to remove excess water, about 20 minutes (the goal is to retain some of the moisture in the tofu which is essential for texture, so avoid pressing completely). Stand the block of tofu upright on a work surface and with a knife, slice or scrape thin sheets from the block. Use a light touch and glide the knife through the surface of the tofu. Uniform sheets are unnecessary and imperfection will look more natural.

Mix the scramble seasonings with the non-dairy milk in a small dish and set aside.

Melt 2 tablespoons non-dairy butter or margarine in a non-stick skillet over low heat. Add the seasoned milk mixture and whisk until smooth.

Add the thinly sliced sheets of tofu and “scramble” (push, lift and fold the contents of the skillet with a spatula; don’t mash) until the tofu is evenly coated with the yolx mixture.

Increase the heat to medium and continue to gently push and fold the mixture. It will take a minute or two for the tofu to begin absorbing the color from the yolx mixture. Pushing and folding will usually break up solid sheets into natural looking “curds” but use the edge of the spatula if necessary. Cook until the mixture is heated through, the color is evenly dispersed and the tofu resembles scrambled eggs. Plate, season and garnish as desired. Serve immediately.

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## Tofu Scramble Seasoning Blend

*When preparing tofu scrambles, achieving the ideal balance of color and flavor can often be tricky. This blend will alleviate the guesswork for you; and if you prepare scrambles frequently, then this seasoning blend will be a timesaver in your morning breakfast routine. This recipe will season 8 Sunrise Scrambles (see previous recipe). For preparing your own scramble recipes, use 2 tsp seasoning powder for each block of tofu.*

## Ingredients

- 5 T nutritional yeast flakes
- 4 tsp kala namak (Himalayan black salt)
- 2 tsp onion powder
- 2 tsp sweet paprika
- 2 tsp ground turmeric

## Preparation

Place the ingredients in a dry mini-blender and process into a fine powder. Store the seasoning blend in an airtight container in your pantry until ready to use. Use the powder within 6 months.

# Eggz Omelet



*Wild Mushroom and Non-Dairy Brie Eggz Omelet*

*Fluffy and delicate eggz omelets can be filled with your choice of ingredients. For omelets, the eggz mixture needs to be blended and refrigerated for a minimum of 2 hours before cooking, so plan accordingly. For breakfast preparation convenience, blend and chill the eggz mixture the night before. This recipe yields 4 omelets.*

*Note: If you prefer an eggz whites omelet, prepare the Eggz Whites mixture as directed on [page 27](#) and use ½ cup for each omelet.*

## **Eggz Omelet Ingredients**

- 2 cups (480 ml) plain unsweetened soymilk or almond milk
- 2 T (8 grams) Eggz Essentials A
- 1 T nutritional yeast flakes
- 2 tsp (5 grams) Eggz Essentials B
- ¾ tsp kala namak (Himalayan black salt)
- scant ¼ tsp paprika
- scant ¼ tsp ground turmeric
- optional: 1 tsp dried parsley, chives or other aromatic herbs of your choice

## **Filling Ingredients**

- sautéed vegetables and/or diced meatless meats; non-dairy cheese shreds or melts (please refer to my Non-Dairy Evolution Cookbook for a wide variety of non-dairy cheese options)



## Preparation

Add the eggz ingredients to a blender and process for 20 seconds (a mini-blender is ideal for this purpose). An immersion blender can also be used. The mixture will be pale in color (the “egg” color will develop when the mixture is cooked). Resist adding more turmeric or paprika as this will create a very unnatural finished color appearance. Please note that the raw mixture will be thicker than real beaten eggs.

Transfer the mixture to a sealable container and chill for a minimum of 2 hours. This is essential in order for the mixture to set properly when cooked. The blended mixture can be stored in the refrigerator for up to 1 week and then used to prepare omelets at your convenience. After chilling, the mixture will be quite thick and somewhat gelatinous. Before using, stir vigorously to loosen the mixture and break up any air bubbles that formed during blending. If the mixture has been chilled for extended periods, let it warm up to room temperature a bit. This will also help loosen the mixture and improve flow.

Prepare the omelet fillings and set aside. Vegetables that have high moisture content, such as mushrooms, spinach and other greens, zucchini, diced tomatoes, etc., should be sautéed until they have released most of their liquid. Transfer the vegetables and other fillings to a separate bowl and set aside. If using shredded cheese, mix the shreds with the warm filling to assist melting before filling the omelet. Prepare any garnishes and set aside.

Mist a non-stick omelet pan with cooking oil or melt a tablespoon of non-dairy butter or margarine over medium-low gas flame (electric stoves may require a higher heat setting to heat the pan sufficiently). Spread about ½ cup of the eggz mixture evenly in the pan. Let the mixture cook until the surface is just dry to the touch. With a wide flexible spatula, carefully flip the omelet over.

Top with fillings on one side of the omelet and fold the other side of the omelet over the fillings. Cover the pan with a lid and continue to cook an additional minute or two to allow any shredded cheese to melt or fillings to reheat. Transfer to a plate and keep warm in a low oven while preparing additional omelets. Season and garnish as desired; serve immediately.



*Eggz Omelet with Button Mushrooms, Onions, Spinach  
and Golden Cheddar (from The Non-Dairy Evolution Cookbook)*



## Non-Dairy Brie Omelet Melt

*Brie is named after the French region from which it originated. Non-dairy Brie melt works beautifully as a filling in omelets since it's already melted (it's also superb for grilled cheese sandwiches), and for mixing into **set** scrambled eggz. Its rich, creamy and buttery flavor complements a wide variety of sautéed vegetable and meat analogue omelet fillings. Please note that the Brie melt is not intended for blending into eggz quiches and frittatas before baking. For eggz quiches and frittatas use only firm, shredded non-dairy cheeses that melt (such as the Block and Wheel Cheeses from the Non-Dairy Evolution Cookbook). This recipe yields about 1 cup.*

### Ingredients

- ¾ cup plain unsweetened soymilk or almond milk
- ¼ cup mild vegetable oil
- 3 T tapioca starch/flour
- 2 tsp mellow white miso paste
- 1 and ½ tsp nutritional yeast flakes
- 1 tsp raw apple cider vinegar
- ½ tsp fine sea salt or kosher salt
- ¼ tsp guar gum, xanthan gum or sodium alginate

*Chef's Tip: For Camembert, add a few drops of truffle oil (Camembert is very similar to Brie, but has deeper, earthy undertones).*

### Preparation

Process the ingredients in a blender until smooth and transfer to a small saucepan. Cook the mixture over medium-low heat, stirring slowly and continually with a flexible spatula.

As the mixture begins to curdle (form lumps), stir vigorously until the curds disappear and the melt becomes smooth and glossy. Remove from the heat to cool and thicken before folding in omelets.

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## Non-Dairy Colby Omelet Melt

*Colby is a mellow, orange-colored cheese which can best be described as having a very mild cheddar flavor. Non-dairy Colby melt works beautifully as a filling in omelets since it is already melted (it's also superb for grilled cheese sandwiches), and for mixing into **set** scrambled eggz. Its mild cheddar-like flavor complements a wide variety of sautéed vegetable and meat analogue omelet fillings. Please note that the Colby melt is not intended for blending into eggz quiches and frittatas before baking. For eggz quiches and frittatas use only firm, shredded non-dairy cheeses that melt (such as the Block and Wheel Cheeses from the Non-Dairy Evolution Cookbook). This recipe yields about 1 cup.*

### Ingredients

- ¾ cup plain unsweetened soymilk or almond milk
- ¼ cup mild vegetable oil
- 3 T tapioca starch/flour
- 2 T nutritional yeast flakes

- 1 T tomato paste
- 1 T mellow white miso paste
- ¼ tsp fine sea salt or kosher salt
- ¼ tsp dry ground mustard
- ¼ tsp guar gum, xanthan gum or sodium alginate
- ⅛ tsp onion powder

### Preparation

Process the ingredients in a blender until smooth and transfer to a small saucepan. Cook the mixture over medium-low heat, stirring slowly and continually with a flexible spatula. Please note that the golden color will develop as the cheese sauce cooks.

As the mixture begins to curdle (form lumps), stir vigorously until the curds disappear and the melt becomes smooth and glossy. Remove from the heat to cool and thicken before folding in omelets.



## Non-Dairy Jarlsberg Omelet Melt

*Jarlsberg shares flavor similarities with Swiss cheese and can best be described as mild, buttery and nutty with a hint of sweetness. Non-dairy Jarlsberg melt works beautifully as a filling in omelets since it is already melted (it's also superb for grilled cheese sandwiches), and for mixing into **set** scrambled eggz. Its mild, nutty flavor complements a wide variety of sautéed vegetable and meat analogue omelet fillings. Please note that the Jarlsberg melt is not intended for blending into eggz quiches and frittatas. For eggz quiches and frittatas use only firm, shredded non-dairy cheeses that melt (such as the Block and Wheel Cheeses from the Non-Dairy Evolution Cookbook). This recipe yields about 1 cup.*

### Ingredients

- ¾ cup plain unsweetened soymilk or almond milk
- ¼ cup mild vegetable oil
- 3 T tapioca starch/flour
- 1 T nutritional yeast flakes
- 1 T dry sherry or dry white wine
- 1 T mellow white miso paste
- 2 tsp sesame tahini
- ¼ tsp fine sea salt or kosher salt
- ¼ tsp ground coriander
- ¼ tsp guar gum, xanthan gum or sodium alginate

### Preparation

Process the ingredients in a blender until smooth and transfer to a small saucepan. Cook the mixture over medium-low heat, stirring slowly and continually with a flexible spatula.

As the mixture begins to curdle (form lumps), stir vigorously until the curds disappear and the melt becomes smooth and glossy. Remove from the heat to cool and thicken before folding in omelets.

## Spanish Eggz Omelet



*Spanish omelet is the English name for a popular Spanish dish called “Tortilla Española” or “Tortilla de Patatas”, which in this case consists of an open-faced omelet made with the eggz scramble mixture, and the traditional toppings of potato, onion and parsley.*

*This dish is very easy to prepare since it is cooked in a 9-inch cake pan or pie plate and baked in the oven. This omelet yields 3 to 4 servings.*

### **Eggz Ingredients**

- 1 and ½ cup (360 ml) chilled plain unsweetened soymilk or almond milk
- 4 and ½ tsp (6 grams) Eggz Essentials A
- 2 tsp nutritional yeast flakes
- 1 and ½ tsp (3.75 grams) Eggz Essentials B
- ½ tsp kala namak (Himalayan black salt)
- ⅛ tsp paprika
- ⅛ tsp ground turmeric

### **Skillet Ingredients**

- 2 T cooking oil
- 3 average-size waxy potatoes (new, gold or red potatoes; about 1 lb), peeled and thinly sliced
- 1 medium onion, peeled and thinly sliced
- sea salt or kosher salt and coarse ground black pepper to taste

- ¼ cup fresh chopped flat leaf parsley
- cooking oil spray, for misting the omelet surface

## Preparation

Add the eggz ingredients to a blender and process for 20 seconds (a mini-blender is ideal for this purpose). An immersion blender can also be used. The mixture will be pale in color (the “egg” color will develop when the mixture is cooked). Resist adding more turmeric or paprika as this will create a very unnatural finished color appearance. Please note that the raw mixture will be thicker than real beaten eggs.

Transfer the mixture to a sealable container and chill for a minimum of 2 hours. This is essential in order for the mixture to set properly when cooked. Before using, stir vigorously to loosen the mixture and break up any air bubbles that formed during blending.

To prepare the omelet, add the cooking oil to a skillet and place over medium-low heat. Add the potatoes and onions and toss to coat with the oil. Cover with a lid and cook for 20 minutes, stirring occasionally. Remove the lid, increase the heat to medium and cook until the potatoes and onions are lightly golden, tender and have released most of their moisture; season with salt and coarse ground black pepper to taste and set aside to cool.

Meanwhile, heat the oven to 375°F/190°C. Grease a 9-inch cake pan or pie plate with cooking oil.

Spread the skillet contents in the pan or plate, top with the parsley and then add the eggz mixture in an even layer. Mist with cooking oil spray to prevent the omelet surface from drying out during baking. Bake on a middle oven rack for 35 minutes or until the surface of the omelet is puffed and golden. Remove from the oven and let rest for 10 minutes. Run a table knife or narrow flexible spatula around the edges of the omelet to loosen. Invert a serving plate over the top of the pan and flip to remove the omelet. Serve immediately.

*The cooking time suggested is based upon a standard oven. The cooking time may need to be reduced slightly when using a convection oven (fan assisted).*



*Palma de Mallorca, Spain (Spring 2016)*



## Silken Tofu Omelet



*Silken Tofu Western Omelet with Vegan Ham, Non-Dairy Colby Melt ([pg. 17](#)) and Garden Salsa*

*Fluffy and delicate silken tofu omelets can be filled with your choice of ingredients. The omelets are oven-baked for ease and efficiency, rather than the traditional omelet pan preparation. This also allows all omelets to be prepared at the same time.*

*This recipe yields two fluffy omelets, so two standard pie plates will be needed to prepare two omelets at the same time. For additional omelets, simply double or triple the recipe and use additional pie plates for each omelet (most large ovens can accommodate six pie plates with three on each rack). Alternately, a large baking sheet can be used to prepare one or two omelets or two baking sheets to prepare up to four omelets.*

### **Eggz Ingredients**

- 1 carton (12.3 oz) Mori-Nu™ extra-firm silken tofu, or similar
- 3 T cornstarch or unmodified potato starch
- 1 T melted non-dairy butter or margarine
- 2 tsp nutritional yeast flakes
- ½ tsp kala namak (Himalayan black salt) - or sea salt or kosher salt if you prefer
- scant ¼ tsp paprika
- scant ¼ tsp ground turmeric
- optional: 1 tsp dried parsley, chives or other aromatic herbs of your choice

### **Filling Ingredients**

- sautéed vegetables and/or diced meatless meats; non-dairy cheese shreds or melts (please refer to my Non-Dairy Evolution Cookbook for a wide variety of non-dairy cheese options)

## Preparation

Remove the tofu from the carton. Slice the tofu into 4 slabs and place the slabs on a plate lined with several layers of paper towels or a lint-free kitchen towel to drain for a minimum of 20 minutes. Firmly blot the tofu with additional towels to remove as much moisture as possible. This step is very important or the omelets will not set properly.

Crumble the tofu into a food processor\* and add the starch, nutritional yeast, butter or margarine, kala namak and onion powder. Process the contents until smooth and fluffy, with a texture similar to mayonnaise. Stop to scrape down the sides of the processor bowl as necessary. The ingredients will form a thick, pale cream (the egg color will develop when the mixture is cooked). Transfer the mixture to a bowl and set aside; if desired, stir in any optional dried herbs.

*\*A blender can be used, but the mixture will be very thick and difficult to retrieve from around the blades; therefore a food processor is recommended for ease of preparation.*

Preheat the oven to 375°F/190°C.

