

Loan



THE SCHOOL OF
ARTISAN FOOD

Recipe Handout

Vegan and Free From

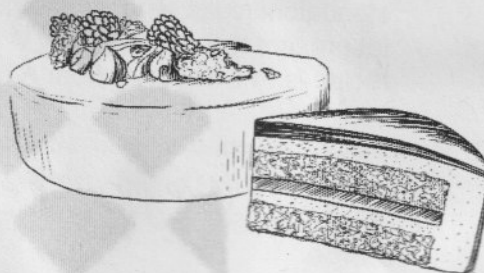
with Martha Brown

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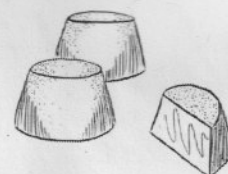
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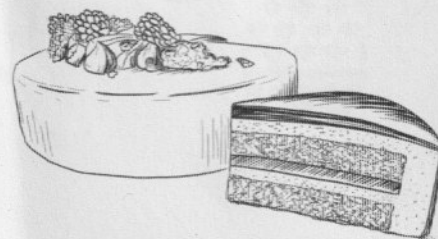
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Hazelnut Sponge (vg)

This intensely nutty sponge works well as a standalone cake or layered in a dessert. The only fat present is those naturally within the nuts. This recipe is Phil Khoury's from A New Way To Bake.

Tip

You can dry offcuts of this cake into biscotti texture biscuits to use as decoration or dip in a coffee!

Recipe

vegan specific / not like for like fat

fat from nuts

Ingredients	Unit	Qty
Hazelnuts (blanched)	g	90
Plain flour	g	140
Caster sugar	g	150
Baking powder	g	4
Bicarbonate of soda	g	2
Salt	g	1
Soya milk	g	200
Vanilla paste	g	4
Cider vinegar	g	8
TOTAL		599

7 eggs

7 eggs

Recipe per person

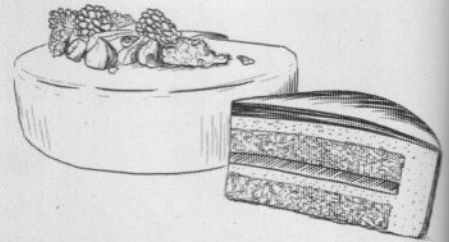
Method

Key stage/Ingredients	Method
Hazelnuts	Roast the hazelnuts for 20 mins at 150°C. If the hazelnuts have skins, rub most off after roasting, once the nuts are cool enough to handle. Allow to cool fully. <i>For always</i>
Cake tin	Fully line a 20cm cake tin with silicone paper and set aside. Increase the oven temperature to 180°C.
Hazelnuts Plain flour Caster sugar	In a food processor, blend the roasted nuts, flour and caster sugar at high speed until clumps begin to form. This signals that oils from the nuts have begun to release into the flour.
Baking powder Bicarbonate of soda Salt	Transfer the flour mixture to a medium bowl and add the baking powder, bicarbonate of soda and salt.
Soya milk	Heat the soya milk to around 40°C, this ensures a more even bake on the cake as the batter isn't cold. <i>will be quick</i>
Vanilla paste Cider vinegar	Add the vanilla paste and cider vinegar to the soya milk, then pour the liquid over the dry mixture. Whisk by hand until the batter is even, then pour into the prepared cake tin. <i>curdles milk / no need to cool down</i>
Bake	Cover the top with kitchen foil and bake for 40 minutes. Remove the foil and continue to bake for around 8 minutes. Test the bake by pressing lightly on the top of the cake, it should spring back nicely and have an even golden colour. Allow to cool for around 10 minutes before removing from the cake tin and cooling fully on a wire rack.

cooking choc - Type fat in it / depends
 ↳ no dairy in dark but could be
 allergens



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Dark Chocolate Mousse (vg) / gluten free

Using plant milk in this recipe gives the mousse a clean, chocolate taste. Great for entremets, tarts or moulded desserts.

Tip

A long chilling time is important to ensure this delicate mousse can be whipped properly.

