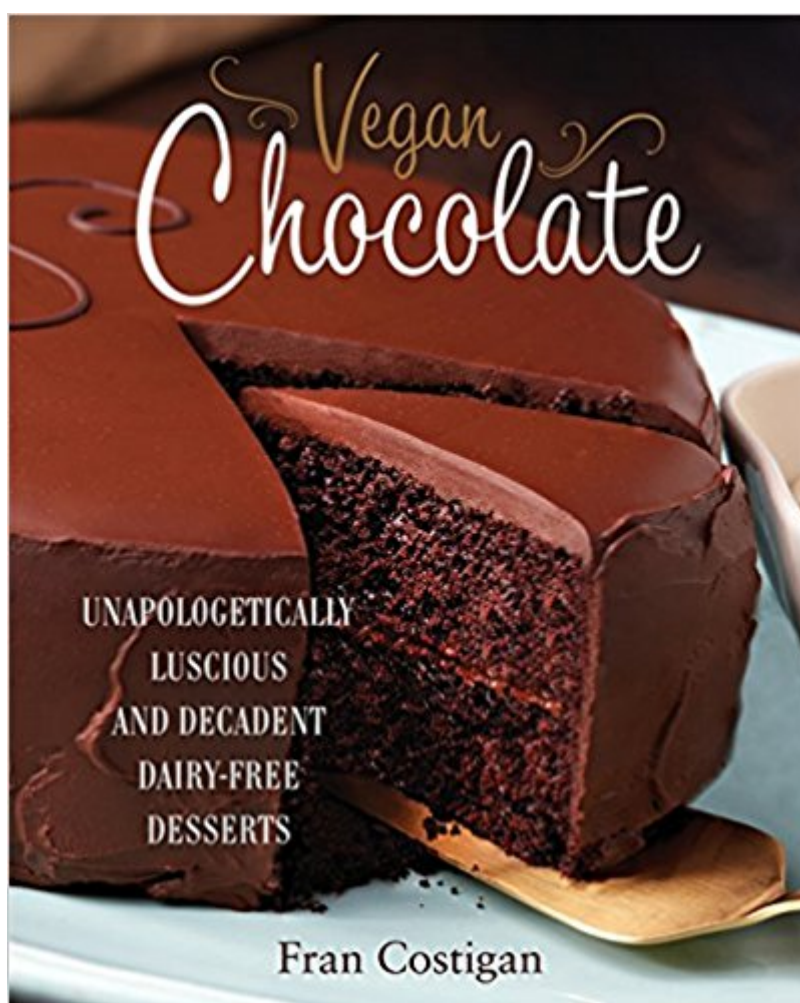


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# Vegan Chocolate: Unapologetically Luscious And Decadent Dairy-Free Desserts



## Synopsis

It can be difficult to find truly indulgent vegan desserts&#151;especially chocolate. But for the first time, chocolate cakes, brownies, truffles, puddings, ice creams, and more are within reach: dairy-free, organic, fair-trade, and sublime. Author, baking instructor, and vegan powerhouse Fran Costigan has dedicated years to satisfying her sweet tooth while keeping it vegan. Through experimentation and long hours in the kitchen, she&#39;s recreated some of her favorite chocolate desserts as better-for-you interpretations that pass the taste test: Bittersweet Chocolate Truffles (with a variety of flavor variations), a Brooklyn Blackout Layer Cake, a Sacher Torte, even chocolate Moon Pies! Her detailed instructions make for professional-quality outcomes every time: it&#39;s like a personal baking class, right in your kitchen. The perfect gift for anyone with a sweet tooth, Vegan Chocolate is sure to become an instant classic.

## Book Information

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## Customer Reviews

&#147;Regarded as the authority on cruelty-free chocolate anything and everything, Costigan&#39;s baking book (bible?), with its myriad tips and tricks, is not to be missed."&#151;The Daily Meal&#147;Delve in, and Vegan Chocolate becomes a kind of cake itself, prepared to perfection and dense with flavor. Packed with vibrant photos by Kate Lewis, the book itself appeals sensually in addition to its valuable info. Costigan has finally gotten the top-of-the-line packaging her work has always deserved&#133;. This new, sumptuous book is an appropriate summation of more than a decade of sweet-tooth expertise.Ã¢âÂ&#151;Philadelphia Daily News &#147;When those

of us of the grains, beans, and veggies persuasion want to indulge in a sweet treat, it has to be something spectacular—and preferably chocolate! There's no better guide to the world of delectable chocolate desserts than Fran Costigan; that they happen to be egg- and dairy-free is icing on the vegan cake. A feast for all the senses, *Vegan Chocolate* sets the bar at a new level for home cooks as well as chefs.