Prepare the omelet fillings and set aside. Vegetables that have a high moisture content, such as mushrooms, spinach, zucchini, diced tomatoes, etc., should be sautéed until they have released most of their liquid. Transfer the vegetables and other fillings to a separate bowl and set aside. If using shredded cheese, mix the shreds with the warm filling to assist melting before filling the omelet. Prepare any garnishes and set aside.

## Pie Plate Technique

Grease each pie plate with 1 teaspoon non-dairy butter or margarine or lightly mist with cooking oil spray. Add half of the mixture (about  $\frac{3}{4}$  cup) to each plate. With the back of large spoon or flexible spatula, pat and spread the mixture evenly to the interior edges of the plate. Place the pie plate(s) into the oven and bake uncovered for 10 minutes.

Test the omelets by touching the center; the center should feel dry to the touch. If it feels moist, bake an additional minute or two until just dry to the touch. Remove from the oven and spoon the filling onto one side of the omelet. With a flexible spatula, carefully lift the opposite side of the omelet over the filling. Return the omelet(s) to the oven for 3 to 5 minutes. Slide the omelet(s) onto a serving plate and top and/or garnish as desired. Serve immediately.

## Baking Sheet Technique

Grease a non-stick baking sheet with non-dairy butter or margarine or lightly mist with cooking oil spray. Spoon half of the tofu mixture onto one side of the baking sheet and spread to create a smooth, round “disc” about 8-inches in diameter. Repeat with the remaining mixture on the other side of the sheet. Place the baking sheet into the oven and bake uncovered for 10 minutes.

Test the omelets by touching the center; the center should feel dry to the touch. If it feels moist, bake an additional minute or two until just dry to the touch. Remove from the oven and spoon the filling onto one side of the omelet. With a flexible spatula, carefully lift the opposite side of the omelet over the filling. Return the omelet(s) to the oven for 3 to 5 minutes. Slide the omelet(s) onto a serving plate and top and/or garnish as desired. Serve immediately.

*Note: The cooking time suggested is based upon a standard oven. The cooking time may need to be reduced slightly when using a convection oven (fan assisted).*

## Broken Yolx



*Basic skillet-cooked eggz whites with broken yolx, sautéed baby spinach and Sweet and Smoky Tofu Bacon (pg.85)*

*Broken yolx is a rich, golden liquid egg yolk alternative that remarkably resembles lightly-cooked egg yolk. It's superb for drizzling over cooked eggz whites or silken tofu to create a "broken yolk" effect; or used to create a liquid "egg yolk" center in oven-cooked eggz, poached eggz and shirred eggz. It's also wonderful for dipping toast, vegan bacon or sausage.*

*This recipe yields about 1 cup. The recipe can be doubled if desired and stored in the refrigerator for up to 7 days and then reheated at your convenience. For whole yolx, please refer to the following recipe on [page 24](#).*

### Ingredients

- 2 T nutritional yeast flakes
- ¾ tsp sodium alginate, guar gum or xanthan gum
- ½ tsp ground turmeric
- ½ tsp paprika
- ¼ tsp kala namak (Himalayan black salt)
- 2 T non-dairy butter or margarine
- 1 cup plain unsweetened soymilk or almond milk

### Preparation

In a small dish, combine the nutritional yeast, alginate or gum, turmeric, paprika and kala namak.

In a small saucepan, melt the butter or margarine over low heat. Whisk in the mixed dry ingredients to create a paste.

In small increments, whisk in the milk until smooth. Increase the heat to medium-low and stir occasionally until the mixture is heated through. Reduce the heat back to low to keep warm until ready to serve, stirring occasionally.

# Whole Yolx

*This recipe and relatively simple technique creates delicate spheres filled with a golden liquid egg yolk alternative which remarkably resembles whole egg yolks. While the ingredients for the whole yolx mixture appear identical to the broken yolx mixture, sodium alginate is required for this technique to work successfully and cannot be replaced with other food gums such as guar gum or xanthan gum.*

*The process for creating the spheres is known as “spherification”, a popular technique in modern gastronomy. The sodium alginate in the yolx mixture reacts with the calcium chloride in the water bath to create the delicate edible membrane which contains the liquid yolx. Whole yolx are intended to remain in a liquid state and will not cook firm like real egg yolks.*

*Whole yolx are ideal for creating an authentic egg appearance, texture and flavor in skillet-cooked, oven-cooked and poached eggz. Although simple and straightforward, the technique requires a little practice and patience for mastery. Any remaining whole yolx liquid not used for creating the spheres can be gently heated in a small saucepan and used as an extra dipping sauce; or the remaining liquid can be refrigerated for up to 1 week in a sealable container and used to create additional whole yolx at your convenience. Simply stir the thickened mixture thoroughly before using.*

*The spheres require a minimum of 5 minutes firming time in the activation bath before using, so plan cooking the eggz accordingly. For convenience, the spheres can be prepared a maximum of 1 hour in advance and left in the rinsing bath until ready to use.*

*While this recipe and technique may seem daunting at first, it's actually very easy and will become second nature with practice. Once mastered, the yolx can be made quickly.*

## Ingredients for the Yolx Mixture

- 2 T nutritional yeast flakes
- ¾ tsp sodium alginate (specific for spherification; no substitutions)
- ½ tsp ground turmeric
- ½ tsp paprika
- ¼ tsp kala namak (Himalayan black salt)
- 2 T non-dairy butter or margarine
- 1 cup plain unsweetened soymilk or almond milk

## Ingredients for the Activation Bath

- 2 cups water
- 1 tsp calcium chloride granules

## Special Supplies Needed

- whisk
- 2 shallow bowls that hold 2 cups water each
- a rounded tablespoon
- a small slotted spoon; or a spherification spoon (available from ModernistPantry.com)



*Spherification Spoon*



## Preparation

*Reminder: The spheres require a minimum of 5 minutes firming time in the activation bath before using, so plan cooking the eggz accordingly. For convenience, the spheres can be prepared a maximum of 1 hour in advance and left in the rinsing bath until ready to use.*

In a small dish, combine the nutritional yeast, alginate, turmeric, paprika and kala namak.

In a small saucepan, melt the butter or margarine over low heat. Immediately remove the saucepan from the heat once the butter or margarine is melted. Do not overheat.

Whisk in the mixed dry yolx ingredients to create a paste. In small increments, whisk in the milk until completely smooth. Transfer the mixture to a small measuring cup or other suitable container with a pouring “lip”. The mixture will thicken upon standing.

For the activating bath, add 2 cups cool water and 1 teaspoon calcium chloride granules to one bowl and stir until dissolved. For the rinsing bath, add 2 cups cool water to a second bowl.

Hold a round tablespoon over the activation bath and pour in just enough of the yolx mixture to fill the tablespoon. Lower the tablespoon just below the surface of the activation bath. Slowly turn the tablespoon over and lift slowly from the bath to release the mixture into the solution, thus creating the sphere. Repeat to create as many spheres as desired. It’s always a good idea to create extra in case a sphere breaks when handling. Allow to set for 5 minutes (10 minutes is recommended until the technique is mastered). This will create a membrane that is sturdy enough for cooking using the various eggz techniques.

*Chef’s Tip: If perfectly shaped spheres are a priority, any tendrils of the yolx mixture attached to the spheres can be snipped to remove using kitchen shears in the activation bath; the “wounds” will self-seal.*



Using a spherification spoon or slotted spoon, gently lift the spheres one at a time from the activation bath and lower into the rinsing bath. Leave in the rinsing bath until ready to use (up to 1 hour).

When ready to use in the various eggz recipes, fold a paper towel and hold in one hand. With the other hand, lift a sphere from the rinsing bath with the spherification spoon or slotted spoon and set the spoon (not the sphere) on the paper towel. This will wick away any excess water which would cause the eggz whites mixture to seep liquid when cooking. Use the whole yolx in the recipes as instructed.

*Chef’s Tip: If the yolx membranes break too easily when handling or cooking, try increasing the activation bath time to 10 minutes. Mastery of the technique requires practice.*



*Skillet Eggz “Over-Easy” with Whole Yolx*

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## Firm-Set Yolx

*The firm set yolx mixture is formulated to set when cooked, similar to a real egg yolx (unlike whole yolx which retain their liquid center when heated). Firm-set yolx can be used for both oven-cooked and skillet-cooked eggz.*

### Ingredients

- ½ cup plain unsweetened soymilk or almond milk, chilled
- 1 T non-dairy butter or margarine, melted
- 1 T nutritional yeast flakes
- 1 and ½ tsp (2 grams) Eggz Essentials A
- ½ tsp (1.25 grams) Eggz Essentials B
- ¼ tsp ground turmeric
- ¼ tsp paprika
- ⅛ tsp kala namak (Himalayan black salt)

### Preparation

With an immersion blender, process the yolx ingredients in a measuring cup or other suitable container until completely smooth. A mini-blender can also be used. Refrigerate the mixture for a minimum of 2 hours. Stir the mixture vigorously before using.

# Eggz Whites

*Cooked eggz whites bear a remarkable resemblance in appearance, flavor and texture to real cooked egg whites. Eggz whites can be used for preparing skillet-cooked eggz, oven-cooked eggz, poached eggz, shirred eggz and eggz whites omelets. Cold-served eggz are prepared differently using agar as a setting agent; please see appropriate recipes. Eggz whites consist of Vegan Eggz Essentials blended with soymilk or almond milk, and kala namak to impart the characteristic egg-like flavor and aroma. No tofu is required.*

*The eggz whites mixture needs to be blended and refrigerated for a minimum of 2 hours before cooking, so plan accordingly. For breakfast preparation convenience, blend and chill the eggz mixture the night before. This recipe yields 5 to 6 eggz whites (the recipe can be doubled or tripled if desired).*

*Please note that the eggz whites mixture is only intended for preparing skillet-cooked eggz, oven-cooked eggz, poached eggz, shirred eggz and eggz whites scrambles and omelets. While it will work as a binder in some cooked foods, it doesn't have the structure for creating fluffy meringues (aquafaba is recommended for meringues). It also will not work as an egg white replacer in baked goods (breads, cakes, muffins, etc) or in other recipes that rely on the protein structure of eggs to create lift (such as soufflés). For baked goods you may want to experiment with aquafaba, commercial egg replacers or flaxseed emulsion.*

## Ingredients

- 1 cup plain unsweetened soymilk or almond milk
- 1 T (4 grams) Eggz Essentials A
- 1 tsp (2.5 grams) Eggz Essentials B
- $\frac{3}{8}$  tsp ( $\frac{1}{4}$  tsp plus  $\frac{1}{8}$  tsp) kala namak (Himalayan black salt)

## Preparation

Add the ingredients to a blender and process for 20 seconds (a mini-blender is ideal for this purpose). An immersion blender can also be used. Please note that the raw eggz whites mixture will be opaque and much creamier, thicker and less slimy than real egg whites.

Transfer the mixture to a sealable container and chill for a minimum of 2 hours. This is essential in order for the mixture to set properly when cooked. The blended mixture can be stored in the refrigerator for up to 1 week and then used at your convenience. After chilling, the mixture will be quite thick and somewhat gelatinous. Before using, stir vigorously to loosen the mixture and break up any air bubbles that formed during blending. If the mixture has been chilled for extended periods, let it warm up to room temperature a bit. This will also help loosen the mixture and improve flow.

## Basic Skillet-Cooked Eggz Whites

Mist a non-stick or cast iron skillet with cooking oil or melt 1 to 2 tablespoons bacon grease over a medium-low gas flame. If using an electric stove, a higher setting may be needed to preheat the skillet sufficiently.

Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles. For each eggz white, spoon 2 generous tablespoons of the mixture into the skillet. If necessary, use the back of a spoon to spread the mixture into a circular or oval shape. Increase the heat to medium and cook until the whites are firm to the touch. Flip the eggz with a flexible spatula and cook for another 10 to 15 seconds. Transfer to a serving plate and season and garnish as desired. Serve immediately.

## Oven-Cooked Eggz



*Oven-cooked eggz with broken yolx center served over non-dairy cheesy skillet potatoes with scallions. The eggz were topped with a dab of bacun grease before baking.*

*Oven-cooking is an easy method for preparing individual eggz. The eggz are baked in a greased muffin tin which creates their perfectly formed shape. Oven-cooked eggz make a lovely presentation when served over toast or English muffins. This cooking method is ideal for serving more than two guests, since any number of eggz can be cooked simultaneously and presented at the same time.*

*The eggz can be prepared with a broken yolx liquid center (simplest technique); with a whole yolx liquid center (for a more authentic, structured appearance); or with a firm-set yolx center.*

*The cooking time suggested is based upon a standard oven. The cooking time may need to be reduced slightly when using a convection oven (fan assisted).*

### Ingredients

- Eggz Whites mixture ([pg. 27](#)), chilled for a minimum of 2 hours
- Broken Yolx ([pg. 23](#)); Whole Yolx ([pg. 24](#)); or Firm-Set Yolx ([pg. 26](#))
- cooking oil spray, non-dairy butter, margarine, or Bacun Grease ([pg. 34](#))
- sea salt or kosher salt and coarse ground black pepper, to taste

*Note: The eggz already contain salt, so season with additional salt sparingly.*

### Special Supplies Needed

- standard muffin tin



## **Preparation**

### ***Oven-Cooked Eggz with Broken Yolx***

Preheat the oven to 375°F/190°C. Grease the muffin tin with non-dairy butter, margarine, cooking oil or bacon grease.

Prepare the broken yolx mixture and set aside until ready to use. Heating the mixture is not necessary.

Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles.

For each eggz serving, spoon 2 generous tablespoons of the eggz whites mixture into the tin. Place in the oven and bake for exactly 3 minutes.

Remove from the oven (caution: the muffin tin will be hot!) and spoon 1 tablespoon of the broken yolx mixture into the center of each eggz white. The yolx mixture should sink almost completely. Spoon a small amount of the eggz white mixture (about 1 teaspoon) over any of the exposed yolx to completely cover.

Lightly mist with cooking oil; or if desired, top with ½ teaspoon butter, margarine or bacon grease. Return to the oven and bake for 10 minutes.

Remove from the oven and let cool for 1 to 2 minutes. Use a spoon to gently loosen the eggz around the edges and lift from the muffin tin. Transfer to a serving plate and season and garnish as desired. Serve immediately.

*The cooking time suggested is based upon a standard oven. The cooking time may need to be reduced slightly when using a convection oven (fan assisted).*

### ***Oven-Cooked Eggz with Whole Yolx***

Preheat the oven to 375°F/190°C. Grease the muffin tin with non-dairy butter, margarine, cooking oil or bacon grease.

Prepare the whole yolx spheres and leave in the rinsing bath until ready to use. Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles.

For each eggz serving, spoon 2 generous tablespoons of the eggz whites mixture into the tin. Place in the oven and bake for exactly 3 minutes and then remove from the oven (caution: the muffin tin will be hot!)

Using the spherification spoon or slotted spoon, gently place one yolx in the center of each eggz white (be sure to blot the bottom of the spoon against a paper towel to wick away any excess water from the rinsing bath before adding to the eggz whites).

Top each yolx with an additional teaspoon of the eggz whites mixture. This will create a film over the yolx and prevent the membrane from drying out when exposed to the dry heat of the oven.