Recipe

Ingredients	Unit	Qty	
Soya milk	g	500	} Pan
Caster sugar	g	120	
Salt	g	2	
Dark chocolate 65%	g	500	} choc
2 nd Soya milk	g	300	
TOTAL		1422	} final

Recipe is pairs

Method

Key stage/ingredients	Method
Soya milk Caster sugar Salt	Weigh the soya milk, sugar and salt into a medium saucepan and gently bring to the boil. <i>↳ slowly / No-bits</i>
Dark chocolate	Pour the liquid over the chocolate callets, stir, then blend until evenly combined with an immersion blender.
2 nd Soya milk	Add the soya milk and blend again. Allow the mixture to cool to around 30°C before blending one final time. Directly cover the mixture in clingfilm and chill for at least 4 hours. <i>Chill the overnight cool</i>
Whip	Once well chilled, transfer the mixture to a stand mixer and whisk to medium soft peak.
Use	Either spoon the mousse into a prepared tart shell or pipe into a layered dessert. Make decorations with the mousse by piping designs onto non-stick baking paper, freezing, then transferring while frozen onto your finish product.

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Morello Cherry Gel

Use as a glaze, jam or set into layered desserts. Acidic fruit purees work best. This gel is freezable and re-meltable thanks to the use of Pectin NH.

Tip

Set the jelly directly into a mould, or set on a tray and then blend to a pipeable gel.

Recipe

Ingredients	Unit	Qty
Caster sugar	g	80
Pectin NH	g	8-10
Morello cherry puree	g	400
Lemon juice	g	25
TOTAL		513

needs to freeze

melt and chill and keep structure

less sugar than yellow pectin use
2g/100g

Make in pairs.

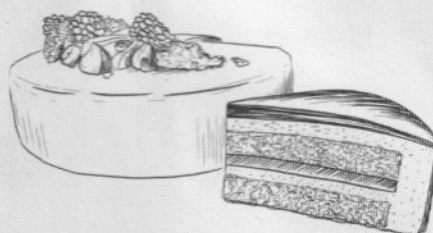
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Method

Key stage/ingredients	Method
Prepare	Prepare moulds by lining 2 x 16cm mousse rings with catering clingfilm. Line a further shallow tray with clingfilm for excess gel to set.
Caster sugar Pectin NH	Combine the sugar and pectin NH and set aside.
<i>Verry molochle red cap/reshape 80%</i> Morello cherry puree	Weigh the fruit puree into a saucepan and whisk in the sugar mixture. Bring the mixture to a boil while stirring constantly.
Lemon juice	Remove from the heat, add the lemon juice, stir well and pour into the prepared moulds (150g for a 16cm mousse ring). Allow to set at room temperature. Choose to freeze the jelly to create a perfectly flat layer when building an entremet.
Use	Remove the frozen gel from the mould and set into the entremet. Blend the excess jelly into a smooth gel and use as decoration.



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Chocolate Glaze (vg)

This glaze can be made with either dark or milk chocolate. The slight acidity of the glaze pairs well with berry fruit fillings.

Tip

If glazing a large cake, use a mousse ring to hold the glaze on the top of the cake as you pour, then lift the ring to allow the glaze to run evenly over the sides of the cake.

Recipe

Ingredients	Unit	Qty
Oat milk	g	240
Water	g	210
Caster sugar	g	240
Pectin NH	g	18
Citric acid	g	4
2 nd Water	g	4
Dark chocolate 65%	g	200
TOTAL		916

Make in pairs

Method

Key stage/ingredients	Method
Citric acid 2 nd Water	Combine the citric acid and second water, allowing the granules to melt into the liquid. Set aside.
Oat milk Water Caster sugar Pectin NH	In a medium saucepan, combine the oat milk, water and $\frac{3}{4}$ of the caster sugar. In a separate bowl, combine the remaining caster sugar with the pectin NH, then whisk this into the liquid mixture, ensuring there are no lumps.
Heat	Heat the mixture to boiling and allow a continuous boil for 1-2 minutes. Remove from the heat, add the citric acid solution stir well to combine.
Dark chocolate	Pour the liquid over the chocolate callets and stir until evenly combine. Be careful not to incorporate air bubbles. Use an immersion blender to fully emulsify the glaze.
Use	The glaze is usable at between 30-40°C. You may wish to make the glaze ahead of time, chill until required, then reheat in either a microwave or saucepan before use.