—Nava Atlas, author of *Wild About Greens* and *Vegan Holiday Kitchen*

Fran's infectious passion for chocolate radiates from these voluptuous yet amazingly approachable recipes. From breakfast smoothies to show-stopping desserts and even nightcaps, Fran finds a way to sneak a little chocolate bliss into every corner of your day. Warning: these hedonistic recipes aren't for the faint of heart! (I admit it. I actually licked page 92.)

—Dynise Balcavage, author of *Pies and Tarts with Heart* and *The Urban Vegan*

I am an ardent proponent of clean, unadulterated flavors. Years ago I've eliminated milk and cream from my chocolate cakes to achieve a truer flavor statement. From a culinary standpoint, Fran Costigan demonstrates the same desire for purity. With scientifically-based explanations and the refined palate of a trained pastry-chef, she teaches both amateur and professional cooks how to make amazing desserts without any animal sources. Not only are the recipes safe for the vegan lifestyle and allergy sufferers, they stand on their own as ambrosial desserts.

—Ron Ben-Israel, owner of Ron Ben-Israel Cakes and host of *Sweet Genius*

Fran Costigan's *Vegan Chocolate* is the holy grail of sweet, plant-based treats! This cookbook is destined to be a treasured baking classic for all kitchens.

—Kris Carr, New York Times bestselling author of *Crazy Sexy Kitchen*

Fran is a pioneer of the vegan baking world. Her recipes have been extensively tested to perfection. As a fellow chocoholic, I am thrilled that Fran is sharing her extensive collection of decadent chocolaty creations with the world. Any vegan will feel like a kid in a candy store flipping through the mouthwatering pages of this book. Bravo Fran!

—Chloe Coscarelli, cookbook author and winner of Food Network's *Cupcakes Wars*

I'm still drooling thinking about the chocolate-plant-strong wedding cake Fran made for our wedding.

—Rip Esselstyn, best-selling author, *My Beef with Meat*; *The Engine 2 Diet*

Are you swooning yet? You will be when you dig in to the luscious recipes in this book: they're downright delectable and simply the best chocolate treats you'll ever experience. The most astounding thing is that not one of these recipes has eggs or dairy in them, so they're not only crazy-delicious, but they're good for the soul!

—Kathy Freston, New York Times bestselling author of *The Lean and Veganist*

Fran Costigan absolutely delights with her book *Vegan Chocolate*. This expansive cookbook—filled with drop dead gorgeous photos and decadent recipes—will inspire chocolate lovers everywhere to get into the kitchen

and create something extra-special. —Allyson Kramer, author of Great Gluten-Free Vegan Eats" As always, Fran Costigan's recipes are beguiling and tempting to make (and even more so, to eat!) even to one who is not a vegan pastry cook. I'm ever impressed with what Fran has been able to do without the usual ingredients, like butter and eggs, and have it come off so well. These are recipes based on skill and passion for good chocolate desserts, the best combination possible. —Deborah Madison, author of Vegetable Literacy and Vegetarian Cooking for Everyone —Anyone who loves chocolate desserts, whether they follow a vegan diet or just want to try something new and different, will be thrilled with the results of Fran Costigan's recipes. Fran is a natural baker in many senses and her desserts sing out real flavor and quality with every bite. And I love the fact that some recipes are gluten free too —now everyone can enjoy chocolate cakes, pies, tarts, ices, and confections! —Nick Malgieri, author of Bake and Nick Malgieri's Bread —A treasure —Chef Fran Costigan raises the vegan chocolate bar to such great heights that everyone will be shown a luscious path to confectionary nirvana. Chef Fran's talent and wizardry are gifts to be shared. We cherish and savor all her decadent creations. —Bart Potenza and Joy Pierson, owners of Candle Caf  , Candle 79, and Candle West —Fran Costigan's stunning new book is a game changer. Vegan Chocolate is a delicious book, filled with clearly written user-friendly recipes, inventive techniques, and practical information. Nothing is missing from these sumptuous chocolate desserts except the dairy, eggs, refined sugar, and cholesterol. With an Opera Cake and a B  che de Noel, truffles, ice creams, simple cookies, and more, transitioning over to vegan eating has never been more tempting. This book has earned a permanent place in my kitchen! —Tal Ronnen, New York Times Bestselling author of The Conscious Kitchen

