

creme fraiche substitute vegan

creme fraiche substitute vegan options are essential for those seeking dairy-free alternatives without compromising on taste or texture. Vegan creme fraiche substitutes provide the creamy, tangy qualities found in traditional creme fraiche, making them ideal for cooking, baking, or as a topping. This article explores a variety of plant-based replacements that cater to different dietary needs and culinary applications. Understanding these substitutes helps ensure delicious results in recipes that call for creme fraiche but must remain vegan. From homemade versions to store-bought products, the guide covers ingredients, preparation methods, and tips for achieving the perfect consistency and flavor. Readers will gain comprehensive knowledge of the best creme fraiche substitute vegan options available today, enabling them to make informed choices for every recipe.

- Understanding Creme Fraiche and Its Uses
- Common Vegan Substitutes for Creme Fraiche
- How to Make Vegan Creme Fraiche at Home
- Tips for Using Vegan Creme Fraiche Substitutes in Recipes
- Where to Buy Vegan Creme Fraiche Alternatives

Understanding Creme Fraiche and Its Uses

Creme fraiche is a rich, cultured cream product known for its smooth texture and slightly tangy flavor. It is widely used in various cuisines as a topping, ingredient in sauces, soups, and desserts. The dairy-based creme fraiche contains a high fat content, which contributes to its luxurious mouthfeel and stability during cooking. Traditional creme fraiche is made by fermenting heavy cream with specific bacterial cultures, resulting in a thickened product with a mild acidity.

In culinary applications, creme fraiche is prized for its ability to enhance flavors without curdling when heated. It adds depth to dishes such as stroganoff, mashed potatoes, and fruit compotes. However, for those following vegan or lactose-free diets, finding a suitable creme fraiche substitute vegan is critical to replicate these qualities. Understanding the role of creme fraiche in recipes aids in selecting the most appropriate plant-based alternative.

Characteristics of Creme Fraiche

Key characteristics that define creme fraiche include its creamy texture, subtle tanginess, and high-fat content. These features influence how it behaves in both cold and hot dishes. A successful vegan creme fraiche substitute must mimic these attributes to maintain recipe integrity. The balance of creaminess and acidity is essential for flavor enhancement and textural consistency.

Common Culinary Uses

Crème fraîche is versatile in the kitchen. It is used:

- As a topping for baked potatoes, soups, and desserts
- In sauces to add richness and prevent curdling
- In salad dressings and dips for creaminess and tang
- In baking for moistness and flavor depth

Common Vegan Substitutes for Crème Fraîche

Several plant-based alternatives can serve as crème fraîche substitutes vegan, each with unique properties suited to different culinary needs. These substitutes primarily rely on nuts, soy, coconut, or oat bases combined with fermentation or acidification to replicate the signature tang and texture. Choosing the right substitute depends on the recipe requirements and personal taste preferences.

Cashew-Based Substitutes

Cashews are a popular base for vegan crème fraîche due to their naturally creamy texture when blended. When soaked and pureed with lemon juice or apple cider vinegar, cashews develop a tangy flavor similar to traditional crème fraîche. This substitute works well in cold applications such as dips and dressings and can be gently heated for sauces.

Coconut Cream Variants

Coconut cream offers a rich, fatty base that mimics the mouthfeel of dairy crème fraîche. Adding a fermenting agent or acid like lemon juice creates the necessary tanginess. Coconut cream-based substitutes are particularly suited for recipes where a slightly sweet undertone complements the dish. They are excellent in desserts and spicy dishes.

Soy-Based Alternatives

Soy yogurt or silken tofu blended with a bit of acid can approximate the texture and flavor of crème fraîche. Soy provides a neutral taste and creamy consistency, making it versatile across savory and sweet recipes. Fermented soy products enhance the depth of flavor, adding complexity to the substitute.

Oat and Almond Options

Oat and almond milks can be thickened and cultured to form creme fraiche substitutes vegan. These options are lower in fat but still provide a pleasant creamy texture. They are typically best used in recipes that require a lighter consistency or where the subtle nutty flavor complements the dish.