Entremet Assembly



4.5x18cm mousse ring / 16cm mousse ring
used for cake & gel

Hazelnut sponge

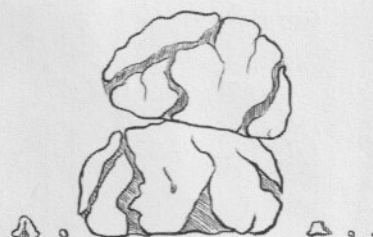
Chocolate glaze

Chocolate mousse

Cherry gel 150g



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Chocolate Hazelnut Amaretti Morbidi

Naturally dairy and gluten free, 'morbidi' indicates that these biscuits are soft, rather than the brittle amaretti you find in supermarkets. Shape into rounds, log or flatter cookies. They are delicious with an afternoon cuppa, or make mini biscuits as decoration for cakes and tarts.

Tip

Switch to ground almond and omit the cocoa powder and orange zest for a traditional version.

Recipe

Ingredients	Unit	Classic
Ground hazelnuts	g	180
Caster sugar	g	200
Cocoa powder	g	15
Orange zest	no.	1
Salt	g	1
Egg white	g	60
Lemon juice	tsp	¼
Icing sugar for shaping		
TOTAL	g	455

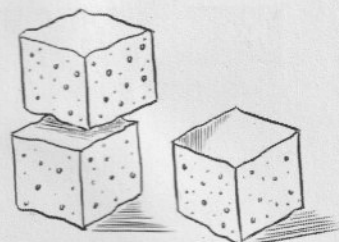
Make in pairs

Method

Key stage/ingredients	Method
Ground hazelnuts Caster sugar Cocoa powder Orange zest Salt	In a medium bowl, whisk together the dry ingredients and freshly zested orange (from 1 whole orange). Set aside.
Egg white Lemon juice	In a mixer bowl weigh the egg white and lemon juice. Whisk on high speed to soft peaks.
Combine	Add the egg white to the dry mixture and fold to combine fully. The dough will be soft and sticky. Chill until needed.
Shape	Roll the dough into individual round balls around 20g in weight, or roll long logs and cut into portions, creating oval shaped biscuits. Once shaped, completely submerge biscuits in icing sugar until completely white.
Bake	Set the biscuits onto a lined tray, leaving a little room for expansion. Bake at 165°C for 20 minutes, until crackled. They should still feel soft when removed from the oven.



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Fruit Marshmallows

In opposition to the teeth meltingly sweet supermarket varieties, these fruit marshmallows have a fresh and slightly sour tang. Use any tart fruit puree you like – raspberry, sour cherry, passionfruit or blackcurrant works perfectly.

Tip

You can pipe the marshmallow rather than setting into a mould for more unusual shapes.

Recipe

Ingredients	Unit	Qty
Gelatine sheet (full size)	no.	4-6
Fruit puree	g	70
Egg white	g	60
Citric acid	tsp	¼
Water	g	50
Glucose syrup	g	50
Caster sugar	g	175
TOTAL		410

Make in pairs

Gelatine sheets

4 = very soft set, perfect for Tunnocks style teacake fillings

5 = delicate marshmallow squares

6 = firm set for toasting over a fire

Method

Key stage/ingredients	Method
Gelatine	Bloom the gelatine in cold water and set aside for around 10 minutes
Fruit puree Egg white Citric acid	In a very clean stand mixer bowl, weigh the fruit puree and egg white. Add citric acid if you want an even tangier marshmallow. Add the bloomed gelatine and whisk until foamy.
Water Glucose syrup Caster sugar	In a saucepan, weigh the water and sugars and set to boil on a medium heat. Boil to 118-121°C, then remove from the heat.
Combine	With the stand mixer on a medium/high speed, pour the boiled sugar syrup into the whipping egg white mixture in a slow and steady stream. Once added, set the mixer on high speed and whip until light, fluffy and cooler. This will take around 8-10 minutes.
Set	Prepare a lined, grease deep tray or silicone mould. Spread or pipe the marshmallow into the mould and allow to set at room temperature.
Cut	Make a dusting powder by sifting equal parts icing sugar and cornflour together. Dust the set marshmallow and use a sharp knife to cut into squares. Dust the cut edges.
Store	Store in an airtight container at room temperature for 5 days, in the fridge for a few weeks or the freezer for 3 months.