Fran Costigan is an internationally recognized culinary instructor, recipe developer, and innovative vegan pastry chef, and the author of two cookbooks. A graduate of the New York Restaurant School and the Natural Gourmet Institute, Fran was a pastry chef in both traditional and vegan kitchens. Today Fran teaches her distinctive courses (including her Vegan Baking Boot Camp Intensive     ) in New York City at the Institute of Culinary Education and at the Natural Gourmet Institute. She lives in New York.

Outstanding vegan recipes. You won't miss the dairy or eggs. God bless Fran Costigan for making this amazing vegan confectionary!

This is not your typical vegan dessert cookbook! It's a veritable symphony of chocolate delights with something for everyone. The recipe for 'chocolat chaud' alone is worth the price of the book. I will make that again and again. It's an undeniably impressive warm beverage that deserves to be savored. Do not buy this book if you're just looking for another vegan cookbook to display upon your shelf. Buy it only if you are truly seeking to elevate your desserts from merely good to unimaginably awesome!

I pre-ordered this book because I am a total chocoholic. I am vegan and a lot of vegan baked goods follow the same formula with so-so results. I am really excited to try a lot of the baked goods recipes because, after reading through them, I see they don't follow the same usual vegan formula. Understanding science I can appreciate how these will work. I am a candy maker (bonbons) and have already tried the chai-spiced truffle and the bittersweet chocolate truffle. Both turned out well. I modified the chai truffle so that it would be soft enough for a molded chocolate and the chai flavor is still plenty flavorful. I am also in the process of making the bittersweet cashew cream truffle as well. I see the amount of effort and trial-and-error that went into all of the recipes in this book. I look forward to trying more of the recipes. Great job on this book! It is a worthwhile purchase whether you are vegan or not.

Think you know chocolate? Think again! Fran Costigan, Culinary Instructor at the Natural Gourmet Institute in NYC, educates you on the "in's and out's" of vegan chocolate. She recommends brands, cooking times, techniques, informs you of the ethical concerns (getting slavery free chocolate) and more. The book is filled with luscious photographs and recipes for anyone from the beginner to the experienced cook. I have made several recipes from this book and they gave me all of the information that I needed to know to successfully complete each recipe. For example, the chocolate truffles were an amazing birthday gift and the chocolate date cupcakes were so moist!

This is a fabulous cookbook! I am an experienced cook but not really a baker! I decided to give Vegan Chocolate a try and found the recipes detailed enough so I could succeed! The recipes look complex but are really simple to follow and the results are world class. There are everyday recipes and more elegant "meant to impress" recipes. Hats off to Costigan for creating recipes that vegans and non-vegans will rave about!

How can a vegan chocolate cake be BETTER than a "normal" chocolate cake? When Fran

Costigan has designed the recipe, it can be -- and is. Asked to create a vegan birthday cake, I ordered this book for one recipe: Chocolate Cake to Live For. It's not hard to find that one online but after trying it you'll want to try more. It's the best chocolate dessert cookbook I've ever used -- vegan or otherwise. Treat yourself!

If you want to create healthier desserts without all of the artery clogging fat, order this one today. I love it. Already have made the Chocolate Vodka and its aroma is so heavenly I can't wait until it's ready (just a few more days) so I can make the White Russians. We had the vanilla custard and it is so smooth, creamy, and flavorful, we ate it like pudding one evening. Fran's writing style keeps you engaged and turning the pages over to read more. A lot of valuable information for those of us who want to do it right and do it healthy while still maintaining great flavor and presentation. What a great effort Fran has put forth to write this book.

Vegan + chocolate = awesome subject. Very useful tips for working with chocolate as a vegan.

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