

WE INVITE YOU TO LEARN MORE ABOUT
THE PLANT-BASED PHILOSOPHIES,
PERSONAL CONNECTIONS, AND
EVEN SOME FAVORITE RECIPES
OF ESCOFFIER'S PLANT-BASED
CHEFS AND CULINARIANS.

WE HOPE YOU ENJOY THIS FOURTH
EDITION OF PLANT-BASED CHRONICLES.

“Plant-Based cooking; a
celebration of food and life!”
—Chef Kirk T Bachmann



PLANT-BASED

CHRONICLES

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**Foreword and content by Stephanie Michalak White
M.A., Ed.D., Certified Cicerone ®
Director of Education**

Welcome to Plant-Based Chronicle V.IV!

In every edition, we offer dishes and insights relevant to plant-based cuisines curated by a dedicated team of faculty and staff at Escoffier. Plant-based foods are not simply relegated to those who follow specific eating patterns; anyone can enjoy the breadth and depth of plant-centric foods! Even if you're not looking to turn every meal into a plant-powered plate, you can make fun, exciting twists to dishes. We hope these will inspire you to see the abundance of topics and approaches within this subject matter and that you will enjoy the visually stunning recipes and thought-provoking pieces.

Happy cooking!

Warmly,
Chef Stephanie White, EdD

"A carefully prepared plant-based meal is one of the greatest acts of love; each bite tastes better knowing that it supports our bodies, spirit and community".

— Lauren Lewis

There's a perceptible shift happening in the food world. It's part healthy eating, part sustainability and part Mom telling you to eat your vegetables. It's Michelin-starred chefs taking meat off the menu and a growing market of alternative proteins based on ingredients that have been part of diets around the world for centuries. It's about oat milk in your morning coffee, the challenge of dairy-free baking and figuring out what the heck millet is. It's finding new ways of doing old things, and introducing a delectable bounty of good food to people starved for wellness.

It's Plant-Based Cuisine - but what exactly is it?

People following a plant-based diet consciously make choices to avoid animal sources of foods which have become a staple of the Western diet. The focus turns to incorporating flavor, texture and seasoning to a dish from a plethora of fruits, vegetables, nuts, legumes and herbs instead of big portions of animal-based-proteins with a small vegetable side dish. It's turning meat and potatoes into egg-free herbed potato gnocchi with a shiitake mushroom demiglace.

It's people making food choices based on health, wellness, sustainable farming practices and/or animal welfare. It's not necessarily vegan, but it can be. It's inclusive, not restrictive. It's about recognizing that everybody has a unique story and is at a different place on their journey, that every food choice

and every meal matters, and that we're all a work in progress. It's about trying bulbs of alien-green kohlrabi if you've never had it before, or seeking out perfectly pink in-season rhubarb at a local farmer's market. It's about the progression of conscious eating, whatever that means to you. Whether you're at the tipping point of perfecting your own seitan recipe, or trying to evolve past eating microwavable mac & cheese out of a cup, you're welcome in the Plant-Based world.

For some it's about no animal product whatsoever, while others are focused on incorporating more fruits and vegetables with each meal, putting less emphasis on animal products, or finding substitutes for your favorites. Love your morning yogurt? Try one made from coconut milk instead of traditional dairy. Reminiscing about your grandmother's banana bread recipe? Try replacing the eggs with flaxseed. It's about reinventing the classics and we can show you how.

**Hungry for more?
Read on for a glimpse into
our **Plant-Based** world!**

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THINKING OF GOING PLANT-BASED?

Do a quick check of your fridge/freezer/pantry and grab a few of the following on your next trip to the market!

VEGAN EGG SUBSTITUTIONS



1/4 CUP
Banana Puree



1/4 CUP
Apple Sauce,
unsweetened



3 TBSP +
3 TBSP WATER
Chickpea Flour



1/4 CUP
Silken Tofu,
drained



1 TBSP +
2.5 TBSP WATER
Flax Seed,
grounds



3 TBSP
Aquafaba
(also known
as chickpea liquid)

PLANT-BASED MEAT SUBSTITUTIONS

These are foundational examples of ingredients used to make exciting plant-based meat substitutions, but there are many more possibilities!