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Stem Ginger Shortbread

A classic shortbread recipe made festive with the addition of stem ginger. This can easily be made vegan by switching butter for Naturli vegan block. Bake and then crumble this shortbread as a topping or press into a mould as a base.

Tip

Once the flour is added, work the dough as little as possible to keep it 'short'.

Recipe

Ingredients	Unit	Qty
Butter / Vegan block	g	150
Caster sugar	g	75
Plain flour	g	195
Ground rice	g	30
Salt (omit if using vegan block)	tsp.	1/8
Ginger ground	g	1
Stem ginger	g	35
TOTAL	g	486

This recipe yields 20-30 biscuits.

Make in pairs

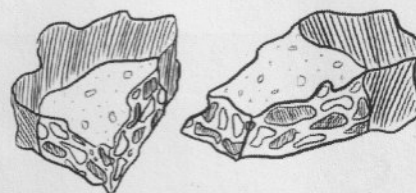
Method

Key stage/ingredients	Method
Unsalted butter Caster sugar	In a stand mixer, beat the butter and sugar until light and fluffy.
Stem ginger	Chop the stem ginger into small pieces, then transfer to the stand mixer.
Plain flour Ground rice Ginger ground	Sift the flour, ground rice, ground ginger and salt. Add this to the stand mixer and beat gently until just combined. You may need to scrape the bowl a few times during the process. Do not overwork the dough.
Shape	Remove the dough from the stand mixer and shape into logs, onto clingfilm. Wrap in clingfilm and chill until required.
Bake	Slice into 1cm biscuits and lay out onto lined baking trays, sprinkling a little caster sugar onto the biscuits. Bake at 170°C for around 20 minutes, until lightly golden.

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Honeycomb (dipped in chocolate)

The artisanal version of the Crunchy bar. Honeycomb is easier than it looks to make, and dipped in dark chocolate will last well over the festive season. Preparing all the equipment and ingredients is key before starting to make the caramel.

Tip

If left uncovered, the honeycomb quickly becomes sticky as it absorbs moisture from the air.

Recipe

Ingredients	Unit	Qty
Water	g	120
Golden syrup	g	160
Caster sugar	g	350
Salt	g	3
Bicarbonate of soda	g	10
Dark chocolate 54.5%	g	100
TOTAL	g	743

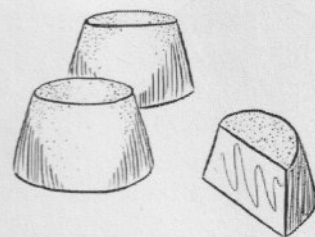
Make in pairs

Method

Key stage/ingredients	Method
Bicarbonate of soda	In a small container, weigh the bicarbonate of soda and set aside.
Prep	Line a deep, large saucepan with silicone paper and set aside, you will pour the foaming caramel into this to set.
Water Golden syrup Caster sugar Salt	In a medium saucepan, weigh the water, golden syrup, caster sugar and salt. Set on a medium heat and boil until it reads at least 150°C on a thermometer. Hard crack is between 146°C and 155°C.
Combine	Remove the caramel from the heat and whisk in the bicarbonate of soda until the mixture has foamed and risen in the pan. Before it begins to lose volume, pour into the lined saucepan and leave to fully cool.
Break	Removing the cooled honeycomb from the silicone paper, break or cut into triangles. If not being dipped in chocolate, immediately store in an airtight container until required.
Coat	Temper dark chocolate to 31-32°C. Using a toothpick dip the honeycomb into the chocolate, shaking off the excess, then transfer to a silicone mat to cool completely. If tempered properly the chocolate should have a sheen and crack nicely when broken.