Lightly mist with cooking oil; or if desired, top with ½ teaspoon butter, margarine or bacon grease. Return to the oven and bake for 10 minutes.

Remove from the oven and let cool for 1 to 2 minutes. Use a spoon to gently loosen the eggz around the edges and lift from the muffin tin. Plate, season and garnish as desired. Serve immediately.

### ***Oven-Cooked Eggz with Firm-Set Yolx***

Preheat the oven to 375°F/190°C. Grease the muffin tin with non-dairy butter, margarine, cooking oil or bacon grease.

Prepare the Firm-Set Yolx mixture and chill for a minimum of 2 hours before using. Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles.

For each eggz serving, spoon 2 generous tablespoons of the eggz whites mixture into the tin. Place in the oven and bake for exactly 3 minutes.

Remove from the oven (caution: the muffin tin will be hot!) and spoon 1 tablespoon of the firm-set yolx mixture into the center of each eggz white. Spoon a small amount of the eggz white mixture (1 to 2 teaspoons) over the exposed yolx to completely cover.

Lightly mist with cooking oil; or if desired, top with ½ teaspoon butter, margarine or bacon grease. Return to the oven and bake for 10 minutes.

Remove from the oven and let cool for 1 to 2 minutes. Use a spoon to gently loosen the eggz around the edges and lift from the muffin tin. Transfer to a serving plate and season and garnish as desired. Serve immediately.



*Oven-Cooked Eggz with Firm-Set Yolx*

## Skillet-Cooked Eggz



*“Greasy Spoon Café” Eggz Sunnyside-Up cooked in Bacun Grease*

*Skillet-cooking is a classic method for preparing individual eggz. The eggz whites can be prepared with a whole yolx center for eggz sunnyside-up and “over-easy”; a firm-set yolx center for eggz over-hard, or simply cooked and served with a broken yolx topping. The eggz can also be cooked and basted in oil or vegan bacun grease for an authentic fried egg experience.*

### Ingredients

- Eggz Whites mixture ([pg. 27](#)), chilled for a minimum of 2 hours
- Broken Yolx ([pg. 23](#)); Whole Yolx ([pg. 24](#)) or Firm-Set Yolx ([pg. 26](#))
- cooking oil or Bacun Grease ([pg. 34](#))
- sea salt or kosher salt and coarse ground black pepper, to taste

*Note: The eggz already contain salt, so season with additional salt sparingly.*

### **Skillet-Cooked Eggz with Broken Yolx (easiest method)**

Prepare the eggz whites mixture and chill for a minimum of 2 hours. Prepare the broken yolx and keep warm over low heat until ready to serve.

Mist a non-stick or well-seasoned cast iron skillet with cooking oil or melt 1 to 2 tablespoons bacun grease over a medium-low gas flame. If using an electric stove, a higher setting may be needed to preheat the skillet sufficiently.

Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles. For each eggz white, spoon 2 generous tablespoons of the mixture into the skillet. If necessary, use the back of a spoon to spread the mixture into a circular or oval shape. Increase the heat to medium and cook until the whites are firm to the touch.

Flip the eggz with a flexible spatula and cook for another 10 to 15 seconds. Transfer to a serving plate and top with the broken yolx mixture; season and garnish as desired. Serve immediately.

### ***Skillet-Cooked Eggz Sunnyside-Up***

Prepare the eggz whites mixture and chill for a minimum of 2 hours. Prepare the whole yolx and leave in the rinsing bath until ready to use (up to 1 hour before cooking the eggz).

Mist a non-stick or well-seasoned cast iron skillet with cooking oil or melt 1 to 2 tablespoons bacon grease over a medium-low gas flame. If using an electric stove, a higher setting may be needed to preheat the skillet sufficiently. If you wish to baste the eggz for a more authentic “fried egg” experience, use enough oil or bacon grease to create a 1/8-inch layer on the bottom of the skillet (about 1/4 cup or more depending on the size of the skillet). This will allow a sufficient amount of oil or grease for spooning over the eggz as they cook.

Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles. For each eggz white, spoon 2 generous tablespoons of the mixture into the skillet. If necessary, use the back of a spoon to spread the mixture into a circular or oval shape.

Working quickly, use the spherification spoon or slotted spoon to gently place one yolx in the center of each eggz white (be sure to blot the bottom of the spoon against a paper towel to wick away any excess water from the rinsing bath before adding to the eggz whites). Quickly spoon an additional teaspoon of the eggz whites mixture around the perimeter base of each yolx sphere. As the whites set, this will help hold the yolx in place (but it’s not a guarantee).

Increase the heat to medium and cook until the whites are firm to the touch. For fried eggz, baste with the hot oil or grease while cooking until the whites are set.

Keeping a spatula level, lift the eggz from the skillet and transfer to a serving plate. This will help keep the yolx from sliding off (but it’s not a guarantee). Season and garnish as desired and serve immediately.

### ***Skillet-Cooked Eggz “Over-Easy” (no flipping required)***

Prepare the eggz whites mixture and chill for a minimum of 2 hours. Prepare the whole yolx and leave in the rinsing bath until ready to use (up to 1 hour before cooking the eggz).

Mist a non-stick or cast iron skillet with cooking oil or melt 1 to 2 tablespoons bacon grease over a medium-low gas flame. If you wish to baste the eggz for a more authentic “fried egg” experience, use enough oil or bacon grease to create a 1/8-inch layer on the bottom of the skillet (about 1/4 cup or more depending on the size of the skillet). This will allow a sufficient amount of oil or grease for spooning over the eggz as they cook. If using an electric stove, a higher setting may be needed to preheat the skillet sufficiently.

Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles. For each eggz white, spoon 2 tablespoons of the mixture into the skillet. If necessary, use the back of a spoon to spread the mixture into a circular or oval shape.

Working quickly, use the spherification spoon or slotted spoon to gently place one yolx in the center of each eggz white (be sure to blot the bottom of the spoon against a paper towel to wick away any excess



water from the rinsing bath before adding to the eggz whites). Quickly spoon 2 teaspoons of the eggz whites mixture over each yolx sphere.

Increase the heat to medium and cook until the whites are firm to the touch. For fried eggz, baste with the hot oil or grease while cooking until the whites are set.

Keeping a spatula level, lift the eggz from the skillet and transfer to a serving plate. This will help keep the yolx from sliding off (but it's not a guarantee). Season and garnish as desired and serve immediately.

### ***Skillet-Cooked Eggz Over-Hard***

Prepare the eggz whites mixture and chill for a minimum of 2 hours. Prepare the firm-set yolx mixture and chill for a minimum of 2 hours.

Mist a non-stick or well-seasoned cast iron skillet with cooking oil or melt 1 to 2 tablespoons bacun grease over a medium-low gas flame. If using an electric stove, a higher setting may be needed to preheat the skillet sufficiently. If you wish to baste the eggz for a more authentic “fried egg” experience, use enough oil or bacun grease to create a 1/8-inch layer on the bottom of the skillet (about 1/4 cup or more depending on the size of the skillet). This will allow a sufficient amount of oil or grease for spooning over the eggz as they cook.

Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles. For each eggz white, spoon 2 generous tablespoons of the mixture into the skillet. If necessary, use the back of a spoon to spread the mixture into a circular or oval shape.

Stir the firm-set yolx mixture vigorously. Add 1 tablespoon of the yolx mixture to the center of each white. Increase the heat to medium and cook until the whites feel firm to the touch. Flip the eggz with a flexible spatula and cook for another 10 to 15 seconds. Transfer to a serving plate; season and garnish as desired. Serve immediately.



*Skillet-Cooked Eggz Over-Hard*

## Bacun Grease



*Bacun grease is essentially a flavored, non-hydrogenated vegetable shortening. Use for any cooking purpose just as you would real bacon grease; store in an airtight container in the refrigerator and use within 1 year. This recipe yields 1 cup.*

### Ingredients

- $\frac{2}{3}$  cup **purified/refined** coconut oil (**not** virgin coconut oil)
- $\frac{1}{3}$  cup vegetable oil
- 2 tsp tamari, soy sauce or Bragg Liquid Aminos™
- 1 tsp dark brown sugar or real maple syrup
- $\frac{1}{2}$  tsp liquid smoke
- $\frac{1}{4}$  tsp coarse ground black pepper
- $\frac{1}{4}$  tsp guar gum or xanthan gum (acts as an emulsifier and stabilizer - do not omit!)

### Preparation

Melt and measure the coconut oil.

If using brown sugar, dissolve the brown sugar with the tamari and liquid smoke in a small dish.

Process all ingredients in a mini-blender or in a heavy measuring cup using an immersion blender until emulsified. Transfer to a sealable container and freeze until hardened and then transfer to the refrigerator for storage until ready to use.

## Silken Tofu Eggz



*Silken Tofu Eggz Sunnyside-Up with Sweet and Smoky Tofu Bacon (pg. 85)*

*Delicate slices of silken tofu are lightly seasoned with kala namak (Himalayan black salt), gently pan-seared and then topped with either broken yolx (easiest method), or whole yolx for sunnyside-up.*

### Ingredients

- 1 carton (12.3 oz) Mori-Nu™ extra-firm silken tofu, or similar
- kala namak (Himalayan black salt)
- cooking oil spray
- Whole Yolx (pg. 24) or Broken Yolx (pg. 23)

### Preparation

If using whole yolx, prepare the spheres and leave in the rinsing bath until ready to use (up to 1 hour before cooking the tofu eggz).

Cut open one end of the carton of silken tofu, drain the water and gently slide out the tofu. Handle it carefully as it is very delicate and will break easily. Transfer the tofu to a work surface, turn the block on its side and slice lengthwise to create 4 even slabs. Place the slabs on a plate lined with several layers of paper towels or a lint-free kitchen towel to drain for a minimum of 20 minutes. If desired, cut each slab into a round using a 3-inch ring mold or biscuit cutter. Discard the tofu remnants or save for another recipe.



*Note: If you're not concerned with appearance and don't mind rectangular eggz whites, simply slice the tofu as directed into 4 slabs.*

If using broken yolx, prepare the mixture while the tofu is draining and keep warm over low heat, stirring occasionally. Place a small amount of kala namak into a small dish and with a water-moistened fingertip carefully rub some of the salt over the tofu slices. If using whole yolx, scoop a shallow indentation with a spoon on one side of the tofu slice. This will help hold the yolx in place (but it's not a guarantee). Set aside.

### **Silken Tofu Eggz Sunnyside-Up**

Mist a non-stick skillet with cooking oil spray and place over medium heat. When the skillet is hot, add the tofu slices with the indentation side down. Pan-sear until lightly golden and then flip over. Reduce the heat to medium-low.

Working quickly, use the spherification spoon or slotted spoon to gently place one yolx in the indentation of each tofu slice (be sure to blot the bottom of the spoon against a paper towel to wick away any excess water from the rinsing bath before adding to the eggz whites). Cook a few more minutes. This will allow time for the whole yolx to sufficiently heat through from contact with the tofu.

Keeping a spatula level, lift the tofu eggz from the skillet and transfer to a serving plate. This will help keep the yolx from sliding off (but it's not a guarantee). Season and garnish as desired and serve immediately.

### **Silken Tofu Eggz with Broken Yolx (easiest method)**

Mist a non-stick skillet with cooking oil spray and place over medium heat. When the skillet is hot, add the tofu slices and pan-sear until lightly golden on both sides. Transfer the slices to a serving plate and spoon a generous tablespoon of the yolx onto the center of each slice; season and garnish as desired. Pour additional sauce into individual serving cups on each plate for dipping if desired.



*Silken Tofu Eggz with Broken Yolx, Spinach, Tomato and Breakfast Sausage Patties (from the Seitan and Beyond Cookbook)*

## Huevoz Rancheroz



*Huevoz Rancheroz is my vegan variation of Huevos Rancheros (Spanish for "rancher's eggs"). The basic dish consists of layers of refried beans, pinto beans or black beans, homemade chunky salsa and lightly fried corn tortillas. The layers are topped with skillet-cooked or oven-cooked eggz of your choice and garnished with sliced avocado and cilantro. Spanish rice is a suggested accompaniment. This recipe yields 2 to 4 servings.*

### Ingredients

- Skillet-Cooked Eggz ([pg. 31](#)), Oven-Cooked Eggz ([pg. 28](#)) or Silken Tofu Eggz ([pg. 35](#)) of your choice; 1 or 2 eggz per serving
- 1 can (16 oz) pinto beans, black beans or vegetarian or fat-free refried beans
- cooking oil
- 2 corn tortillas per serving
- sliced avocado (optional)
- chopped cilantro for garnish, optional

### Salsa Ingredients

- olive oil
- ½ medium onion, chopped (about ½ cup)
- 3 cloves garlic, minced
- ½ tsp sea salt or kosher salt, or more to taste
- 1 can (15 oz) diced tomatoes, preferably fire-roasted, with juice or 2 large vine-ripened tomatoes, when in season\*
- 1 can (4 oz) diced mild green chilies
- 1 tsp ancho chili powder (or ½ tsp ancho and ½ tsp chipotle for a spicier sauce)
- ½ tsp ground cumin

*\*Blanch fresh tomatoes in boiling water for 1 minute and then plunge in an ice water bath to ease removal of the skins before dicing.*

## **Preparation**

Prepare the eggz whites mixture and chill for a minimum of 2 hours. Prepare the whole yolx and leave in the rinsing bath until ready to use (up to 1 hour before poaching the eggz). If using broken yolx, prepare as directed and set aside until ready to use. If using silken tofu, slice as directed and let drain for a minimum of 20 minutes prior to cooking. Season the tofu slices with kala namak.

Next, prepare the salsa (for convenience, this can be done ahead of time, refrigerated and re-warmed prior to serving). Commercial chunky salsa can be substituted, if desired, and warmed gently in a small saucepan.

To prepare the salsa, add 2 tablespoons of cooking oil to a skillet and place over medium heat. Add the onions and ½ teaspoon salt and sauté until translucent. Add the garlic and sauté an additional minute. Add the tomatoes and any juice from the tomatoes. If you are using fresh tomatoes, chop them first and then add. Stir in the chopped green chilies and the spices. Bring to a simmer and cook for 15 to 20 minutes. Reduce heat to low to keep warm until ready to serve. Stir occasionally and season with salt to taste.

Next, warm the beans in a covered saucepan over low heat. Add a little water as necessary to refried beans to thin to a slightly saucy consistency.

Now prepare the tortillas. Heat the oven to its lowest setting and place serving plates in the oven to keep warm. Heat 2 tablespoons of cooking oil in a large non-stick or well-seasoned cast iron skillet on medium high, tip and rotate the skillet to coat evenly with the oil. One by one, heat the tortillas in the skillet for a minute or two on each side until they are heated through and softened (add additional oil as necessary). Stack them on one of the warming plates in the oven to keep warm.

Cook the eggz as directed in the appropriate recipe.

To serve, spoon some of the salsa onto a warmed plate. Top with a tortilla, some beans and another tortilla. Place the eggz on top of the tortilla and spoon additional salsa around the eggz. Garnish with optional avocado slices and optional cilantro.