Summary of Vegan Creme Fraiche Substitutes

- Cashew cream with lemon or vinegar
- Coconut cream with acidification
- Silken tofu blended with lemon juice
- Soy yogurt or cultured soy products
- Thickened oat or almond milk with fermentation

How to Make Vegan Creme Fraiche at Home

Creating a homemade creme fraiche substitute vegan allows control over ingredients and flavor intensity. The process generally involves blending a creamy plant-based base with an acidic component and allowing it to culture or rest to develop tanginess. This section outlines step-by-step instructions for making popular vegan creme fraiche substitutes.

Cashew Creme Fraiche Recipe

This method uses soaked cashews blended with lemon juice and a probiotic source for fermentation:

1. Soak 1 cup raw cashews in water for at least 4 hours or overnight.
2. Drain and rinse the cashews.
3. Blend cashews with 1/4 cup water, 1 tablespoon lemon juice, and 1 teaspoon apple cider vinegar until smooth.
4. Add 1 probiotic capsule or 1 tablespoon vegan yogurt to inoculate the mixture.
5. Cover loosely and let sit at room temperature for 12-24 hours to ferment.
6. Refrigerate before use; the mixture will thicken and develop tanginess.

Coconut-Based Vegan Creme Fraiche

A quick coconut cream substitute can be prepared as follows:

1. Chill 1 can of full-fat coconut milk overnight.
2. Scoop out the solidified coconut cream into a bowl.
3. Add 1 tablespoon lemon juice or apple cider vinegar and stir thoroughly.
4. Optional: Add a pinch of salt to enhance flavor.
5. Use immediately or refrigerate for thicker consistency.

Silken Tofu and Lemon Juice Blend

For a simple and fast vegan creme fraiche substitute:

1. Blend 1 cup silken tofu with 1 tablespoon lemon juice.
2. Add 1 teaspoon apple cider vinegar for additional tang.
3. Mix until smooth and creamy.
4. Refrigerate for 30 minutes before use to improve texture.

Tips for Using Vegan Creme Fraiche Substitutes in Recipes

Using creme fraiche substitute vegan effectively requires understanding their behavior during cooking and how to adjust recipes accordingly. The fat content, acidity, and heat stability vary among substitutes, impacting final dish quality. Proper techniques ensure the desired outcome.

Maintaining Creaminess When Cooking

Many vegan creme fraiche alternatives have lower fat content than dairy creme fraiche, which can affect stability under heat. To prevent separation or curdling:

- Use gentle heat and avoid boiling.
- Incorporate the substitute towards the end of cooking.
- Stir continuously and monitor temperature closely.

- Consider adding a small amount of plant-based oil for richness.

Adjusting Acidity and Flavor

Some substitutes may require adjustment of acidity to match traditional creme fraiche's tang:

- Add lemon juice or vinegar incrementally.
- Taste test and balance with salt or sweeteners if necessary.
- Use fermented vegan yogurt or probiotic cultures to enhance complexity.

Texture Optimization

Achieving the right texture is vital for successful substitution:

- Blend ingredients thoroughly for smoothness.
- Chill the mixture to thicken before use.
- Use thickening agents like agar-agar or arrowroot if needed.

Where to Buy Vegan Creme Fraiche Alternatives

Several commercial brands offer ready-made vegan creme fraiche substitutes, catering to convenience and consistent quality. These products are formulated to replicate the taste and texture of traditional creme fraiche and are available in many grocery stores and specialty markets.

Popular Vegan Creme Fraiche Brands

The market includes a variety of plant-based cultured cream products made from coconut, soy, or cashews. These products often come labeled as "vegan sour cream," "cultured coconut cream," or "plant-based creme fraiche." They are designed for use in cooking and as toppings.

Tips for Selecting Store-Bought Options

When purchasing vegan creme fraiche substitutes, consider the following:

- Check ingredient lists for allergens and additives.

- Choose options with live cultures for authentic tanginess.
- Select full-fat varieties for better creaminess.
- Read reviews to assess flavor and texture compatibility.

