

Useful vegan substitutions for cakes and biscuits

Here are some tips I've been gathering.

For butter

What to replace butter with depends on what you're making.

Pure vegetable margarine can be a 1:1 swap, as can plant-based butters. (Not all margarines are purely vegetable - some sneak in things like buttermilk).

I've got an organic vegan baking block from Naturli to try.

Almond butter can work well.

For most vegetable oils, only need 3/4 of the amount of butter you'd use (as butter is not pure fat). They work well in recipes where you'd use melted butter, but are no good in recipes where you whip butter and sugar together to lighten the mixture, as it doesn't hold air the same way.

Coconut oil can be used 1:1, and works well where a slight coconut flavour is OK.

Milk

There are lots of plant-based milks available - I've used both soy milk and oat milk for baking. For soy milk, you need to look for organic versions to avoid GMOs.

Cheese

I've never found a vegan cheese worth eating.

Eggs

Flaxseeds - stir one tablespoon of ground flaxseeds or into three tablespoons of water, and leave it to thicken for 15-30 minutes. Only works for recipes with either one or two eggs - recipes with loads, such as soufflés, don't work as this doesn't rise the same way.

Oggs - made from aquafaba (liquid chickpea extract). Waitrose sell it, and possibly loads of other places:

<https://www.waitrose.com/ecom/products/oggs-aquafaba-egg-substitute/437771-729858-729859>

Our local cookery school has some vegan recipes: <https://madeinhackney.org/recipes/21>

and so do <https://www.bbcgoodfood.com> and <https://www.waitrose.com/ecom/recipes/vegan> and abelandcole.co.uk