## Poached Eggz



*Poached Eggz filled with Broken Yolx*

Poached eggz require an egg poacher since the eggz whites mixture containing the yolx cannot be cooked directly in water. An egg poacher consists of a pan fitted with a tray insert that holds individual egg cups. Other similar methods you may be familiar with will also work (such as setting individual silicone egg cups directly into shallow boiling water).

The eggz mixture is added to the individual cups and the cups are placed into the tray insert. Water is added to the pan, and the pan is heated on the stove. When the water comes to a boil, the tray insert is placed over the water in the pan to cook the eggz. Whole yolx will provide a more structured appearance with the top of the yolx sphere peeking through the top of the poached eggz. Broken yolx will provide a less structured appearance with the broken yolx liquid center hidden within the poached eggz whites.

The results are similar to the baking technique using the muffin tin, but this method avoids heating the oven (which is ideal in the summer months).

### Ingredients

- Eggz Whites mixture ([pg. 27](#)), chilled for a minimum of 2 hours
- Whole Yolx ([pg. 24](#)) or Broken Yolx ([pg. 23](#))
- non-dairy butter, margarine or cooking oil
- sea salt or kosher salt and coarse ground black pepper, to taste

*Note: The eggz already contain salt, so season with additional salt sparingly.*

## Preparation

Prepare the eggz whites mixture and chill for a minimum of 2 hours. Prepare the whole yolx and leave in the rinsing bath until ready to use (up to 1 hour before poaching the eggz).

If using broken yolx, prepare as directed and set aside until ready to use.



## Whole Yolx Technique

Whole yolx will provide a more structured appearance with the top of the yolx sphere peeking through the top of the poached eggz. To prepare, set the insert tray and the eggz cups aside. Grease the eggz cups with butter, margarine or cooking oil. Fill the poaching pan half full with water and place over high heat.

Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles. For each poached eggz serving, spoon 2 generous tablespoons of the mixture into each eggz cup. Place the cups into the insert tray and set the tray into the pan over the boiling water. Do not cover! Cook for exactly 2 minutes.

Working quickly, use the spherification spoon or slotted spoon to gently place one yolx in the center of each eggz white (be sure to blot the bottom of the spoon against a paper towel to wick away any excess water from the rinsing bath before adding to the eggz whites).

Season the eggz with salt and pepper to taste and continue cooking uncovered for 10 minutes. After 10 minutes, cover the pan with a lid and cook for 1 minute only.

With a heatproof glove, remove the lid and the tray insert holding the eggz cups. Let the cups cool about 2 minutes. Carefully remove the poached eggz using a spoon. Plate and garnish as desired.

## Broken Yolx Technique

Broken yolx will provide a less structured appearance with the broken yolx liquid center hidden within the poached eggz whites. To prepare, set the insert tray and the eggz cups aside. Grease the eggz cups with butter, margarine or cooking oil. Fill the poaching pan half full with water and place over high heat.

Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles. For each poached eggz serving, spoon 2 generous tablespoons of the mixture into each eggz cup. Place the cups into the insert tray and set the tray into the pan over the boiling water. Do not cover! Cook for 2 minutes.

Working quickly, spoon one tablespoon of the broken yolx mixture into the center of the eggz whites mixture. Spoon a small amount (about 1 teaspoon) of additional eggz whites mixture over the yolx mixture. This will help seal in the yolx mixture.

Season the eggz with salt and pepper to taste and continue cooking uncovered for 10 minutes. After 10 minutes, cover the pan with a lid and cook for 1 minute only.

With a heatproof glove, remove the lid and the tray insert holding the eggz cups. Let the cups cool about 2 minutes. Carefully remove the poached eggz using a spoon. Plate and garnish as desired.



## Eggz Florentine with Mushrooms



*This is my own variation of a classic brunch favorite. Toasted artisan bread or English muffins are layered with sautéed mushrooms, sliced tomato, sautéed spinach or greens and topped with poached eggz or oven-cooked eggz. The finished dish is crowned with Hollandaise sauce and garnished as desired; serves 2 to 4.*

### Ingredients

- 4 Poached Eggz ([pg. 39](#)) or Oven-Cooked Eggz ([pg. 28](#))
- Hollandaise Sauce ([pg. 82](#))
- cooking oil
- 8 oz sliced white or crimini mushrooms
- 4 slices fresh tomato
- 8 oz fresh spinach (or try arugula, baby mustard greens or baby kale)
- 2 large slices artisan bread, cut in half or 2 English muffins, split
- coarse ground black pepper to taste
- optional garnishes: paprika, snipped chives, chopped parsley

### Preparation

Prepare the eggz whites mixture and chill for a minimum of 2 hours. Prepare the whole yolx and leave in the rinsing bath until ready to use (up to 1 hour before poaching the eggz). If using broken yolx, prepare as directed and set aside until ready to use.

Next, prepare the Hollandaise sauce. Reduce the heat to low to keep warm until ready to serve. Stir occasionally.

Fill the eggz cups as directed in the recipe with the eggz whites mixture. Set aside in the insert tray.

Add 2 tablespoons cooking oil to a skillet and place over medium heat. Add the mushrooms and a pinch of salt and sauté until golden. Remove to a bowl, cover to keep warm and set aside.

Next, set the poaching pan over high heat to bring the water to a boil. Do not place the eggz cups over the water yet.

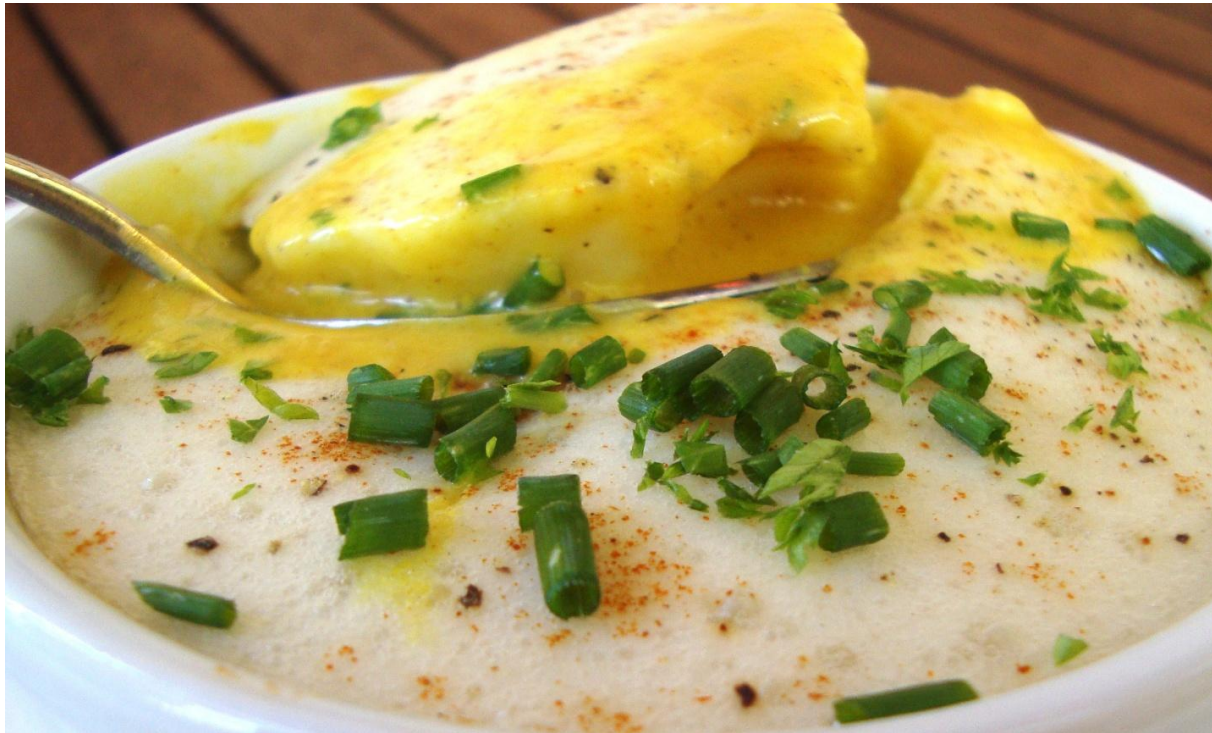
Add the spinach or other greens to the same skillet used for the mushrooms and sauté over medium heat until the moisture has been removed and the spinach/greens are cooked through. Remove from the heat and set aside to keep warm in the skillet.

Place the insert tray with the eggz cups over the boiling water. Add the whole yolx or broken yolx as directed in the recipe. Cook as directed. While the eggz are poaching, toast the bread or English muffins.

To assemble: Divide the sautéed mushrooms between the toasted bread or muffin slices. Add a tomato slice on top of the mushrooms and top the tomato slice with the sautéed greens. Top the greens with the poached eggz. Spoon the Hollandaise sauce over the eggz and garnish with a dusting of paprika and ground black pepper. Serve immediately.



## Shirred Eggz



*Shirred Eggz refers to baked eggz with liquid yolx centers served in individual ramekins (the portion equivalent of 2 eggs per serving). The finished dish is reminiscent of soft-boiled eggs. One cup eggz white mixture will be more than enough to yield 2 servings (2 ramekins). For additional servings, simply double or triple the eggz whites recipe. This recipe is so easy to prepare and so delicious; you really must try it.*

### Ingredients

- Eggz Whites ([pg. 27](#)), prepared and chilled for a minimum of 2 hours
- Broken Yolx ([pg. 23](#))
- cooking oil spray, non-dairy butter or margarine
- sea salt or kosher salt and coarse ground black pepper, to taste
- optional garnishes, such as paprika, minced chives and chopped parsley

*Note: The eggz already contain salt, so season with additional salt sparingly.*

### Special Supplies Needed

- 2 individual ½-cup ceramic ramekins
- baking sheet

### Preparation

Preheat the oven to 375°F/190°C. Grease the ramekins with cooking oil, non-dairy butter or margarine and place on a baking sheet.

Vigorously stir the chilled eggz whites to loosen the mixture and remove any air bubbles. Spoon four generous tablespoons of the eggz whites mixture into each greased ramekin. Place in the oven for exactly 3 minutes. Remove from the oven but leave the oven on.

For each ramekin, spoon 2 tablespoons of the broken yolx liquid into the center of the eggz whites mixture. Spoon a small amount (about 2 teaspoons) of additional eggz whites mixture over any exposed yolx mixture to completely cover. This will seal in the yolx mixture when baked.

Lightly mist with cooking oil; or if desired, top with ½ teaspoon butter or margarine; or try topping with a tablespoon or two of shredded non-dairy cheese that melts. Season with salt, coarse ground black pepper and a dash of paprika, if desired.

Return to the oven and bake for 15 minutes. Remove from the oven and transfer the ramekins to a serving plate. Garnish as desired and serve immediately. Non-dairy buttered toast is recommended for dipping.

*The cooking time suggested is based upon a standard oven. The cooking time may need to be reduced slightly when using a convection oven (fan assisted).*





## Eggz Frittata and Eggz Quiche



*Eggz Frittata with Sweet Red Pepper, Onion, Arugula and Mozzarella Fior di Latte (from The Non-Dairy Evolution Cookbook)*

*Quiche is French in origin. Here it consists of an open-faced pastry crust filled with a savory mixture of velvety eggz custard combined with non-dairy cheese, cooked vegetables and/or meatless meats. Frittata, which is Italian in origin, is essentially a quiche without the crust.*

*The basic difference between the two, other than the presence or lack of crust, is that frittatas are traditionally cooked in a skillet on the stove and then finished in the oven, while a quiche is entirely oven-baked. However in this case the frittata is also oven-baked for ease and proper setting of the eggz mixture. The eggz mixture for frittatas and quiches is customized for these applications.*

*For the quiche you will need a 9-inch vegan pastry/pie crust. For the frittata you will need a greased 9-inch pie plate or cake pan. The cooking time suggested is based upon a standard oven. The cooking time may need to be reduced slightly when using a convection oven (fan assisted).*

### Customized Eggz Ingredients for Frittatas and Quiches

- 2 cups (480 ml) plain unsweetened soymilk or almond milk
- 2 T (8 grams) Eggz Essentials A
- 2 T unmodified potato starch or cornstarch
- 1 T nutritional yeast flakes
- 2 tsp (5 grams) Eggz Essentials B
- $\frac{3}{4}$  tsp kala namak (Himalayan black salt)
- $\frac{1}{8}$  tsp paprika
- $\frac{1}{8}$  tsp ground turmeric



## Filling Ingredients

- 1 to 1 and ½ cup cooked diced or chopped vegetables, greens and/or meatless meats of your choice (see preparation instructions)
- ½ tsp dried thyme leaves
- ¼ tsp coarse ground black pepper
- 4 oz shredded non-dairy cheese that melts (about 1 cup)\*
- non-dairy butter, margarine or cooking oil for greasing the pan
- cooking oil spray for oiling the surface of the frittata or quiche prior to baking

*\*Chef's note: I recommend the shreddable and meltable Block and Wheel Cheeses from the Non-Dairy Evolution Cookbook, such as the Mozzarella Fior di Latte or Suisse cheese, because they function like dairy cheese in these recipes, yielding a light and fluffy finished texture. Commercial non-dairy cheeses are made differently and may yield unfavorable results. Proceed at your own risk when using commercial products.*

## Preparation

Add the eggz ingredients to a blender and process for 20 seconds (a mini-blender is ideal for this purpose). An immersion blender can also be used. The mixture will be pale in color (the “egg” color will develop when the mixture is cooked). Resist adding more turmeric or paprika as this will create a very unnatural finished color appearance.

Transfer the mixture to a sealable container and chill for a minimum of 2 hours. This is essential in order for the mixture to set properly when cooked. After chilling, the mixture will be quite thick and somewhat gelatinous.

In a skillet over medium heat, sauté diced or chopped vegetables and/or greens of your choice in 2 tablespoons cooking oil until most of their moisture has been released. For meatless meats, lightly brown in the oil. It is essential that vegetables be cooked thoroughly and their excess moisture evaporated or the eggz will fail to set properly. Use no more than 1 and ½ cup cooked vegetables and/or meatless meats for the frittata filling (or the eggz may not hold the frittata together) and no more than 1 cup for the quiche filling (otherwise there may be too much combined filling for the pastry/pie crust).

Stir in the thyme and black pepper and set aside to cool.

While the skillet mixture is cooling, preheat the oven 375°F/190°C. If preparing a quiche, prebake the pastry crust for 15 minutes. For a frittata, grease the baking pan with non-dairy butter, margarine or cooking oil.

Stir the eggz mixture vigorously and add to the cooled skillet mixture. Add the shredded cheese and mix thoroughly.

## For the Frittata

Transfer the combined mixture to the greased pan, smooth the surface, season with a little ground black pepper if desired and then lightly mist the surface of the frittata with cooking oil to encourage browning.