Availability and Storage

Vegan creme fraiche alternatives are generally found in refrigerated sections near vegan cheeses and sour creams. Proper storage involves keeping the products chilled and observing expiration dates to maintain quality and safety.

Frequently Asked Questions

What is a common vegan substitute for crème fraîche?

A common vegan substitute for crème fraîche is cashew cream, made by blending soaked cashews with lemon juice, water, and a bit of salt to achieve a creamy, tangy consistency.

Can coconut cream be used as a vegan substitute for crème fraîche?

Yes, coconut cream can be used as a vegan substitute for crème fraîche. It has a rich, creamy texture and a slight sweetness that works well in many recipes, especially desserts and curries.

How can I make vegan crème fraîche at home?

You can make vegan crème fraîche at home by blending soaked cashews with lemon juice, apple cider vinegar, water, and a pinch of salt. Let it sit at room temperature for a few hours to develop a tangy flavor.

Is silken tofu a good substitute for crème fraîche in vegan cooking?

Silken tofu can be a good substitute for crème fraîche as it provides a creamy texture. Blend it with lemon juice or vinegar to add the necessary tanginess for recipes requiring crème fraîche.

What is a low-fat vegan alternative to crème fraîche?

A low-fat vegan alternative to crème fraîche is a mixture of plain unsweetened soy yogurt with a small amount of lemon juice or vinegar to add acidity and mimic the tangy flavor.

Can almond milk be used as a crème fraîche substitute in vegan recipes?

Almond milk alone is too thin to substitute crème fraîche, but you can thicken it by blending with soaked almonds or using it to make almond-based cream by combining with thickeners like agar or cornstarch.

How does vegan sour cream compare to crème fraîche as a substitute?

Vegan sour cream is very similar to crème fraîche in texture and tanginess, making it an excellent substitute in most recipes, especially for dips, dressings, and toppings.

Are there store-bought vegan crème fraîche alternatives available?

Yes, many brands offer vegan crème fraîche alternatives made from coconut cream, cashews, or soy. These products are available in health food stores and some supermarkets.

Can you use plant-based yogurt as a substitute for crème fraîche?

Yes, unsweetened plant-based yogurt, such as soy or coconut yogurt, can be used as a crème fraîche substitute. Adding a bit of lemon juice or vinegar enhances the tangy flavor to better mimic crème fraîche.

Additional Resources

1. Vegan Creams and Sauces: Delicious Dairy-Free Alternatives

This book offers a comprehensive guide to making vegan cream substitutes, including easy recipes for creme fraiche alternatives. It explores plant-based ingredients like cashews, tofu, and coconut cream to create rich and creamy textures. Perfect for home cooks looking to add dairy-free richness to their dishes.

2. The Art of Vegan Creams: Mastering Dairy-Free Textures

Focused on the science and technique behind vegan creams, this book teaches readers how to replicate the tangy and smooth qualities of creme fraiche using nuts, seeds, and fermented plant-based products. It includes step-by-step instructions and tips for achieving perfect consistency and flavor.

3. Plant-Based Creams and Cultures: Homemade Vegan Creme Fraiche

This guide delves into the fermentation process to create authentic-tasting vegan creme fraiche. It offers recipes using cashews, coconut, and soy, enhanced with probiotic cultures for tanginess. Ideal for those interested in DIY vegan dairy alternatives with health benefits.

4. Healthy Vegan Substitutes: Creme Fraiche and Beyond

A practical cookbook focusing on healthy, whole-food ingredients to replace creme fraiche in vegan

cooking. It features simple recipes that avoid processed additives, emphasizing natural flavors and nutrition. Great for health-conscious vegans seeking wholesome cream alternatives.

5. *Vegan Baking with Creme Fraiche Alternatives*

This book specializes in vegan baking recipes that traditionally call for creme fraiche, providing plant-based substitutes to maintain texture and flavor. It includes tips on adjusting moisture and acidity in baked goods without dairy. Perfect for bakers wanting to veganize classic recipes.