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Blackcurrant Pâte de Fruit

A speciality confection in France, these delicate jellies capture bright fruit flavours. The puree used will dictate how much sugar, pectin and acid needed, refer to Advanced Bread and Pastry p.800 for a full breakdown.

Tip

The key is to prepare every ingredient before you begin the process.

Recipe

Ingredients	Unit	Qty
Blackcurrant puree	g	480
Whole star anise (optional)	no.	2
Caster sugar	g	560
Yellow pectin	g	13
Glucose syrup	g	96
Citric acid	g	8
Water	g	8
Caster sugar for dusting		
TOTAL	g	1165

Make in pairs

Method

Key stage/ingredients	Method
Caster sugar Yellow pectin	In a small container weight 1/3 of the caster sugar and the pectin and thoroughly combine. Set aside.
Caster sugar Glucose syrup	In a small bowl weigh the remaining caster sugar. Make a well in the middle and add the glucose. Set aside.
Citric acid Water	In a small container mix the citric acid and water and set aside.
Prepare mould	Prepare your mould by either lining a cake tin/bread tin or ensure a silicone mould is clean and dry.
Blackcurrant puree (Star Anise)	Weigh the puree into a medium saucepan and heat to 50°C.
Pectin addition	Once the puree is heated, add the pectin/sugar mix in a steady stream, whisking constantly. Continue to gently whisk the mixture as it comes to a boil.
Sugar addition	Once boiling, add the remaining sugar in three batches, ensuring that the temperature of the boiling mixture doesn't drop too rapidly after each addition. Allow to come back to the boil before continuing to add the sugar.
Glucose addition	Now add the glucose syrup to the boiling mixture. It should be 107°C.

Citric acid and water	Add the citric acid and water mixture, whisk to fully combine, then pour into the prepare mould.
Setting	Allow the jelly to fully set in the mould, then dredge in sugar and cut if necessary. Submerge the jellies in sugar and leave for 24 hours. Ideally then remove from the sugar and allow to dry on parchment paper for a further 24 hours.

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Nutritional information per 200g in grams

MILK	CARBS	SUGARS	PROTEIN	FAT / SATURATED FAT
Whole Cow's	9.4	9.4	7	7.4 / 4.8
Soy (8.7%)	0	0	6.6	3.6 / 0.6
Oat (8.3%)	11.2	0	0.4	3 / 11.2
Almond (2.3%)	0	0	0.8	2.2 / 0.2
Rice (16%)	26.2	17	0.4	1.8 / 0.4
Pea (1.9%)	0.6	0	3.2	3.6 / 0.4

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Dairy ingredient substitutions

ROLE	REPLACING	INGREDIENT	USES
Thickening/ Setting	Whole egg / egg yolk	Cornstarch, potato starch, tapioca, arrowroot	Custards, creams
Binding	Whole egg	Ground linseed + hot water, chia seeds + water, xanthan gum, guar gum	Cake batter, dough, pastry
Moisture/ Softness	Whole egg/butter	Apple puree, pumpkin puree, banana puree, plant-based yoghurt	Cakes and cookies
Aeration	Egg white	Reduced aquafaba	Meringues, mousses, macaron
Leavening	Whole egg	Baking powder, bicarbonate of soda + acid (lemon juice or vinegar)	Cakes, batters
Colour	Egg yolk	Turmeric, annatto	Custards, creams
Glaze	Egg yolk	Oat milk + sugar	'Egg' washing pastries
Setting	Gelatine	Agar-agar, yellow pectin, pectin NH, arrowroot	Jellies, gels, glazes
Rich	Milk	Plant based milks	Custards, fillings, doughs
Creamy/ Smooth	Double cream Soft cheese Buttermilk	Silken tofu Firm tofu, cashews Soya milk + acid	Mousses Cheesecakes Cakes, scones
Taste	Butter / Cheese	Nutritional yeast	Custards, cheesecakes, scones
Hard Fat	Butter	Vegan block, Be Better block	Laminating doughs, custards, cakes, curds
Soft Fat	Butter	Olive oil, seed oils, de-odorised coconut oil	Pastry, cakes, fillings

Allergen guidance for food businesses from Food Standards Agency

Guidance for food businesses on providing allergen information and best practice for handling allergens.