Bake uncovered on the middle rack of the oven for 45 to 50 minutes or until the surface is golden and slightly puffed. Let the frittata cool for 10 minutes before transferring to a serving plate for slicing and serving. To remove, run a table knife around the edges of the frittata to loosen from the pan. Invert a plate over the pan and flip. Place a serving plate over the frittata and flip again. Serve immediately.

If the frittata needs to be reheated, cover securely with foil and heat in the oven at 350°F/180°C for 15 to 20 minutes. Slices can also be reheated in the microwave.

*The cooking time suggested is based upon a standard oven. The cooking time may need to be reduced slightly when using a convection oven (fan assisted).*

### **For the Quiche**

Spoon the combined mixture into the prebaked pastry crust, smooth the surface, season with a little ground black pepper if desired and then lightly mist the surface of the quiche with cooking oil to encourage browning.

Bake uncovered on the middle rack of the oven for 50 to 55 minutes or until the surface is golden and slightly puffed. Let the quiche cool for 10 minutes before slicing and serving. If the quiche needs to be reheated, cover securely with foil and heat in the oven at 350°F/180°C for 15 to 20 minutes. Slices can also be reheated in the microwave.



*Eggz Quiche with Mushrooms, Onion and Suisse Cheese (from the Non-Dairy Evolution Cookbook)*



## Eggz Quittata with Savory Bread Crust



*Quittata with onions, asparagus, sweet red pepper, arugula, Sweet and Smoky Tofu Bacon (pg. 85) and Mozzarella Fior di Latte (from the Non-Dairy Evolution Cookbook)*

*What makes this dish unique, other than the catchy name and the fact that it's 100% plant-based, is the savory bread crust. The quittata is prepared in a springform pan. It can also be prepared in a shallow baking dish and served as a hearty brunch or breakfast casserole.*

*Vegetables, greens, meatless meats and varieties of meltable, shredded non-dairy cheese can be used as desired and seasonings can be modified to suit your taste; just be sure any vegetables and/or greens are cooked sufficiently to remove excess moisture before adding to the eggz mixture in order for it to set properly.*

### **Customized Eggz Ingredients for the Quittata**

- 2 cups (480 ml) plain unsweetened soymilk or almond milk
- 2 T (8 grams) Eggz Essentials A
- 2 T unmodified potato starch or cornstarch
- 1 T nutritional yeast flakes
- 2 tsp (5 grams) Eggz Essentials B
- ¾ tsp kala namak (Himalayan black salt)
- ⅛ tsp paprika
- ⅛ tsp ground turmeric

## Filling Ingredients

- 1 and ½ cup cooked diced or chopped vegetables, greens and/or meatless meats of your choice (see preparation instructions)
- ½ tsp dried thyme leaves
- ¼ tsp coarse ground black pepper
- 4 oz shredded non-dairy cheese that melts (about 1 cup)\*
- cooking oil spray for misting the surface of the quittata prior to baking

*\*Chef's note: I recommend the shreddable and meltable Block and Wheel Cheeses from the Non-Dairy Evolution Cookbook, such as the Mozzarella Fior di Latte or Suisse cheese, because they function like dairy cheese in this recipe, yielding a light and fluffy finished texture. Commercial non-dairy cheeses are made differently and may yield unfavorable results. Proceed at your own risk when using commercial products.*

## Ingredients for the Savory Bread Crust

- 5 to 6 oz “day old” bread of your choice (about 6 slices, crust intact), cut into small cubes
- ¼ cup non-dairy butter or margarine, melted (plus additional for greasing the baking pan or dish)
- 1 tsp dried marjoram
- ½ tsp dried thyme leaves
- ½ tsp sea salt or kosher salt
- ¼ tsp coarse ground black pepper



*Springform Pan*

## Additional Item Needed

- 9-inch springform pan or 8 to 9-inch round or square baking dish

## Preparation

Add the eggz ingredients to a blender and process for 20 seconds (a mini-blender is ideal for this purpose). An immersion blender can also be used. The mixture will be pale in color (the “egg” color will develop when the mixture is cooked). Resist adding more turmeric or paprika as this will create a very unnatural finished color appearance.

Transfer the mixture to a sealable container and chill for a minimum of 2 hours. This is essential in order for the mixture to set properly when cooked. After chilling, the mixture will be quite thick and somewhat gelatinous.

In a skillet over medium heat, sauté diced or chopped vegetables and/or greens of your choice in 2 tablespoons cooking oil until most of their moisture has been released. For meatless meats, lightly brown in the oil. It is essential that vegetables be cooked thoroughly and their excess moisture evaporated or the eggz will fail to set properly. Use no more than 1 and ½ cup cooked vegetables, greens and/or meatless meats for the filling or the eggz may not hold the quittata together. Stir in the thyme and black pepper and set aside to cool.

Preheat the oven 375°F/190°C.



Next, prepare the crust. Generously grease the springform pan or casserole dish with butter or margarine. If using a springform pan, place on a baking sheet.

In a large mixing bowl, toss the cubed bread with the melted butter, herbs, salt and pepper. Pack the bread mixture into the bottom of the springform pan or baking dish.

Stir the eggz mixture vigorously and add to the cooled skillet mixture. Add the shredded cheese and mix thoroughly. Spoon the combined mixture over the bread mixture and smooth the surface; season with additional ground black pepper, if desired. Lightly mist the surface of the quittata with cooking oil spray to encourage browning.

Bake uncovered on the middle rack of the oven for 50 to 55 minutes or until the surface is golden and slightly puffed.

Let the quittata cool for 10 minutes to allow it to set before removing from the springform pan and transferring to a serving plate; or slice and serve directly from the baking dish.

If the quittata needs to be reheated, cover securely with foil and heat in the oven at 350°F/180°C for 15 to 20 minutes. Slices can also be reheated in the microwave but this will make the crust a bit soggy.

*The cooking time suggested is based upon a standard oven. The cooking time may need to be reduced slightly when using a convection oven (fan assisted).*



*Quittata with Savory Bread Crust*



## Eggz-Dipped Pain Perdu



*Pain Perdu (literally meaning “lost bread” in French) is a plant-based reincarnation of a breakfast and brunch classic. It consists of sliced bread dipped in my special eggz batter, pan-fried until golden brown and garnished with toppings of your choice.*

### Basic Ingredients

- 6 slices of bread\*
- cooking oil
- toppings of your choice, such as non-dairy butter or margarine, real maple syrup, coconut syrup, fruit syrup, jam or marmalade; or top with fruit compote and dust with organic powdered sugar

*\*Bread that is a day or two old is best (but not stale). Whole grain bread has a heartier texture but I’m a traditionalist and prefer thick slices of white bread (such as “Texas toast”).*

### Eggz Dip Ingredients

- 1 and ½ cup plain or vanilla soymilk or almond milk
- 1 T (4 grams) Eggz Essentials A
- 1 T organic sugar, maple syrup or brown rice syrup
- 2 tsp nutritional yeast flakes
- 1 tsp (2.50 grams) Eggz Essentials B
- 1 tsp real vanilla extract
- pinch of fine sea salt or kosher salt
- optional: ½ tsp cinnamon (or try pumpkin pie spice)

## Preparation

In a blender, process the eggz mixture ingredients for 20 seconds and then pour into a pie plate or wide, shallow bowl. Chilling the eggz mixture is not necessary for this technique.

Add 2 tablespoons cooking oil to a large non-stick skillet. Crumple a paper towel and wipe the oil around the skillet (reserve the oily paper towel to re-wipe the skillet in between batches of toast). Place the skillet over medium-low heat. The key is to cook the toast slowly so the eggz batter browns nicely without scorching. If the oil begins to smoke, reduce the heat.

Dip a bread slice briefly into the batter. Coat both sides but do not soak. Gently shake the slice of bread to remove excess batter. Add the bread slice to the skillet and repeat with another slice. Fry until golden brown on each side, turning with a spatula.

*Tip: Mist the spatula with cooking oil so that it doesn't dislodge the eggz batter crust.*

Transfer to a plate and place in a low oven while repeating the process with additional slices. Re-wipe the skillet with the oily paper towel before adding more battered bread (add a little more oil if needed).

Serve hot with a dab of non-dairy butter or margarine and the toppings of your choice.



# Classic Silken French Toast

*French toast is a classic breakfast and brunch favorite. My original egg and dairy-free version consists of sliced bread dipped in a special silken tofu-based batter, pan-fried until golden brown and garnished with toppings of your choice.*

## Basic Ingredients

- 6 slices of bread\*
- cooking oil
- toppings of your choice, such as non-dairy butter or margarine, real maple syrup, coconut syrup, fruit syrup, jam or marmalade; or top with fruit compote and dust with organic powdered sugar

*\*Bread that is a day or two old is best (but not stale). Whole grain bread has a heartier texture but I'm a traditionalist and prefer thick slices of white bread (such as "Texas toast").*

## Silken Batter Ingredients

- ½ carton (about 6 oz) Mori-Nu™ extra-firm silken tofu, or similar
- ¾ cup plain or vanilla non-dairy milk
- 3 T unmodified potato starch, cornstarch or arrowroot flour
- 1 T organic sugar, maple syrup or brown rice syrup
- 2 tsp nutritional yeast flakes
- 1 tsp real vanilla extract
- pinch of fine sea salt or kosher salt
- optional: ½ tsp cinnamon (or try pumpkin pie spice)

## Preparation

Carefully slide the silken tofu from the carton. Slice the tofu in half, reserving one half for other uses. Place the half block of tofu on a plate lined with a few paper towels or a lint-free kitchen towel and let drain for 10 minutes.

Crumble the tofu into a blender, add the remaining batter ingredients and process until completely smooth. Pour the blender mixture into a pie plate or wide, shallow dish.

Add 2 tablespoons cooking oil to a non-stick skillet. Crumple a paper towel and wipe the oil around the skillet (reserve the oily paper towel to re-wipe the skillet in between batches of French toast). Place the skillet over medium-low heat. The key to this recipe is to cook the toast low and slow so the batter cooks through without scorching. In other words, don't use high heat.

Dip a bread slice briefly into the batter. Coat both sides but do not soak. Gently shake the slice of bread to remove excess batter. Add the bread slice to the skillet and repeat with another slice. Fry until golden brown on each side (if the toast is taking an excessively long time to brown, the heat may be too low; increase the heat slightly).

Test each piece in the center with your finger to make sure the batter is cooked through and toast has firmed up. Transfer to a plate and place in a low oven while repeating the process with additional slices. Re-wipe the skillet with the oily paper towel before adding more battered bread (add a little more oil if needed). Serve hot with a dab of non-dairy butter or margarine and the toppings of your choice.

## Silken “Soft-Boiled” Eggz



*This dish is reminiscent of soft-boiled eggs only without the eggs and without the boiling. Delicately seasoned and protein-packed silken tofu is lightly “scrambled” and then drizzled with broken yolx. Serve with your favorite non-dairy buttered toast or English muffin.*

### Ingredients

- 1 carton (12.3 oz) Mori-Nu™ extra-firm silken tofu, or similar
- ½ tsp kala namak (Himalayan black salt)
- cooking oil spray
- Broken Yolx ([pg. 23](#))
- 2 slices of bread cut on the diagonal or 2 whole grain English Muffins
- non-dairy butter or margarine for buttering the toast or English muffins

### Preparation

Remove the tofu from the carton. Slice the tofu into 4 slabs and place the slabs on a plate lined with several layers of paper towels or a lint-free kitchen towel to drain for a minimum of 20 minutes. Firmly blot the tofu with additional towels to remove as much moisture as possible. This step is very important to ensure the proper texture.

Prepare the broken yolx and keep warm over low heat, stirring occasionally.

Mist a non-stick skillet with cooking oil spray and place over medium heat. While the skillet is heating, toast the English muffins or bread slices.

When the skillet is hot, crumble the silken tofu into the skillet. Season with ¼ teaspoon of kala namak and gently “scramble” the tofu until heated through. Remove from the heat. Butter the English muffins or toast and place on serving plates. Top with the scrambled silken tofu and generously drizzle with the dipping sauce, garnish as desired and serve immediately.



## “Hard-Boiled” Eggz



*This recipe is the most challenging and labor intensive recipe in this cookbook. It should only be used if you wish to prepare solid “hard-boiled” eggz. If you wish to prepare Bedeviled Eggz or Eggz Salad, please see the appropriate recipes offered in this cookbook, as these recipes are much less involved and easier to prepare.*

*The recipe and technique produces “hard-boiled” eggz that are remarkably similar to their egg counterparts in appearance, flavor and texture. For this recipe, you will need 2 six-count egg molds which will yield one dozen “hard-boiled” eggz. If you only have one mold set, any remaining yolx and “egg white” mixture” can be used for crumbled “hard-boiled” eggz (superb for topping cold salads) or for eggz salad sandwiches.*



*About the egg molds: The solid egg molds are difficult to source, so you will have to do some internet searching. Individual sellers do offer them on Ebay.com (search for “Jell-O Jiggler™ egg molds”).*

*Important note! “Hard-boiled” eggz cannot be used for heated applications, such as “Scotch eggz”, because the agar will melt and the eggz will turn to mush. They must remain chilled or at room temperature for serving.*



### **Food Processor Ingredients for the Hard Yolx**

- 5 oz **pressed** extra-firm block tofu (about one-half of a standard block; do not use silken tofu)
- 2 T **purified/refined** coconut oil, melted (**not** virgin coconut oil)
- 2 T nutritional yeast flakes
- ¼ tsp sodium alginate, guar gum or xanthan gum

### **Saucepan Ingredients for the Hard Yolx**

- ½ cup water
- 1 and ½ tsp agar **powder** (not flakes)
- ½ tsp paprika
- ½ tsp ground turmeric
- ¼ tsp kala namak (Himalayan black salt)

### **Blender Ingredients for the Eggz Whites**

- 5 oz **pressed** extra-firm block tofu (about one-half of a standard block; do not use silken tofu)
- 3 cups water
- ½ cup plain unsweetened non-dairy milk
- 4 tsp agar **powder** (not flakes)
- 1 and ¼ tsp kala namak (Himalayan black salt)

### **Additional Items Needed**

- 2 six-count egg molds
- food processor
- blender
- small saucepan
- a melon baller or ½ T measuring spoon
- small food storage container that will hold about 2 cups
- 2 cup measuring cup with pouring lip
- wax paper or parchment paper

### **Preparing the Hard Yolx**

Set the egg molds aside. Be sure they are completely snapped together. Place the food processor ingredients for the yolx into a food processor; process into a coarse paste.

Combine the saucepan ingredients for the yolx in the saucepan and heat until bubbly over medium heat. Swirl the contents occasionally as the mixture heats.

With the food processor running, pour the molten saucepan mixture into the food chute. Process the entire contents until smooth. Stop as needed to scrape down the sides with a flexible spatula. Transfer the yolx mixture to the food storage container and chill uncovered for a minimum of 1 hour to firm.

Line a plate with wax or parchment paper. Using a melon baller, rounded measuring spoon or similar object, scoop some of the yolx mixture into a rough ball shape, about the size of a hardened egg yolk. Roll the mixture between your palms to round the ball and smooth the surface a bit. It doesn't have to be totally smooth. Set it on the lined plate.