HEARTY FRUITS & VEGETABLES



- CAULIFLOWER
- EGGPLANT
- BEETS
- CARROTS
- JACKFRUIT
- HEARTS OF PALM
- MUSHROOMS
- CORN
- SWEET POTATOES
- WATERMELON
- ARTICHOKEs

GRAIN-BASED



- SEITAN
- FARRO
- BULGAR
- RICE
- QUINOA
- OATS
- MASA / POLENTA / CORNMEAL
- AMARANTH
- FONIO
- MILLET
- BUCKWHEAT

LEGUMES/PULSES



- TOFU
- TEMPEH
- YUBA
- TVP - TEXTURED VEGETABLE PROTEIN
- PEA & SOY PROTEIN ISOLATE
- EDAMAME
- CHICKPEAS / GARBANZOS
- WHITE BEANS
- BLACK BEANS
- PINTO BEANS
- ADZUKI
- MUNG BEANS
- LENTILS
- FAVA BEANS
- PEAS

NUTS/SEEDS



- CHIA
- FLAX
- HEMP SEEDS
- SESAME
- WALNUTS
- ALMONDS
- CASHews
- COCONUT
- PUMPKIN SEEDS
- SUNFLOWER SEEDS
- PISTACHIOS
- PEANUTS

MISC.

COMMERCIALLY AVAILABLE
PLANT-BASED PRODUCTS
NUTRITIONAL YEAST
SEaweeds

AQUAFABA MACARONS



**Recipe provided by Chef Gena Lora
B.A., A.O.S.
Chef Instructor, Pastry Arts**



**Photo provided by Chef Colette Christian
B.F.A., A.O.S.
Chef Instructor, Pastry Arts**

Aquafaba has miraculous foaming properties. It can easily replace egg whites and create stable meringues. Now we can create delectable plant-based macarons with a crisp shell and a sweet chewy interior. No hint of bean flavor persists, as the air whipped into the foam disperses it. These macarons are delicious filled with a luscious coconut ganache or a fruity berry gelee.



DIRECTIONS

AQUAFABA MACARONS

Yields 25 ea.

Ingredients

- Sugar, Powdered 150 g, 100.00%
- Almond flour 150 g, 100.00%
- Tapioca flour 6 g, 3.70%
- Aquafaba* (cold) 53 g, 35.00%
- Water 56 g, 37.00%
- Sugar, Granulated 139 g, 92.59%
- Aquafaba 53 g, 35.00%
- Vanilla Optional 2 g, 1.33%
- Coloring 2-3 drops

Totals: 609 g

Instructions

1. Combine the powdered sugar, almond flour and tapioca flour in the food processor fitted with a metal blade.
2. Process for 15 seconds until the mixture is well combined and uniform in texture, sift if desired.
3. Dump the dry ingredients into a medium to large bowl.
4. Add the aquafaba #1 to the dry ingredients and mix until it is a thick paste.
5. Combine the aquafaba #2 with the cream of tartar in the bowl of a stand mixer fitted with a whisk attachment.
6. Whip the aquafaba to a light foam.
7. Cook the water and sugar to 240 F. Pour the sugar syrup into the whipping aquafaba at medium speed, increase the speed until the aquafaba gets to soft peak, add the food color and flavor.
8. Scrape down and continue to whip to medium peaks.
9. Fold in dry ingredients in 3 additions, macaronage until the batter flows down the sides like lava.
10. Place the batter in a piping bag fitted with a straight tip. 802, 804 or Wilton #12.
11. Pipe onto a silpat or parchment and let dry 45-60 minutes.
12. Bake at 300-310 for 14-15 minutes.

**Reduce aquafaba if it appears watery.*

**Cannelini or garbanzo water can be used.*

**Dehydrated ground fruit can be used @2-3% for color and flavor.*

01

FILLING OPTIONS:

CHOCOLATE GANACHE

Ingredients

- SS chocolate Couverture 100 g, 100.00%
- Coconut milk 70 g, 70.00%
- Agave 12 g, 11.90%
- Vanilla extract 10 g, 1.00%

Totals: 192 g, 182.90%

Instructions

1. Chop the chocolate if required.
2. Heat the coconut milk to a scald, pour over the chocolate.
3. After 3-4 minutes, gently stir to combine, add the agave and vanilla extract.
4. An immersion blender can be used if the ganache starts to separate.
5. Refrigerate briefly until pipeable.

MIXED BERRY FILLING (AGAR AGAR)

Ingredients

- Mixed berries, frozen 340 g, 100.00%
- Water 43 g, 12.64%
- Granulated sugar 113 g, 33.23%
- Agar agar 6 g, 1.76%
- Lemon juice or warm water 20 g, 5.88%

Totals: 524 g, 153.51%

Instructions

1. In a small sauce pan heat the berries with water until softened.
2. Purée the berries add sugar and bring to a boil.
3. Sprinkle the agar agar over the top of the boiling berrie mixter, boil for 4 minutes.
4. Pour into a shallow container, chill until set, it will be very firm.
5. In a food processor or immersion blender purée the jelly add lemon juice or hot water to smooth it out.
6. This filling can be used for macarons, and will last up to 3 days filled.