6. *Cashew and Coconut Creams: Vegan Creme Fraiche Recipes*

Dedicated to the versatility of cashew and coconut creams, this book explores their use as vegan creme fraiche substitutes. It provides detailed recipes for making rich, tangy creams that work well in both savory and sweet dishes. A great resource for cooks wanting creamy, dairy-free options.

7. *The Vegan Cheese and Cream Handbook*

This handbook covers a wide range of vegan cheese and cream recipes, including multiple methods to create creme fraiche substitutes. It highlights fermentation, blending, and seasoning techniques to mimic traditional dairy flavors. Suitable for culinary enthusiasts eager to experiment with vegan dairy alternatives.

8. *Fermented Vegan Foods: Cultured Creams and Spreads*

Focusing on fermentation, this book teaches how to create cultured vegan creams like creme fraiche using plant-based milks and probiotics. It explains the health benefits of fermented foods alongside flavorful recipes. Perfect for those wanting to incorporate cultured, tangy creams into their vegan diet.

9. *Everyday Vegan Creams: Quick and Easy Creme Fraiche Substitutes*

Designed for busy cooks, this book offers straightforward, quick recipes for vegan creme fraiche substitutes using readily available ingredients. It emphasizes convenience without sacrificing taste or texture, making dairy-free cooking accessible to all. Ideal for everyday meal preparation with a vegan twist.

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creme fraiche substitute vegan: *Artisan Vegan Cheese* Miyoko Schinner, 2013-03-14 Gourmet restaurateur and vegan food expert Miyoko Schinner shares her secrets for making homemade nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts while incorporating nutritious nuts and plant-based milks. Miyoko shows how to tease artisan flavors out of unique combinations of ingredients, such as rejuvelac and nondairy yogurt, with minimal effort. The process of culturing and aging the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm. For readers who want to whip up something quick,

Miyoko provides recipes for almost-instant ricotta and sliceable cheeses, in addition to a variety of tangy dairy substitutes, such as vegan sour cream, creme fraiche, and yogurt. For suggestions on how to incorporate vegan artisan cheeses into favorite recipes, Miyoko offers up delectable appetizers, entrees, and desserts, from caprese salad and classic mac and cheese to eggplant parmesan and her own San Francisco cheesecake.

creme fraiche substitute vegan: How to Cook Everything Vegetarian Mark Bittman, 2017 A definitive, one-stop vegetarian cookbook showcases more than two thousand different recipes and variations for simple meatless meals, including salads, soups, eggs and dairy, vegetables and fruit, pasta, grains, legumes, tofu and other meat substitutes.

creme fraiche substitute vegan: Vegan Keto Cookbook Anna M Rodriguez, 2017-08-29 This vegan ketogenic diet big book was written to help every vegan and intending vegan exploit the many benefits of the ketogenic diet; to reach and keep in ketosis as a vegan, to lose weight rapidly as fat is burned and to live a healthy life, without drifting from the core of veganism. In this you will find 160 simple, quick and delicious vegan keto recipe options to choose from! This means, there is always something to be cooked with limitless options - from breakfast lunch and dinner recipes, salad recipes, soup recipes, snack nibbles & desserts, pizza recipes, beverage recipes and more. The recipes were written with a simple yet professional (step by step) approach, detailed and yet kept to the point. Enjoy tasty and quick vegan keto diet recipes without limit!

creme fraiche substitute vegan: Vegan Keto Taylor Atherley, 2017-08-03 Discover the endless possibilities of the vegan diet and the ketogenic diet in one book; losing the weight and still living healthy at the same time. Even though both diets seem like extreme opposites, it is very possible to eat your cake and still have it on the vegan ketogenic diet plan. This book will give you a rare insight into delicious vegan ketogenic diet recipes that will start you on the vegan keto journey without stress. This book contains low carb high fat recipes that do not break the principles of veganism. In this book you will find over eighty (80) super delicious vegan ketogenic diet recipes for weight loss and healthy living, carefully written with detailed preparation times, cook times, servings, ingredients and a step by step instruction to making each recipe. The recipes are sectioned into nine (9) subheadings to making reading easier. You will find: Breakfast lunch & dinner recipes, salad recipes, snack & nibbles, beverages, soup recipes, pizza recipes, cheese recipes, exotic recipes and noodle recipes. Learn the limitless & delicious benefits of the vegan ketogenic diet and live a completely healthy life!