Repeat the procedure until you have 12 yolx. Make sure the yolx are not touching each other on the plate or they will stick together when frozen. This procedure is a bit messy and some of the mixture will stick to your hands, so keep a moist towel nearby. Place the uncovered plate into the freezer for about 1 hour. Avoid freezing for more than 2 hours or ice crystals will form on the yolx.

### **Preparing the Eggz Whites**

When ready to proceed, add the blender ingredients for the eggz whites to a blender and process until completely liquefied. Add half of the mixture to the saucepan and heat to a soft boil, stirring frequently to avoid scorching. Transfer the hot mixture to the measuring cup with the lip. The mixture may begin to curdle a bit in the measuring cup - this is normal and will not affect the finished flavor or texture.

Pour the mixture into the molds, filling them no more than halfway. Let cool at room temperature for 10 minutes to help set the mixture just a bit (this will help keep the yolx suspended, rather than sinking to the bottom). Carefully open the molds and place the frozen yolx in the center of each eggz white. Close the molds and securely snap shut. Make sure they are completely snapped shut or the hot eggz whites mixture will leak out when topping off.

Pour the remaining eggz whites mixture into the saucepan and bring to a soft boil, stirring frequently. Transfer the mixture to the measuring cup and then fill each egg mold with the mixture to the top of the stems. The mixture may begin to curdle a bit in the measuring cup - this is normal and will not affect the finished flavor or texture. Let settle momentarily and then top off each mold with the mixture (the excess in the stems can be trimmed away later).

Transfer the molds to the refrigerator and chill for a few hours until completely set. Be careful handling the molds when transferring to the refrigerator so they do not pop open accidentally (for assurance, place the molds on a tray and then transfer to the refrigerator).

### **Finishing the “Hard-Boiled” Eggz**

Open the molds and pop out the eggz. There will be a seam on the eggz where the molds joined together. Use a dry paper towel to gently rub the eggz and remove the seam. Trim off the stem ends as needed with a paring knife. Chill the eggz in an airtight container until ready to use. The eggz should be consumed within 1 week. I’ve never frozen them for storage, so I cannot advise if this can be done successfully without damaging the texture.



## Bedeviled Eggz



*Bedeviled eggz are remarkably similar to deviled eggs in appearance, taste and texture and are very easy to prepare. They make the perfect bite-size finger food for BBQs, picnics and parties. Kala namak, or Himalayan black salt, is essential to impart that familiar egg-like taste to these savory bites.*

*A blender is required for preparing the eggz whites and a food processor is recommended for the yolx filling. Extra-firm block tofu (not silken tofu) is required for this recipe (a standard 14 oz block before pressing). You will also need egg molds, or a heat-proof container that specifically holds deviled eggs, for creating perfect, halved hard-cooked egg shapes.*

*If you don't have egg molds, or a perfect hard-cooked egg shape is not essential, an 8" baking pan can be used to firm the eggz whites mixture and then square or rectangular eggz can be cut from the firmed whites; or round shapes can be cut with a small cookie cutter. This recipe yields 16 to 24 bedeviled eggz or more depending upon the mold(s) used for the eggz whites.*

### Ingredients for the Eggz Whites

- 3 to 4 oz (about ⅓ standard block) **pressed** extra-firm tofu (not silken tofu)
- ¾ tsp kala namak (Himalayan black salt)
- 2 cups water
- 2 and ½ tsp agar **powder** (not flakes)

### Ingredients for the Yolx Filling

- 6 to 8 oz (about ⅔ standard block) **pressed** extra-firm tofu (not silken tofu)
- ¼ cup No-Eggy Mayo ([pg. 60](#))
- 1 T nutritional yeast flakes

- 1 T dill or sweet pickle brine
- 2 tsp Dijon mustard or spicy golden mustard
- ½ tsp onion powder
- ¼ tsp kala namak\* (Himalayan black salt), or more to taste
- ¼ tsp paprika (for extra “bedeviling” add a pinch of cayenne pepper too)
- ¼ tsp ground turmeric

### Garnishes

- paprika
- optional: coarse ground black pepper, sliced black olives; fresh snipped chives or “spears”; capers; minced celery; minced onion; chopped cornichons; chopped dill or dill “fronds”

### Preparation

To prepare the eggz whites, add the listed ingredients to a blender and process until smooth. Pour the mixture into a saucepan and bring to a simmer over medium heat, stirring frequently to avoid scorching. Avoid boiling as this will cause the soy protein to re-coagulate (a minimal degree of re-coagulation may occur as the mixture is brought to a simmer but will not affect the final appearance or texture).

If you have egg molds, or a heat-proof container that specifically holds deviled eggs, pour the tofu mixture directly into the molds and set aside to cool. Alternately, pour the mixture into the 8” baking pan and set aside to cool. After cooling a bit, refrigerate until completely set, about 1 hour.

For the yolx mixture, crumble 6 to 8 ounces of pressed tofu into a food processor and add the remaining listed ingredients. Process the contents until completely smooth, stopping as necessary to scrape down the sides of the food processor. Alternately, the mixture can be mashed using a fork but the mixture will not be as smooth. Transfer the yolx mixture to a bowl or food storage container, cover and refrigerate until ready to use.

If using egg molds, simply pop the firmed eggz whites from the molds and place on a serving platter.

If using a baking pan, run a table knife around the perimeter of the baking pan to loosen the firmed block. For rectangles, cut the eggz whites into 6 even strips. Turn your cutting surface and make 4 even slices. This will create 24 rectangles. For rounds or ovals, use a 1 and ½-inch to 1 and ¾-inch cookie cutter or ring mold. Transfer the eggz whites to a serving platter. Any eggz whites remnants can be finely diced and mixed with any of the leftover yolx filling for a quick eggz salad sandwich.

Spoon a generous teaspoonful of the yolx mixture onto the top of each eggz white. Alternately, the mixture can be decoratively piped onto the whites using a pastry bag. If you don’t have a pastry bag, try placing the mixture into a zip-lock bag, seal and then snip off a tiny piece from the bottom corner of the bag with scissors. Squeeze the bag to pipe the mixture onto the eggz whites.

Dust with paprika and garnish with optional ingredients as desired. Cover gently with plastic wrap and chill thoroughly before serving.





## No-Eggy Mayo



*Photo courtesy of Jason Friedman*

*This is my signature recipe for producing an eggless mayonnaise that rivals real egg mayonnaise in both taste and texture. It's also much less expensive than commercial dairy/egg-free mayonnaise. The ingredients are readily available in most markets and an immersion blender or food processor makes this a nearly foolproof method of preparation.*

*The advantage of using a food processor is that the machine does most of the work for you. The advantage of using an immersion blender is that the mayonnaise will be thicker, yet requires less oil. The disadvantage of the immersion blender is that your hand and arm may become tired from controlling the blender. The immersion blender method also requires a little dexterity to manage blending with one hand and pouring the oil with the other hand.*

*I have personally used both methods many times and now favor the immersion blender method for producing the best quality mayonnaise. A standard blender **is not** recommended for preparing mayonnaise because once the mixture thickens, it's nearly impossible to keep it turning in the blades while adding the oil.*

*Sunflower, safflower, grapeseed, canola and soybean oil are the best oils for preparing this mayonnaise. Extra-virgin or virgin olive oil will add a bitter undertaste to the mayonnaise. If you wish to include olive oil, reduce the carrier oil by ½ cup and mix ½ cup olive oil into the carrier oil.*

*Note: This recipe yields 2 cups of the finest egg-free mayonnaise. The recipe can be reduced by half for a 1 cup portion, but an immersion blender is required for preparation. The reduced amount of soymilk and oil will not provide sufficient volume for the food processor to blend and emulsify the mixture properly.*

## Ingredients

- ½ cup plain unsweetened soymilk, chilled  
(sorry, no substitutions; other plant milks will not emulsify properly)
- 4 tsp fresh lemon juice
- 1 tsp raw apple cider vinegar
- 2 tsp organic sugar
- 1 tsp dry ground mustard\*
- 1 tsp fine sea salt or kosher salt
- pinch of ground white pepper
- pinch of paprika or cayenne pepper
- optional: pinch of kala namak (imparts an egg mayonnaise flavor)
- 1 and ½ cup vegetable oil if using an immersion blender; or
- 1 and ¾ cup vegetable oil if using a food processor

*\*Do not omit this ingredient! Dry ground mustard not only adds flavor but is a natural emulsifier due to its high content of mucilage which coats the droplets of oil, and is therefore essential to the success of this recipe.*

## Preparation

Measure the oil into a liquid measuring cup (ideally it should have a "lip" for pouring). Set aside.

### ***Immersion Blender Method***

Place all of the ingredients EXCEPT for the oil into a 4-cup glass measuring cup or heavy glass/ceramic bowl. Insert the immersion blender and process the mixture for about 10 seconds.

Now with the immersion blender running on high speed, SLOWLY drizzle the oil into the blending cup or bowl. Move the blender up and down and side to side as you add the oil (you can stop blending to give your arm a rest as long as you stop pouring the oil; then resume when you're ready). Continue blending until all the oil is incorporated and the mixture is emulsified and very thick. Transfer to a glass jar or plastic container and refrigerate.

*Chef's Note: Because immersion blenders are so efficient at high speed blending, adding the oil all at once may be tempting when using this method and it may produce an acceptable mayonnaise. However, it won't cut down on the blending time and the mayo will not have the same "fluffy" texture or stability as it would when incorporating the oil gradually or in increments. We're not seeking acceptable results here, we're seeking exceptional results. Please note that adding the oil all at once will definitely not work when using the food processor method described below.*

### ***Food Processor Method***

Place all of the ingredients EXCEPT for the oil into a food processor and process the mixture for about 10 seconds.

Turn the food processor on continuous run (if you have speed settings, run on high speed) and SLOWLY begin to drizzle the oil into the mixture through the food chute. The addition of the oil will take about 2 minutes, so be patient and don't rush. You should begin to note a change in the consistency of the mixture after about 1 and ¼ cup of oil has been added. Continue to SLOWLY add the remainder of the oil. As soon as all of the oil has been incorporated, turn the processor off - the mayonnaise is finished. Transfer to a glass jar or plastic container and refrigerate.

## Eggz Salad



*This tasty sandwich filling remarkably resembles real egg salad in appearance taste and texture, but without the cholesterol (or animal cruelty). A blender is required for preparing the eggz whites and a food processor is recommended for the yolx mixture. Extra-firm block tofu (not silken tofu) is required for this recipe (a standard 14 oz block before pressing). Press the tofu until it is not releasing any more liquid - this is very important!*

### Ingredients for the Eggz Whites

- 3 to 4 oz (about ⅓ standard block) **pressed** extra-firm tofu (not silken tofu)
- ¾ tsp kala namak (Himalayan black salt)
- 2 cups water
- 2 and ½ tsp agar **powder** (not flakes)

### Ingredients for the Yolx Mixture

- 6 to 8 oz (about ⅔ standard block) **pressed** extra-firm tofu (not silken tofu)
- ¼ cup No-Eggy Mayo ([pg. 60](#)), plus additional as necessary for consistency
- 1 T nutritional yeast flakes
- 2 tsp prepared mustard, your choice of Dijon, spicy, golden or yellow
- ¼ tsp kala namak (Himalayan black salt), or more to taste
- ¼ tsp paprika

- ¼ tsp ground turmeric
- 2 T minced shallot or red onion
- 1 rib celery, diced
- coarse ground black pepper to taste
- optional ingredients: diced cornichons, sweet or dill pickle or pickle relish; sliced black olives; capers

## Preparation

To prepare the eggz whites, add the listed ingredients to a blender and process until smooth. Pour the mixture into a saucepan and bring to a simmer over medium heat, stirring frequently to avoid scorching. Avoid boiling as this will cause the soy protein to re-coagulate (a minimal degree of re-coagulation may occur as the mixture is brought to a simmer but will not affect the final appearance or texture). Pour the mixture into the 8" baking pan and set aside to cool. After cooling a bit, refrigerate until completely set, about 1 hour.

For the yolx mixture, crumble 6 to 8 ounces of pressed tofu into a food processor and add the mayo, nutritional yeast flakes, prepared mustard, kala namak, turmeric and paprika. Process the contents until completely smooth, stopping as necessary to scrape down the sides of the food processor. Alternately, the mixture can be mashed using a fork but the mixture will not be as smooth.

Transfer the yolx mixture to a bowl or a food storage container and stir in the minced onion, celery, black pepper and any optional ingredients. Mix well, cover and refrigerate until ready to use.

Now, run a table knife around the perimeter of the eggz whites' container to loosen if necessary and invert onto a work surface. Chop the whites into fine dice and transfer to a mixing bowl. Stir in the yolx mixture and add additional mayonnaise as necessary to thoroughly moisten the salad. Season the mixture with additional salt and pepper as desired, seal with a lid or cover with plastic wrap and chill thoroughly before serving.





## Eggz Foo Yung



*Eggz Foo Yung is essentially a Chinese-style eggz and vegetable fritter topped with savory gravy (although some may describe it as an omelet, which isn't accurate for a few reasons).*

### For the Eggz Mixture

- 1 and ½ cup (360 ml) plain unsweetened soymilk or almond milk
- 4 and ½ tsp (6 grams) Eggz Essentials A
- 4 tsp unmodified potato starch, cornstarch or arrowroot powder
- 2 tsp nutritional yeast flakes
- 1 and ½ tsp (3.75 grams) Eggz Essentials B
- 1 tsp tamari, soy sauce or Bragg Liquid Aminos™
- ¼ tsp kala namak (Himalayan black salt)

### Other Ingredients

- 2 T cooking oil, plus additional for deep-frying
- ½ medium onion, thinly sliced
- ½ cup frozen peas, thawed
- 6 thin scallions, both white and green, chopped
- 6 oz white or crimini mushrooms, sliced
- 2 tsp tamari, soy sauce or Bragg Liquid Aminos™
- 1 and ½ tsp organic sugar
- 1 tsp sesame oil
- 1 cup Golden Broth ([pg. 80](#)), vegan no-chicken broth or vegetable broth
- 1 T unmodified potato starch, cornstarch or arrowroot powder

## Preparation

Process the eggz mixture ingredients in a blender for 20 seconds. Chill the mixture for a minimum of 2 hours before preparing the dish.

Heat 1 tablespoon vegetable oil in a wok or deep skillet over high heat. Add the onion and cook until tender, about 4 minutes. Add the peas and half of the scallions; cook an additional minute. Remove to cool.

In a small saucepan, heat 1 tablespoon cooking oil and the sesame oil over medium heat. Add the mushrooms and sugar and sauté until golden, about 3 minutes. Add the broth and 2 teaspoons tamari. In a small dish, mix the starch with 2 tablespoons water to create a slurry; stir into the saucepan and boil until thickened about 2 minutes. Taste the gravy and season with additional tamari if salt is needed. Keep warm over low heat until ready to serve, stirring occasionally.

Transfer the cooled wok/skillet contents to a bowl. Vigorously stir the eggz mixture and combine with the wok/skillet contents.