ROASTED BUTTERNUT SQUASH & MILLET SALAD



**Recipe provided by Chef Stephanie Michalak White
M.A., Ed.D., Certified Cicerone ®
Director of Education**

The Glory of Whole Grains

While most may have missed the Food and Agriculture Organization of the United Nations' International Year of Millets in 2023, celebrating the abundance of flavor and nutrient density of whole and ancient grains is certainly not out of style. When we expand our culinary repertoire to include more grains, we can infuse different attributes into an overall dish and inspire our guests to broaden their understanding of grains' role in constructing craveable creations. While this grain salad is relatively simple, it allows millet to shine alongside earthy, smoky roasted vegetables, a bright pop of herbs, and a creamy zing with the tahini dressing.



02

DIRECTIONS

ROASTED BUTTERNUT SQUASH & GRAIN SALAD

Yield: 3-4 servings

Ingredients

- Butternut Squash, cut into wedges, 2 1/2 lbs (1 each)
- Red Onions, cut into wedges, 1/2 lb (~2 each)
- Extra Virgin Olive Oil, 1/4 cup
- Smoked Paprika, 1 Tablespoon
- Chili Flakes, 1 Teaspoon
- Kosher Salt and Cracked Black Pepper, to taste
- Millet, cooked, 4 cups
- Mint Leaves, stemmed and torn, 2 cups
- Parsley, chopped, 1 cup
- Kale, thinly sliced, 2 cups
- Tahini Dressing, 1x recipe

Method

1. Preheat oven to 375°F.
2. Place the butternut squash, onion, oil, paprika, chili, salt, and pepper in a large bowl and toss to combine. Transfer to a sheet tray lined with parchment paper and roast for 30 minutes or until golden and crisp. Remove from the oven and allow to cool slightly.
3. Place the millet, mint, parsley, and kale in a large bowl. Add a small amount of dressing and toss to combine - add enough to coat the grains and herbs lightly. Season to taste and divide between serving plates and top with the roasted squash.
4. Drizzle with more dressing if desired. Serve and enjoy.

Notes:

- Millet may be substituted for other cooked grains, such as quinoa, sorghum, fonio, farro, wild rice, or brown rice, to name a few.
- Butternut squash could be substituted for other winter squash or root vegetables to create a different flavor profile.

TAHINI DRESSING

Ingredients

- Tahini, 1/2 cup
- Lemon Juice, 1/3 cup
- Water, 1/3 cup
- Garlic, peeled, root trimmed, 3 each
- Cumin, ground, 1 tsp
- Kosher Salt, to taste

Method

1. Place all the ingredients in a blender and process until smooth. Season to taste and reserve.

2021 U.S. RETAIL SALES DATA FOR THE PLANT-BASED FOODS INDUSTRY



**Research provided by Chef Patrick Guerra
CEC, BCM, BFB**
Chef Instructor, Holistic Nutrition and Wellness,
Plant-Based Culinary Arts, Culinary Arts



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03

IN 2021, PLANT-BASED FOODS BUILT ON A RECORD 2020 AND CHARTED IMPRESSIVE GROWTH

Most recent data set, analyzed and categorized by the Plant Based Foods Association and The Good Food Institute, retail sales of plant-based foods continue to increase, growing 6.2% in 2021 over a record year of growth in 2020 and bringing the total plant-based market value to an all-time high of \$7.4 billion.

The growth of the plant-based category is particularly significant in the face of ongoing challenges presented by the pandemic and disruptions in the supply network.

Consumers purchased more plant-based foods than ever in 2020, setting a high bar for growth in 2021. The sustained growth in plant-based food sales this past year illustrates strong consumer commitment to purchasing foods that taste great, and align with their values.

All categories of plant-based foods showed growth across the board, with the exception of meat, which was able to hold steady after record growth in 2020. These numbers illustrate sustained increases over recent years and demonstrate the incredible opportunities available for brands in every part of the store, and across online platforms.

MORE CONSUMERS ARE TRYING PLANT-BASED FOODS—AND COMING BACK FOR MORE

Sixty-two percent or 79 million U.S. households are now buying plant-based products. This is an increase from 61% (77 million in 2020). Increased repeat rates in plant-based foods across numerous record-breaking years illustrate strong consumer commitment and interest—the percentage of consumers purchasing multiple times within the plant-based category grew from 78% in 2020 to 79% in 2021. Millennials and Gen Z, which together comprise 47% of the population and will continue to grow in their spending power, demonstrate a particularly high demand for plant-based foods.

Plant-based foods now exist across 30 categories in grocery stores, which speaks to consumers' desire for plant-based options for all occasions, including snacking, baking, and cooking—especially evident in the emergence and rapid growth of butter, eggs, and cooking sauces.

PLANT-BASED MEAT

After record growth in years prior, 2021 plant-based meat dollar sales remained steady and achieved a repeat year of \$1.4 billion in sales. In the past three years, plant-based meat sales have skyrocketed, growing by 74%.

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