creme fraiche substitute vegan: Makini's Vegan Kitchen Makini Howell, 2023-03-21 The Groundbreaking Vegan Cookbook from Plum Bistro Nationally renowned chef and entrepreneur Makini Howell shares her innovative plant-based recipes in this anniversary edition of the original Plum cookbook. These inspired recipes from one of the highest-ranked vegan fine-dining restaurants in the country are not only mouthwatering and hearty, but are also allergen-friendly and often gluten-free, soy-free, or both. Cooking vegan with Makini proves that living a meat-free life can include satisfying and tasty food. This classic cookbook offers more than 60 boldly flavored dishes for every mood and season, such as: · Barbecue Oyster-Mushroom Sliders with Pickled Onions · Plum's Smoky Mac · Blue Corn Pizza with Pesto-Grilled Heirloom Tomatoes and Ricotta · Quinoa Risotto with Panko-Fried Portobellos · Toasted Chocolate Bread with Cream Cheese Crème Fraîche · And much more!

creme fraiche substitute vegan: Bowls of Goodness: Vibrant Vegetarian Recipes Full of Nourishment Nina Olsson, 2018-06-18 'Good food comes from a good source and is made from scratch at home with love.' Nina's recipes are always vegetarian and often vegan. Her food philosophy is all about balance and fun. This is wholesome vegetarian food at its best, inspired by cooking from around the world. It captures many of the ongoing culinary trends today - home-cooked comfort meals, plant-based recipes, power bowls, sharing dishes, salads, smoothies and porridges - foods that can all be served in a bowl. The chapters include Morning Bowls, Comforting and Energising Soups, Fresh and Delicious Salads, Grain Bowls, Noodles, Zoodles and Pasta, Hearty Bowls, Gatherings and Sweets. With recipes including a Cosmic Green Smoothie; a Buddha Bowl;

Creamy Avocado and Crispy Kale Soba Noodles; a Laksa Luxe Bowl; and Chai Poached Pears with Coconut Ice Cream, this book gives you easy recipes brimming with vitality and health.

creme fraiche substitute vegan: Baking it Vegan Catherine Atkinson, 2022-09-08 Discover how to create your favourite cakes, biscuits, cookies, breads, scones and pastries with more than seventy deliciously vegan recipes. From classics like Lemon Drizzle Cake, Coconut Macaroons and Red Velvet Cake to Chocolate Chunk Brownies, Bermuda Banana Bread and gluten-free Blueberry Muffins, and from Almond Biscotti, Blackcurrant Cheesecake and Millionaire's Shortbread to fruity Breakfast Bars, Vegan 'Sausage Rolls' and Courgette Soda Bread, you will find plenty of mouthwatering bakes in this book that will delight anyone who follows a vegan diet. In Baking It Vegan, nutritionist Catherine Atkinson teaches essential vegan baking techniques with easy-to-follow instructions, and provides recommendations on substitute ingredients suitable for vegans, with great advice on using these alternative ingredients successfully. You will also find plenty of recipes with a healthy twist, such as lower fat, lower sugar, wholemeal and gluten-free bakes. With Baking It Vegan, you can recreate all your favourite bakes with no sacrifice in flavour, and discover some new crowd-pleasers along the way!