Wipe out the wok/skillet. Return to medium-heat and add ¼-inch cooking oil. Using a ladle add one-fourth of the eggz mixture to the hot oil; spoon some of the hot oil on top and cook until puffy, about 2 minutes. Using 2 spatulas carefully turn the fritter and cook an additional minute, then transfer to paper towels to drain. Repeat to make 3 more fritters. Top the fritters with the mushroom gravy and garnish with the remaining scallions.



## Eggz Flower Soup



*Presented here is my compassionate version of the Chinese restaurant classic. Sliced wood ear mushrooms are common in this soup but I opted for more tender straw mushrooms or sliced white mushrooms. If you have the time and inclination, prepare the included Golden Broth recipe ahead of time, rather than using commercial bouillon paste or cubes for the broth, for a delicious homemade flavor. This recipe yields 4 to 6 servings.*

### **Ingredients for the Eggz Whites Mixture**

- ½ cup plain unsweetened soymilk or almond milk
- 1 and ½ tsp (2 grams) Vegan Eggz Essentials A
- ½ tsp (1.25 grams) Vegan Eggz Essentials B
- ¼ tsp kala namak (Himalayan black salt)

### **Ingredients for the Soup**

- 6 cups Golden Broth ([pg. 80](#)) or vegan no-chicken broth
- 1 can (15 oz) straw mushrooms, drained or 6 oz fresh white mushrooms, sliced\*
- ½ tsp ground ginger
- pinch ground white pepper
- ½ cup frozen peas, thawed
- 3 scallions, chopped
- 2 T unmodified potato starch, cornstarch or arrowroot powder
- sea salt or kosher salt, to taste

*\*Tender straw mushrooms or white button mushrooms were chosen for this soup over the more traditional and chewier Chinese wood ear mushrooms.*

## Preparation

Prepare the Golden Broth several hours ahead of time or the night before (broth made with bouillon powder, paste or cubes can be made just before preparing the soup).

Add the broth, mushrooms, ground ginger and white pepper to a large cooking pot and place over medium heat. Bring to a simmer and cook for 10 minutes.

Meanwhile, process the eggz whites ingredients in a mini-blender for 20 seconds. Transfer to a small bowl and set aside (eggz mixtures prepared with Vegan Eggz Essentials are typically chilled to fully thicken before using; however, since the goal is to create thin wisps of “egg”, the mixture is not chilled before adding to the soup).

With a large spoon, vigorously stir the eggz mixture to loosen. Lift the spoon from the mixture and allow any excess to drain back into the bowl. Stir the soup with the coated spoon until the white slides off (coating the spatula with a thin layer of the mixture will create the wispy strands of eggz). Repeat this technique until all the eggz mixture has been added.

In a small dish, dissolve the starch in 3 tablespoons water and then stir into the soup. Stir in the peas and scallions and simmer an additional 3 minutes; season with salt if needed. Ladle the soup into bowls and serve.





# Matzo Ball Soup



*Matzo is a traditional Jewish unleavened "bread" or cracker. Matzo balls are comprised of matzo meal, which is basically matzo crumbs.*

*The matzo balls are served in a golden broth flavored with thyme, parsley and a mirepoix of carrots, celery and onions; simple and yet delicious. This recipe yields 6 medium-size matzo balls and about 1 quart of soup.*

## Ingredients for the Matzo Balls

- ½ cup matzo meal
- ½ cup plain unsweetened soymilk or almond milk
- 1 and ½ (2 grams) Eggz Essentials A
- ½ tsp (1.25 grams) Eggz Essentials B
- ½ tsp kosher salt
- 2 T mild vegetable oil (plus 1 tsp for the mixing bowl)

## Ingredients for the Soup

- 6 cups Golden Broth ([pg. 80](#)) or vegan no-chicken broth
- 1 large carrot, sliced
- 1 large rib celery, sliced
- 1 small onion, peeled, thinly sliced and then chopped
- ½ tsp dried thyme leaves
- 2 T chopped parsley
- coarse ground black pepper to taste
- kosher salt, to taste as needed

## Preparation

Add the matzo meal to a mixing bowl and set aside. Add the remaining matzo ball ingredients (not the soup ingredients) to a blender and process for 20 seconds. Pour the blended eggz mixture into the matzo meal and mix thoroughly. Cover and refrigerate for 10 minutes.

Form the dough into 6 balls. Add 1 teaspoon cooking oil to the mixing bowl and roll the matzo balls in the oil until evenly covered. Cover again and refrigerate for 10 minutes.

Bring 6 cups of salted water to a boil in a cooking pot. Carefully lower the chilled matzo balls into the boiling water. Reduce the heat to a simmer and cook for 15 minutes. When done, remove from the heat and set aside (do not remove from the water).

Bring the broth, carrot, celery and onion to a boil in large cooking pot. Add the thyme, partially cover and reduce the heat to a gentle simmer for 20 minutes. Add the matzo balls to the soup (discard the salted simmering water), partially cover the pot and continue cooking for 20 minutes. Season the soup with pepper and additional salt as needed to taste. Stir in the parsley just before serving.



## Eggz-Dipped Seasoned Breading



*This is my own eggz-dipped seasoned breading recipe for creating a crispy seasoned coating on deep-fried and oven-baked meatless meats and seafood analogues, non-dairy cheese sticks, and vegetables (try it with onion rings, zucchini, mushrooms, asparagus spears and sliced green tomatoes).*

### Dredging Ingredient

- all-purpose flour or rice flour

### Eggz Dip Ingredients

- 1 cup (240 ml) plain unsweetened soymilk or almond milk
- 1 and ½ tsp (2 grams) Eggz Essentials A
- 2 tsp nutritional yeast flakes
- ½ tsp (1.25 grams) Eggz Essentials B
- ¼ tsp kala namak (Himalayan black salt) or fine sea salt or kosher salt

### Breading Ingredients

- 1 cup fine plain dry breadcrumbs
- ½ cup panko-style bread crumbs
- 2 tsp onion powder
- 1 tsp fine sea salt or kosher salt
- 1 tsp paprika
- 1 tsp coarse ground black pepper
- 1 tsp garlic powder
- optional: dried ground herbs or additional spices of your choice

## Other Ingredients

- high-temp cooking oil for frying

## Preparation

Place the dredging flour in one bowl or in a sealable storage bag.

In a blender, process the eggz mixture ingredients for 20 seconds and then pour into a second bowl. Chilling the mixture is not necessary. Once blended, use the mixture immediately.

Combine the remaining dry breading ingredients in a third bowl or in a sealable storage bag. For a finer texture, first pulse the ingredients a few times in a food processor.

Dust the items of choice in the dredging flour in the bowl or shake in the sealed bag.

Dip the items in the eggz mixture, shake off the excess and then dredge in the breadcrumb mixture in the bowl, coating evenly, or shake in the sealed bag.

Set aside on a plate to dry for a minimum of 10 minutes. For frying non-dairy cheese, place the breaded cheese in the freezer for 10 minutes.

In a deep fryer, or deep skillet or wok, heat a sufficient amount of cooking oil to 350°F/180°C (add a few breadcrumbs to the hot oil and when they begin to brown the oil is sufficiently hot). Fry in the hot oil until golden brown, turning occasionally. Place on a plate lined with several layers of paper towels to drain.

*Chef's Note: I'm partial to deep-frying when using breading for the best browning and crispy texture but oven-baking will work to some degree too for those who prefer less fat.*





## Classic Eggz Custard



*My egg-free and dairy-free custard is very easy to prepare. It has a sliceable but delicate, silky texture and can be used for custard pie or served on its own in individual dessert ramekins. This recipe yields enough custard for 1 nine-inch pie or 7 half-cup servings.*

### Ingredients

1. 3 and ¼ cups non-dairy milk
2. 3 T cornstarch or unmodified potato starch
3. ¾ cup organic sugar
4. 2 T nutritional yeast flakes
5. ¼ cup non-dairy butter or margarine
6. 1 and ½ tsp agar **powder** (not flakes)
7. pinch of sea salt or kosher salt
8. 1 tsp real vanilla extract or 2 T brandy or other liquor or liqueur of your choice
9. fresh grated nutmeg for dusting (about ¼ tsp)

### For Custard Pie

- 1 (9-inch) unbaked pie shell of your choice

### Preparation

Preheat the oven to 375°F/190°C. Although the custard is cooked in a saucepan, the oven is necessary for finishing and creating a golden “baked custard” surface.

If preparing custard pie, prebake the pie shell for 12 to 15 minutes. Remove to cool but leave the oven on.

To prepare the custard, pour the milk into a large saucepan and whisk in the starch until dissolved. Add the remaining ingredients except for the nutmeg and place over medium heat (the butter or margarine will melt and emulsify as the mixture heats). Cook until the mixture comes to a soft boil while constantly but gently whisking to prevent scorching. Do not walk away from the mixture as it heats or it can quickly boil over. Remove the saucepan from the heat.

**For Custard Pie:** Pour the custard into the pre-baked pie shell and dust with the nutmeg. Place the pie on a baking sheet and bake for 10 minutes.

**For Custard without a Pie Crust:** Pour the custard mixture into a shallow baking dish or individual ramekins and dust with the nutmeg. Place the baking dish in the oven and bake for 10 minutes; or place the ramekins on a baking sheet, place in the oven and bake for 5 minutes.

Remove from the oven to cool. Unlike traditional egg custard which cooks and sets in the oven, eggz custard sets as it cools. Let the custard cool until the bottom of the pie pan, baking dish or individuals ramekins are lukewarm. Transfer to the refrigerator and chill uncovered until completely set, about 1 hour. Once set, loosely cover with plastic wrap until ready to serve.

*The cooking time suggested is based upon a standard oven. The cooking time may need to be reduced slightly when using a convection oven (fan assisted).*



## Lemon Meringue Pie



*Tangy and refreshing lemon curd is poured into a prebaked pie crust and then chilled until set. The pie is then topped with billowy clouds of eggless meringue and lightly baked to perfection.*

*About the meringue: The recipe and technique for the eggless meringue is an adaptation of a recipe and technique created by Goose Wohlt, who coined the term “aquafaba” and who was the first to use aquafaba in a meringue application. Vegans and chickens everywhere will be forever grateful.*

*For the meringue you will need a stand mixer with a balloon whip attachment or a handheld electric rotary mixer with a whip attachment or 2 beaters.*

### **Pie Crust**

- 1 nine-inch vegan pie crust

### **Pie Filling Ingredients**

- 1 carton (12.3 oz) Mori-Nu™ extra-firm silken tofu, or similar
- 1 and ¼ cup organic sugar
- 1 cup water
- ¾ cup fresh lemon juice
- 5 T cornstarch or unmodified potato starch
- 1 T fresh grated lemon zest
- ¼ tsp fine sea salt

## Meringue Ingredients

- 1/2 cup organic sugar\*
- 1 can (15 oz) cooked white beans\*\* (Great Northern, cannellini or white navy) or garbanzo beans (chickpeas), with **no added salt**
- 1/4 tsp guar gum, xanthan gum or sodium alginate (food gum stabilizes the meringue and discourages deflation when baked)
- 1/2 tsp real vanilla extract

*\*I prefer to create my own powdered sugar, thus avoiding the added starch found in commercial powdered sugar which might interfere with the meringue texture (aquafaba already contains plenty of starch).*

*\*\*In my opinion, white bean liquid possesses a milder flavor and a larger amount of natural mucilage than chickpea liquid, which makes it ideal for this application.*

## Preparation

In a dry blender process the meringue sugar (1/2 cup) until finely powdered. Set the powdered sugar aside in a small bowl. This will be used for preparing the meringue and is not added to the pie filling mixture.

Preheat the oven to 375°F/190°C. Bake the pie crust for 12 to 15 minutes or until lightly browned around the edges. Remove and set aside to cool.

In the same blender, process the pie filling ingredients until smooth. Pour the blender contents into a large saucepan and cook over medium heat, stirring frequently with a flexible spatula. The mixture will be foamy and milky in appearance. Stir constantly as the mixture begins to thicken. Keep stirring until the mixture begins to bubble and the milky and foamy appearance transforms into a thick and gelatinous lemon curd.

Pour the filling into the pie crust, smooth the top gently with a rubber/silicone spatula or the back of a spoon and place in the refrigerator uncovered for a minimum of 2 hours until the top of the pie is firmly set.

After the pie has chilled for a minimum of 2 hours, preheat the oven to 200°F/90°C while preparing the meringue.

## Preparing the Meringue

Strain the liquid from the can of beans into a large mixing bowl or the bowl of a stand mixer (reserve the beans for other uses). Sprinkle in the food gum or alginate and begin whipping on high speed for 3 full minutes.

Gradually begin to incorporate the powdered sugar, in increments, while whipping. Continue to whip the mixture until soft peaks begin to form. Add the vanilla and continue to whip the mixture until it is voluminous and stiff peaks begin to form. This will take several more minutes.





Spoon and spread the meringue onto the surface of the pie, avoiding the edges by 1/2-inch. Create soft peaks in the meringue using the back of a spoon. Bake in the oven for 30 minutes.

To lightly brown the meringue after baking, set the oven on “Broil” and position the pie on an oven rack close to the flame source. Keep the oven door open while doing this and watch the meringue carefully - it will brown quickly and can burn easily. Rotate the pie as needed until the peaks are evenly browned. The peaks of the meringue can also be browned using a butane kitchen torch.

Remove to cool for about 5 minutes and then place the pie in the refrigerator uncovered to chill thoroughly for several hours until completely set before serving. Keep any leftover pie refrigerated but do not cover or the meringue will turn into a gooey liquid.

### **For Mini Lemon Meringue Tarts**

Prepare the pie filling according to the recipe. Fill individual frozen mini fillo cups with the filling and refrigerate as recommended. Then top with a small dollop of meringue and bake according to the directions. Refrigerate until chilled and serve.



## Classic ‘Nog

*A rich and creamy non-dairy and egg-free concoction flavored with vanilla and nutmeg. Spike with your favorite liquor, if desired, such as brandy or rum and garnish with a dash of freshly grated nutmeg. ‘Nog is also fantastic when added to hot coffee. Pre-soaking the cashews is not required. This recipe yields about 4 cups or 1 quart.*

### Ingredients

- 1 cup (5 oz) whole raw cashews
- 3 and ½ cups non-dairy milk of your choice
- 1 cup organic sugar
- 1 T nutritional yeast flakes
- 2 tsp real vanilla extract
- ½ tsp ground nutmeg plus additional for garnish
- ¼ tsp fine sea salt
- optional: liquor of your choice

*Note: If the mixture is too thick for your liking, small amounts of additional non-dairy milk can be added to adjust the consistency. Keep in mind that if liquor will be added to the eggnog, this will also dilute the consistency.*

### Preparation

Place the cashews and the non-dairy milk in a high-powered blender with the remaining ingredients (except for the optional liquor) and process the mixture on high speed for 2 full minutes. Pour the eggnog through a fine mesh strainer into a sealable container and chill thoroughly.

Discard any undissolved solids captured in the strainer. Stir or shake the eggnog before serving and stir in the optional liquor. Pour into individual glasses and garnish with grated nutmeg. Store refrigerated and consume within 7 days.



