

Vegan Baking

As Chefs it's creativity and passion that inspires us daily!

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frenchmaid

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GROENZ

A Golden State Foods company

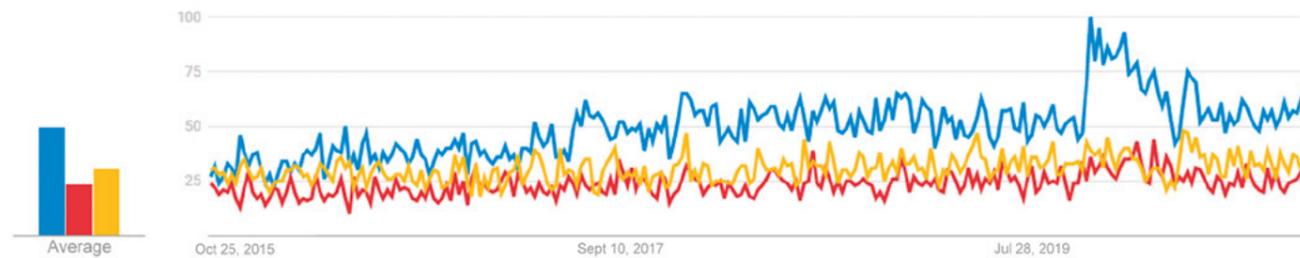
Vegan Trends

Veganism is having a blast – its popularity and adoption continues to surge to record highs. This 2020 research from Chef’s Pencil shows a high volume of vegan-related searches, such as ‘vegan recipes’ or ‘vegan restaurants near me’. The data shows that the popularity of veganism is at an all-time high, surpassing the previous record high registered in 2019. To put things into perspective, veganism is now twice as popular as it was just five years ago, and it is not showing any sign of slowing down.

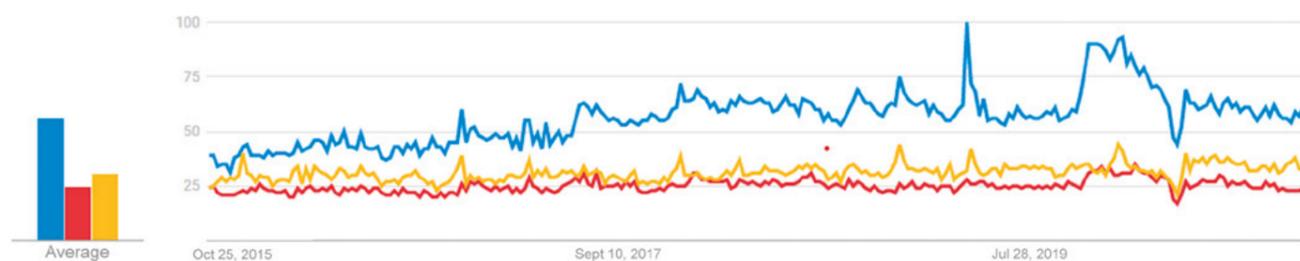
The report shows where veganism is most popular around the world. Australia ranks second in the world in most popular nations for vegans in 2020, only behind the United Kingdom. Australia has one of the largest vegan communities worldwide, and interest in veganism continues to be fuelled by environmental concerns.

New Zealand ranks fifth in the world behind Israel and Austria. A recent survey by Colmar Brunton shows 15% of Kiwis aged 18 and over always or mostly eat plant-based meals - an increase of 50% in the last year.

New Zealand



Australia



■ Vegan ■ Vegetarian ■ Gluten Free

Font: Google Trends

To meet the needs of vegan customers, our team of experts have found that our Frenchmaid Vegan Mayonnaise can be not only served with savoury dishes but it could also be a key ingredient to replace butter and eggs in baking recipes. Adding Vegan Mayonnaise into baking recipes does not alter the flavours but works as a substitute for butter and eggs bringing the same texture.

Offering vegan baking treats on your menu can be a real distinction for your establishment. In this **Vegan Baking Booklet**, you will find easy and tasty baking recipes using **Frenchmaid Vegan Mayonnaise**.

Vegan Banana Loaf

- 300g Ripe bananas, mashed
- 280g Flour
- 165g Sugar
- 1 ½ tsp Baking powder
- 1 tsp Baking soda
- 1 ½ tsp Ground ginger
- 250g **Frenchmaid Vegan Mayonnaise**
- 55g Walnuts chopped (optional)

Preheat the oven to 160°C.

