

## **What is Aquafaba?**

Aqua means water and faba means beans – it is the liquid or juice that you strained out of the can of chickpeas and threw down the drain. It is also the liquid left from **cooking** those dried chickpeas.

According to Wikipedia: Aquafaba is the name for the viscous water in which [legume seeds](#) such as [chickpeas](#) have been cooked. It has the ability to mimic functional properties of egg whites in cooking. It is especially useful by people who need to avoid eggs.

## **Who found this out?**

A French musician vegan Joel Roessel discovered the liquid could be whipped and began blogging about it. Goose Wohit then developed a successful formula for a meringue and was amazed that it could be a suitable egg substitute in recipes. It was perfect for vegan chefs.

## **How do you use it as an egg replacer?**

Do not whip it. Use 3 Tablespoons of the bean liquid for each egg; 2 Tablespoons for 1 egg white, 1 Tablespoon for 1 egg yolk. Then you can use it in cookies, breads, brownies, burgers, or other recipes.

Whip it to make a fluffy foam and create meringues, fluffy desserts like chocolate mousse, whipped cream, or even ice cream with no eggs or dairy. Refer to youtube.com to see how easy it is to make these vegan recipes. For more information See: <http://dish.allrecipes.com/aquafaba/> or <https://minimalistbaker.com/a-guide-to-aquafaba/>

**Can the aquafaba liquid be saved?** Yes, it freezes very well. Use ice cube trays and then just pop out the cubes as you need them. If you keep it in the refrigerator, it lasts about 1-2 weeks.

## **Can aquafaba be made using dry beans?**

Yes, it can. Follow the directions below and/or watch youtube.

Soak chickpeas in 3 times their amount of cold water for 8 hours or overnight.

Drain chickpeas and rinse well. Add to pressure cooker or pot along with about 4 cups of cold water. Cover and bring to a boil. Reduce heat and allow to cook, covered, for 30 minutes if using pressure cooker or 1-1/2 hours if using regular pot.

Turn off heat and allow chickpeas to sit in the liquid for 2-5 hours, until cooled. If using pressure cooker, no need to release pressure or cool under cold water, just let it sit.

Drain chickpeas, saving the liquid, which is called aquafaba.

**For More Information See:**

<http://icookandpaint.com/2016/05/17/vegan-whipped-cream-and-the-miraculous-world-of-aquafaba/>

or

<https://www.youtube.com/watch?v=uztw9FUF3f8>

**Cook's Note:** I didn't invent these but discovered it after airing our January program on Healthy Food. Aquafaba is a recent discovery so there are lots of new recipes and ideas appearing on the internet. Have some fun and see what you can create.