creme fraiche substitute vegan: The Vegetarian Flavor Bible Karen Page, 2014-10-14 Throughout time, people have chosen to adopt a vegetarian or vegan diet for a variety of reasons, from ethics to economy to personal and planetary well-being. Experts now suggest a new reason for doing so: maximizing flavor -- which is too often masked by meat-based stocks or butter and cream. The Vegetarian Flavor Bible is an essential guide to culinary creativity, based on insights from dozens of leading American chefs, representing such acclaimed restaurants as Crossroads and M.A.K.E. in Los Angeles; Candle 79, Dirt Candy, and Kajitsu in New York City, Green Zebra in Chicago, Greens and Millennium in San Francisco, Natural Selection and Portobello in Portland, Plum Bistro in Seattle, and Vedge in Philadelphia. Emphasizing plant-based whole foods including vegetables, fruits, grains, legumes, nuts, and seeds, the book provides an A-to-Z listing of hundreds of ingredients, from avßav? to zucchini blossoms, cross-referenced with the herbs, spices, and other seasonings that best enhance their flavor, resulting in thousands of recommended pairings. The Vegetarian Flavor Bible is the ideal reference for the way millions of people cook and eat today -- vegetarians, vegans, and omnivores alike. This groundbreaking book will empower both home cooks and professional chefs to create more compassionate, healthful, and flavorful cuisine.

creme fraiche substitute vegan: Homemade Vegan Cheese, Yogurt and Milk Yvonne Hölzl-Singh, 2018-06-25 Create your own vegan cheeses, yogurt, milks, and more with this collection of simple, easy-to-follow recipes. Dairy goes vegan! The recipes in this book are all temptingly good. They are clear and simple, and you are led through each process step-by-step. In the introduction, which is beautifully illustrated with color photographs throughout, you have all the information you need about the essential ingredients (and not just soya), kitchen utensils and the various fermentation starters that are available, how to make them yourself, which other ingredients are helpful and above all where you get them. You will find all sources listed. There are basic recipes, such as cashew cheese, on which other recipes then build and a whole range of vegan 'milk classics' to make. Vegan cheese, yogurt, tofu, milk, cream and butter are surprisingly diverse and easy to prepare. The wealth of recipes spans the spectrum from tomato rosemary cheese made from almonds, fermented by Rejuvelac, and herbal cream cheese from coconut cream, almond crème fraîche to chickpea tofu. There is even a recipe for cheese dip for nachos, and mac-and-cheese. In addition to the cheeses, you will find plenty of spreads, butters with different flavors and full-bodied delicacies such as ricotta or mascarpone. And there are faster variants such as the 'pizza cheese'. Finally there is a chapter covering vegan drinks such as almond milk, oat drink, quick nut milk with nutmeg and soy milk. So who needs to buy drinks in the supermarket when you can make them much healthier and cheaper yourself? You'll be surprised how little effort vegan products take to make at home. Once again proof that the vegan diet is quite versatile.

creme fraiche substitute vegan: Veggie OUTLAWS — Most Wanted Vegan Recipes Linda Purcell, 2023-09-12 Veggie OUTLAWS - Most Wanted Vegan Recipes are simply the BEST

plant-based recipes. Learn how to make delicious vegan recipes that satisfy you right down to your toes. Discover dishes that are a feast for the eyes, a treat for the body, and pure satisfaction in the belly. This book is chock-full of comfort foods like Friendly Mac 'n' Cheez; Grandma's Macaroni, Creamy Style; Spicy Chili Unfries with Chipotle Aioli; Desperado Pizza with Dipping Sauce; Garlic Parsley Bread; Shepherdless Pie; Cabbage Roll Casserole; Broccoli Bandit Soup; and wagonloads of other flavourful favourites, all developed with a tasty twist. Find crowd-pleasing brunches, tried-and-true appetizers, delightful salads and dressings, hearty and filling soups, spectacular sides, satisfying pastas and risotto, a wide variety of meals and mains, and of course — sinfully decadent desserts. Plus everything you need for a spectacular Holiday Meal, including a choice of mains, side dishes, drinks, and desserts. With Veggie OUTLAWS, you can create legendary vegan food at home, so don't just stand there... Hop on board!