Food business operators in the retail and catering sector are required to provide allergen information and follow labelling rules as set out in food law.

This means that food business operators must:

- provide allergen information to the consumer for both prepacked and non-prepacked food and drink
- handle and manage food allergens effectively in food preparation.

14 allergens

Food businesses need to tell customers if any food they provide contain any of the listed allergens as an ingredient.

Consumers may be allergic or have intolerance to other ingredients, but only the 14 allergens are required to be declared as allergens by food law.

The 14 allergens are: **celery**, **cereals containing gluten** (such as wheat, rye, barley, and oats), **crustaceans** (such as prawns, crabs and lobsters), **eggs**, **fish**, **lupin**, **milk**, **molluscs** (such as mussels and oysters), **mustard**, **peanuts**, **sesame**, **soybeans**, **sulphur dioxide and sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million) and **tree nuts** (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

This also applies to additives, processing aids and any other substances which are present in the final product.

Allergen labelling for different types of food

There are a number of ways in which allergen information can be provided to your customers. You will need to choose the method which is best for your business and the type of food you serve.

Prepacked foods refer to any food put into packaging before being placed on sale, while non- prepacked food (loose food) is unpackaged food. Different allergen labelling rules apply depending on how the food is provided.

Prepacked

Prepacked products refer to any food put into packaging before being placed on sale. Food is prepacked when it:

- is either fully or partly enclosed by the packaging
 - cannot be altered without opening or changing the packaging is ready for sale
- Prepacked food must have an ingredients list present on the packaging. Allergens present in the product must be emphasised each time they appear in the ingredients list.

Prepacked for direct sale

Prepacked for direct sale products are foods that have been packed on the same premises from which they are being sold.

Common foods that can fall into this category include sandwiches, salads and pies made and sold from the premises in which they are made.

Prepacked for Direct Sale (PPDS) foods need to have a label with a full ingredients list with allergenic ingredients emphasised within it.

These changes will provide essential information to help people with a food allergy or intolerance make safe food choices.

Non-prepacked (loose) foods

If you provide non-prepacked foods, you must supply allergen information for every item that contains any of the 14 allergens.

Non-prepacked (loose) foods include:

- foods sold loose in retail outlets
- foods which are not sold prepacked

Non-prepacked allergen information requirements can apply to loose items sold at a delicatessen counter, a bakery, a butcher's, as well as meals served in a restaurant, and food from a takeaway.

Free-from, gluten-free and vegan claims

Making free-from claims for foods requires strict controls of ingredients, how they are handled and how they are prepared. A free-from claim is a guarantee that the food is suitable for all with an allergy or intolerance.

For example, if you are handling wheat flour in a kitchen and you cannot remove the risk of cross- contamination through segregation by time and space, you should let the customer know. You should not make any gluten-free or wheat-free claims.

The Food and Drink Federation provides specific information and guidance on free-from and gluten-free claims.

Customers sometimes assume that vegan meals are free-from animal based allergens (egg, fish, crustaceans, molluscs, milk). This is not always the case as low-level cross-contamination from these ingredients can occur during the production process. You need to be clear about this risk in the food you provide.

The Food and Drink Federation provides specific information and guidance on allergen-free and vegan claims.

Measures to reduce cross contamination

Food storage

- Are ingredients stored in sealed and labelled containers?
- If you transfer ingredients from their original packaging do you have a way of identifying the allergens present in the product?
- Are open ingredient packages stored in sealed containers where appropriate?
- Do you have a spillage policy to deal with spillages of one ingredient onto another ingredient?

Food preparation

- Do you have accurate recipe lists, so that there is a clear list of the allergens present in the food you serve?
- Do you have reminders in place to update records when you make recipe changes?
- Do you wash your hands thoroughly with soap and hot water when preparing allergen-free meals?
- When an order comes in from an allergic customer, do you have a clear process in place to ensure that the food can be safely prepared and served to the correct customer?
- Are you aware of the allergens in garnishes, toppings, sauces or dressings so that you can avoid using them?
- Do you clean kitchen surfaces regularly so that there is no visible food debris or crumbs from other meals?