# Extras and Incidentals

## Better Butter

*Better Butter is a superior tasting, palm oil-free alternative to dairy butter and commercial dairy and non-dairy margarine. This recipe produces a buttery spread that looks like, tastes like and melts like dairy butter or margarine and can be used in any recipe, including baking, as you would dairy butter or margarine. Better Butter will brown and burn when exposed to high heat and therefore should not be used for high-heat sautéing; it works best with low to medium heat.*

*The best kitchen appliance for emulsifying the ingredients is an immersion blender. A food processor will also work. The ingredients can also be emulsified using a standard or high-speed blender; however, retrieving the thick spread from around the blades can be difficult. This recipe yields about 2 cups.*

### Ingredients

- 1 cup **purified/refined** coconut oil (**not** virgin coconut oil)
- ⅓ cup mild vegetable oil
- ⅔ cup plain unsweetened soymilk or almond milk
- 4 tsp/20 ml liquid soy lecithin or liquid sunflower lecithin\*  
or 24 grams soy or sunflower lecithin powder (about 2 T plus 2 tsp)  
or 24 grams soy or sunflower lecithin granules ground into a fine powder
- 1 tsp organic sugar
- ½ tsp lactic acid powder (or 1 tsp raw apple cider vinegar and 1 tsp fresh lemon juice)
- ¼ tsp to 1 tsp fine sea salt or kosher salt, according to taste
- 1 tsp nutritional yeast flakes
- ½ tsp guar gum, sodium alginate or xanthan gum

*Ingredient Resources: Purified coconut oil, soy lecithin powder, lactic acid powder, and guar gum, sodium alginate and xanthan gum are available from [ModernistPantry.com](http://ModernistPantry.com)*

*\*Sunflower lecithin can be substituted for the soy lecithin for those who prefer a soy-free butter. However, sunflower lecithin lacks the golden hue of soy lecithin, so expect a color variation.*

### Preparation

You will need a 2-cup minimum food storage container with a lid to store the butter. If you prefer, the butter can be poured into a flexible silicone form, or divided into several forms, and released after hardening.

Remove the lid from the coconut oil and place the jar or bottle into a microwave. Heat until melted (about 30 seconds to 1 minute depending upon the solidity of the coconut oil); avoid overheating the oil. Alternately, place the jar or bottle into a container filled with near boiling water and let stand until the oil melts.

Pour 1 cup of the coconut oil into a 2-cup measuring cup or other suitable container with a pouring “lip”. Add ⅓ cup vegetable oil to the coconut oil and set aside.

## Immersion Blender Method

Add the remaining ingredients to a 4-cup glass measuring cup or heavy glass/ceramic bowl. Insert the immersion blender and process the mixture for about 15 seconds. With the immersion blender running on high speed, begin slowly pouring the mixed oils into the blending cup or bowl. Move the blender up and down and side to side as you add the oils. Continue blending until the mixture is emulsified and thick. Transfer to a sealable container.

If soymilk was used as a base, cover the container and refrigerate until solid (if using one or several silicone molds, cover with plastic wrap). The butter can also be stored in the freezer for to 3 months. To release the butter from a form, simply wiggle the sides a bit to loosen and then press out onto a plate.

If almond milk was used as a base, cover and freeze until solid (if using one or several silicone molds, cover with plastic wrap). Once frozen, place the butter in the refrigerator until thawed before using; or it can be stored in the freezer for up to 3 months. To release the butter from a form, simply wiggle the sides a bit to loosen and then press out onto a plate.

## Food Processor Method

Add the remaining ingredients to the processor and turn on the processor. Now begin to slowly pour the mixed oils into the mixture through the food chute. Continue to process until the mixture is emulsified and thick. Transfer to a sealable container.

If soymilk was used as a base, cover the container and refrigerate until solid (if using one or several silicone molds, cover with plastic wrap). The butter can also be stored in the freezer for to 3 months. To release the butter from a form, simply wiggle the sides a bit to loosen and then press out onto a plate.

If almond milk was used as a base, cover and freeze until solid (if using one or several silicone molds, cover with plastic wrap). Once frozen, place the butter in the refrigerator until thawed before using; or it can be stored in the freezer for up to 3 months. To release the butter from a form, simply wiggle the sides a bit to loosen and then press out onto a plate.





# Golden Broth

*This lightly seasoned broth is very reminiscent of chicken broth. It can be used as a base for preparing velouté and gravies, light-colored sauces and a wide variety of soups and stews. This recipe yields about 3 quarts of prepared broth.*

## Ingredients

- 12 cups (3 quarts) water
- 3 extra-large onions, outer paper removed and then quartered
- 3 ribs celery, chopped
- 1 large carrot, unpeeled and chopped
- 6 medium cloves garlic, crushed
- 1 small handful parsley stems
- ¼ cup nutritional yeast flakes
- 4 tsp fine sea salt or kosher salt, or more to taste
- 1 T organic sugar
- 3 sprigs fresh thyme or ½ tsp dried thyme leaves
- 1 and ½ tsp fresh chopped sage or ½ tsp dry rubbed sage
- 1 bay leaf
- 1 tsp onion powder
- 1 tsp whole black peppercorns

## Preparation

Add all ingredients to an extra-large cooking pot and bring the mixture to a boil. Reduce the heat to low, cover the cooking pot and cook for a minimum of 1 hour.

If using the broth immediately, strain the broth through a sieve into another cooking pot, discarding the solids. For most recipe applications, the broth does not require further straining to remove the seasoning sediment. Add additional herbs, spices and other ingredients as desired or as specified in a recipe to create a fully seasoned broth, soup or stew; season with salt to taste.

If a clarified broth is desired or to save the broth for future use, let the broth cool to room temperature and then pour into a sealable container, discarding any sediment that has settled on the bottom of the cooking pot. Refrigerate overnight. Any micro-fine particles will settle, further clarifying the broth. Decant the clear portion for use in recipes as needed. Alternately, the broth can be clarified by straining through an ultra-fine mesh nut milk bag. Refrigerator shelf life is 10 days or the broth can be frozen for up to 3 months.



# Instant Golden Bouillon Powder

*This convenient instant powder can be used to prepare a comforting and savory chikun bouillon by the cup or the quart (bouillon is the French word for “broth”). Instant Chikun Bouillon Powder is also a convenient and delicious alternative to chicken broth for vegan and vegetarian hospital patients restricted to a liquid diet.*

## Ingredients

- 1 cup nutritional yeast flakes
- 5 T fine sea salt or kosher salt
- ¼ cup onion powder
- 3 T organic sugar
- 1 T garlic powder
- 1 T dried celery flakes
- 1 T dehydrated carrot flakes (optional)
- 1 T poultry seasoning
- 2 tsp dried parsley flakes
- ½ tsp ground white pepper

## Preparation

Process the ingredients in a dry blender until finely powdered; store in an airtight container for up to 6 months.

For a soothing mug of golden chikun broth, dissolve 1 and ½ teaspoon bouillon powder, or more to taste, in 8 ounces of piping hot water. Stir well. A fine seasoning sediment will settle on the bottom of the mug, so stir occasionally while sipping or simply discard the sediment after consuming.

To prepare an instant chikun broth for soups and stews, use 1 and ½ teaspoon bouillon powder for each cup of simmering water, or more or less to taste. For chikun simmering broth, add ⅓ cup bouillon powder to 3 quarts (12 cups) simmering water. Add additional herbs and spices as desired to accommodate specific regional cuisines and season the prepared broth with salt to taste. If a clarified broth is desired, strain the hot broth through an ultra-fine mesh nut milk into another cooking pot.

To save the broth for future use, let the broth cool to room temperature and then pour into a sealable container, discarding any sediment that has settled on the bottom of the cooking pot. Refrigerate overnight. Any micro-fine particles will settle, further clarifying the broth. Decant the clear portion for use in recipes as needed. Refrigerator shelf life is 10 days or the broth can be frozen for up to 3 months.



## Hollandaise Sauce



*Hollandaise sauce is one of the classic French “mother” sauces. This buttery, lemony sauce is remarkably similar in texture and flavor to its egg-based counterpart; but unlike its counterpart, the emulsion will not curdle or break. Hollandaise is the classic sauce for Eggz Benedict and is superb for topping pan-grilled meatless meats and cooked vegetables. This recipe yields about 1 cup.*

### Ingredients

- 1 T nutritional yeast flakes
- 1 and ½ tsp unmodified potato starch or cornstarch
- ¼ tsp sodium alginate, guar gum or xanthan gum (available from [ModernistPantry.com](http://ModernistPantry.com))
- ½ tsp sea salt or kosher salt
- ⅛ tsp cayenne pepper
- 1/16 tsp (a scant pinch) ground turmeric
- 2 T non-dairy butter or margarine
- 1 cup plain unsweetened soymilk or almond milk
- 4 tsp fresh lemon juice

### Preparation

Combine the nutritional yeast, starch, alginate or gum, salt, cayenne pepper and turmeric in a small dish.

In a small saucepan, melt the butter or margarine over low heat. Whisk in the seasoning blend and stir until smooth.

Whisk in the milk. Increase the heat to medium-low and cook, stirring frequently until the sauce comes to a low simmer. Do not boil! Whisk in the lemon juice and reduce the heat to low to keep warm until ready to serve, stirring occasionally.

## Béarnaise Sauce

*Tarragon and white wine adds a flavorful note to this elegant sauce. It's delicious served over eggz as an alternative to Hollandaise as well as pan-grilled meatless meats and cooked vegetables. This recipe yields about 1 cup.*

### Ingredients

- 1 T nutritional yeast flakes
- 1 and 1/2 tsp unmodified potato starch or cornstarch
- 1/2 tsp fine sea salt or kosher salt
- 1/4 tsp coarse ground black pepper
- 1/4 tsp sodium alginate, guar gum or xanthan gum
- 1/8 tsp sweet paprika
- 1/16 tsp (a scant pinch) ground turmeric
- 2 T minced shallot or red onion
- 2 tsp minced fresh tarragon or 3/4 tsp dried
- 1/4 cup dry white wine (e.g., Chardonnay, Sauvignon Blanc)
- 2 tsp white wine vinegar
- 2 T non-dairy butter or margarine
- 3/4 cup plain unsweetened soymilk or almond milk

### Preparation

Combine the nutritional yeast, starch, salt, pepper, alginate or gum, salt, paprika and turmeric in a small dish.

In a small saucepan over medium-low heat, simmer the shallot or red onion and the tarragon in the wine and vinegar until the wine is reduced by half, about 3 to 4 minutes. Reduce the heat to low. Add the butter or margarine and stir until melted. Whisk in the seasoning blend and stir until smooth.

Whisk in the milk. Increase the heat to medium and bring to a simmer. Stir continually until the sauce thickens. Reduce the heat to low to keep warm until ready to serve. Taste and add additional salt and pepper as desired. Stir occasionally.





## Non-Dairy Golden Cheddar Sauce



*Country Benedict consists of small folded egg omelets layered with Golden Cheddar Sauce and Breakfast Sausage Patties (from the Seitan and Beyond Cookbook) on toasted English muffins*

*This velvety cheese sauce has a mild cheddar flavor and is superb for topping omelets. Try pouring over fresh steamed vegetables, pasta or baked potatoes too. This recipe yields about 2 cups of sauce.*

### Ingredients

- 1 and ¾ cup plain unsweetened soymilk or almond milk
- 5 T tapioca starch/flour
- ¼ cup nutritional yeast flakes
- ¼ cup mild vegetable oil
- 2 T mellow white miso paste
- 1 T tomato paste
- 2 tsp raw apple cider vinegar
- ¾ tsp fine sea salt or kosher salt, or more to taste
- ½ tsp dry ground mustard
- ½ tsp onion powder
- ¼ tsp sodium alginate, guar gum or xanthan gum

### Preparation

Process the ingredients in a blender until smooth and transfer to a small saucepan. Cook the mixture over medium-low heat, stirring slowly and continually with a flexible spatula until the mixture becomes bubbly, thickened, smooth and glossy. Please note that the golden color will develop as the cheese sauce cooks.

Taste the sauce and season with additional salt as desired. Reduce the heat to low to keep warm until ready to serve, stirring occasionally.

## Sweet and Smoky Tofu Bacun



*Tofu bacun is a classic when served with eggz and of course makes superb vegan BLTs. Tofu bacun is easy to prepare and this recipe yields excellent results. It just requires a little time for pressing the tofu (8 to 12 hours), marinating the tofu with the seasoning liquid (a minimum of 12 hours), and low-oven baking or drying in a food dehydrator (about 2 hours).*

*For this recipe I recommend using a tofu press, such as the TofuXpress®, that will hold the shape of the tofu while compressing the texture and removing the water prior to marinating. This recipe yields about 8 oz/½ lb of bacun.*

### Ingredients

- 1 block (about 14 oz before pressing) extra-firm water-packed tofu (not silken tofu)
- cooking oil for frying

### Marinade Ingredients

- ½ cup water
- ½ cup tamari, soy sauce or Bragg Liquid Aminos™
- ¼ cup light brown sugar or real maple syrup
- 1 T vegan Worcestershire sauce
- 1 T liquid hickory smoke

### Preparation

Press the tofu to remove as much water as possible. Blot the surface dry and then cut ⅛-inch thick slices lengthwise.

Combine the marinade ingredients and stir until the sugar dissolves. If you prefer a less salty bacun, opt for low-sodium tamari or soy sauce or modify the tamari to water ratio. Pour a small amount of the marinade into the tofu press box or a small food storage container and begin layering the tofu strips into the container, overlapping the slices as you layer. Handle the slices carefully as they will be very delicate.

Pour the remaining marinade over the slices and seal the container. There should be sufficient marinade to just about cover the slices completely. Refrigerate for a minimum of 8 hours and up to 48 hours, with 24 hours being ideal. The tofu slices will not appear to have absorbed much color at this stage - this is normal.

Preheat the oven to 200°F/90°C. Place a non-stick baker's cooling rack on a baking sheet. If you don't have a cooling rack, line the baking sheet with parchment paper.

Place the slices in a single layer on the rack. Again, handle the slices carefully as they will be very delicate. Place the sheet on the middle oven rack and low-bake for 2 hours.

Alternately, a food dehydrator can be used at the highest setting. Dry for 2 hours or until the slices are dry to the touch but not completely dehydrated.

Place the slices in a food storage container and refrigerate until ready to finish and serve.

### **Finishing the Bacun**

Tofu bacun is at its best when briefly fried in oil to create the crispy texture. To do this, pour enough cooking oil into a skillet to cover the bottom completely and place over medium-high heat. Add the strips to the skillet without overcrowding and fry until browned around the edges, turning occasionally. They will brown quickly so avoid overcooking or they will develop a hard texture. Transfer to a plate lined with paper towels to drain.

If desired, season with some coarse ground black pepper while still hot. The bacun will crisp further as it cools.

Serve immediately or store in a sealed container in the refrigerator until ready to use in recipes. Pre-fried bacun can be reheated in a low oven.



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