creme fraiche substitute vegan: The Sugar Detox Diet for 50+ Dana Elia, 2021-03-23 Beat your sugar cravings and kick-start healthier habits with this dietary detox specially designed for seniors. Sugar crash? Again? As your body ages, many things change—including your metabolism and the way your body reacts to certain foods. The Sugar Detox Diet for 50+ explains the science behind this and outlines strategies for starting a gentle dietary detox today, including: Eliminating high-sugar fruits, vegetables, and snacks Increasing water intake and hydration levels Adding more protein to your meals And much more! Registered dietitian and author Dr. Dana Elia explains how to safely and effectively eliminate excess sugar from your diet to boost energy, help with weight loss, and prevent harmful health conditions such as heart disease, diabetes, and high cholesterol. Inside you'll also find recipes for breakfast, lunch, dinner, and snack options. Taming your sweet tooth has never been easier!

creme fraiche substitute vegan: Good & Sweet Brian Levy, 2022-07-26 ONE OF THE BEST COOKBOOKS OF THE YEAR: Los Angeles Times, Serious Eats Groundbreaking recipes for real desserts—sweetened entirely by fruit and other natural, unexpectedly sweet ingredients—from a pastry cook who's worked at acclaimed restaurants in New York and France. Brian Levy spent years making pastries the traditional way, with loads of refined sugar and white flour, at distinguished restaurants, inns, and private homes in the United States and Europe. But he discovered another world of desserts—one that few bakers have explored—where there's no need for cane sugar or coconut sugar, for maple syrup or honey, or for anything like stevia. When Levy succeeded in making a perfect mango custard, harnessing only the natural sweetness of fruit with no added sugar, it was a breakthrough that inspired years of experimentation converting other desserts into nutritious indulgences. In *Good & Sweet*, Levy stretches this experiment across 100 recipes that ingeniously deploy fruit (dried, juiced, and fresh), nuts, grains, dairy, and fermented products to create sweet treats whose flavor is enriched by whole-food, feel-good ingredients. Every recipe offers substitutions for dietary restrictions and includes a flavorful sweetener that exceeds cane sugar, from freeze-dried sweet corn to coconut cream and apple cider. A Pistachio-Studded Peach Galette gets its wings from fresh fruit, dried apricots, and orange juice; chestnuts, golden raisins, and dried apples perform a *pas de trois* in Chestnut Ricotta Ice Cream; and dates, milk powder, and a touch of miso paste make for a dense, caramely Sticky Toffee Pudding Cake. With sweets like these—ones that nudge you toward mindful eating but don't compromise flavor—you'll never have to give up dessert.

creme fraiche substitute vegan: The Simple Art of Vegetarian Cooking Martha Rose Shulman, 2014-04-22 In *The Simple Art of Vegetarian Cooking*, legendary New York Times Recipes for Health columnist Martha Rose Shulman offers a simple and easy method for creating delicious plant-based meals every day, regardless of season or vegetable availability. Accessible and packed with mouthwatering, healthy, fresh dishes, *The Simple Art of Vegetarian Cooking* accomplishes what no other vegetarian cookbook does: It teaches the reader how to cook basic dishes via templates—master recipes with simple guidelines for creating an essential dish, such as a frittata or an omelet, a stir-fry, a rice bowl, a pasta dish, a soup—and then how to swap in and out key ingredients as desired based on seasonality and freshness. By having these basic templates at their

fingertips, readers—wherever they live and shop for food, and whatever the season—will be able to prepare luscious, meatless main dishes simply and easily. They are the ideal solution for busy families, working moms, and everyone who wants to be able to put a wonderful vegetarian dinner on the table every day, angst-free. A true teacher's teacher, Martha Rose Shulman takes the reader by the hand and walks them through 100 mouthwatering dishes including: Minestrone with Spring and Summer Vegetables; Vegetarian Phô with Kohlrabi, Golden Beets, and Beet Greens; Perciatelli with Broccoli Raab and Red Pepper Flakes; Stir-Fried Noodles with Tofu, Okra, and Cherry Tomatoes; Basmati Rice with Roasted Vegetables, Chermoula, and Chickpeas; and much, much more. Whether the reader is brand new to vegetarian cooking or a working parent trying to decipher farmers' market offerings or an overflowing CSA box, *The Simple Art of Vegetarian Cooking* is the perfect tool and the ideal, must-have addition to everyone's kitchen bookshelf.

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