Into a bowl, combine all ingredients. Stir until mixture forms a lumpy batter. Pour into a lined or greased 9x5 inch loaf tin.

Bake for 55 minutes or until skewer inserted in centre comes out clean. Remove from oven and place on wire rack to cool.

Easier to slice when cool. Enjoy!



Vegan Double Chocolate Muffin

- 280g Flour
- 240g White sugar
- 3 tsp Baking powder
- 3 tbspc Cocoa powder
- 170g **Frenchmaid Vegan Mayonnaise**
- 250ml Almond or Soy milk
- 100g Vegan dark chocolate 70%, chopped
- 100g Raspberries (optional)

Preheat the oven to 170°C. Grease or line a 12 hole muffin tin.

Into a bowl mix to combine flour, baking powder, sugar and cocoa. Add chopped chocolate, **Frenchmaid Vegan Mayonnaise** and either almond or soy milk. Stir until the mixture is combined, do not overmix. Spoon the mixture into prepared muffin tin.

Bake for 18 minutes, or until muffins spring back when lightly touched or until skewer inserted in centre comes out clean. Place on wire rack to cool. Makes 12 medium muffins.



Vegan White Chocolate & Raspberry Muffins

280g Flour
220g White sugar
3 tsp Baking powder
170g **Frenchmaid Vegan Mayonnaise**
250ml Almond or Soy milk
100g Vegan white chocolate, chopped
120g Raspberries fresh or frozen

Preheat the oven to 170°C fan forced. Grease or line a 12 hole muffin tin.

Into a bowl combine flour, baking powder, sugar and white chocolate. Add **Frenchmaid Vegan Mayonnaise** and either almond or soy milk. Stir until the mixture is combined, do not overmix. Gently fold in raspberries. Spoon the mixture into prepared muffin tin.

Bake for 20 minutes, or until muffins spring back when lightly touched or until skewer inserted in centre comes out clean. Place on wire rack to cool.
Makes 12 medium muffins.



Mix it up by substituting the white chocolate and raspberries:

- **Lemon Muffins:** add zest of 2 medium lemons to the batter. For a crunchy topping, add lemon juice to white sugar and spoon over hot muffins.

- **Orange Chocolate Chip:** add 100g vegan dark chocolate, zest of 2 medium oranges and 2 tbsp orange juice.

- **Blueberry Muffins:** add 100g of blueberries and ½ tsp of nutmeg.

- **Apple Cinnamon:** add 100g grated apple and 1 tsp cinnamon. Top with cinnamon sugar before baking.

Vegan Classic Vanilla Cupcakes

335g Flour
1 ½ tsp Baking powder
½ tsp Baking soda
160g Brown sugar
70g White sugar
½ tsp Salt
230ml Water
250g **Frenchmaid Vegan Mayonnaise**
2 tbsp Vanilla extract

For the frosting:
250g Icing sugar
215g Vegan butter
2 tbsp Water
2 tsp Vanilla extract

Whip all ingredients together using and electric mixer start at a low speed, gradually increasing speed until smooth and creamy. The colour should turn pale and texture should hold as you draw the beater through the mix.

Preheat the oven to 180°C and line a 12 hole muffin tin with paper liners.

Whisk together dry ingredients: flour, sugars, salt, baking soda and baking powder. Add the wet ingredients: water, **Frenchmaid Vegan Mayonnaise**, vanilla extract and beat with an electric mixer until smooth. Divide evenly into the cupcake tins (fill about ¾ of the way up the liner). Bake for 17-20 minutes, or until slightly golden. Remove cupcakes from pan, let cool.



Vegan Chocolate Cake

335g Flour
250ml Water
250g **Frenchmaid Vegan Mayonnaise**
230g Sugar
55g Cocoa powder
2 tsp Baking soda
1 tsp Vanilla extract

Preheat the oven to 180°C. Grease or line a 9 inch round cake tin.

Combine the water, **Frenchmaid Vegan Mayonnaise** and vanilla until well blended. Combine the flour, sugar, cocoa and baking soda, gradually beat into the mayonnaise mixture. Bake for 30-35 minutes or until a cake skewer comes out clean. Cool completely before icing.

For the icing:
250g Icing sugar
215g Vegan butter
2 tbsp Water
2 tbsp Vanilla extract
50g Cocoa powder

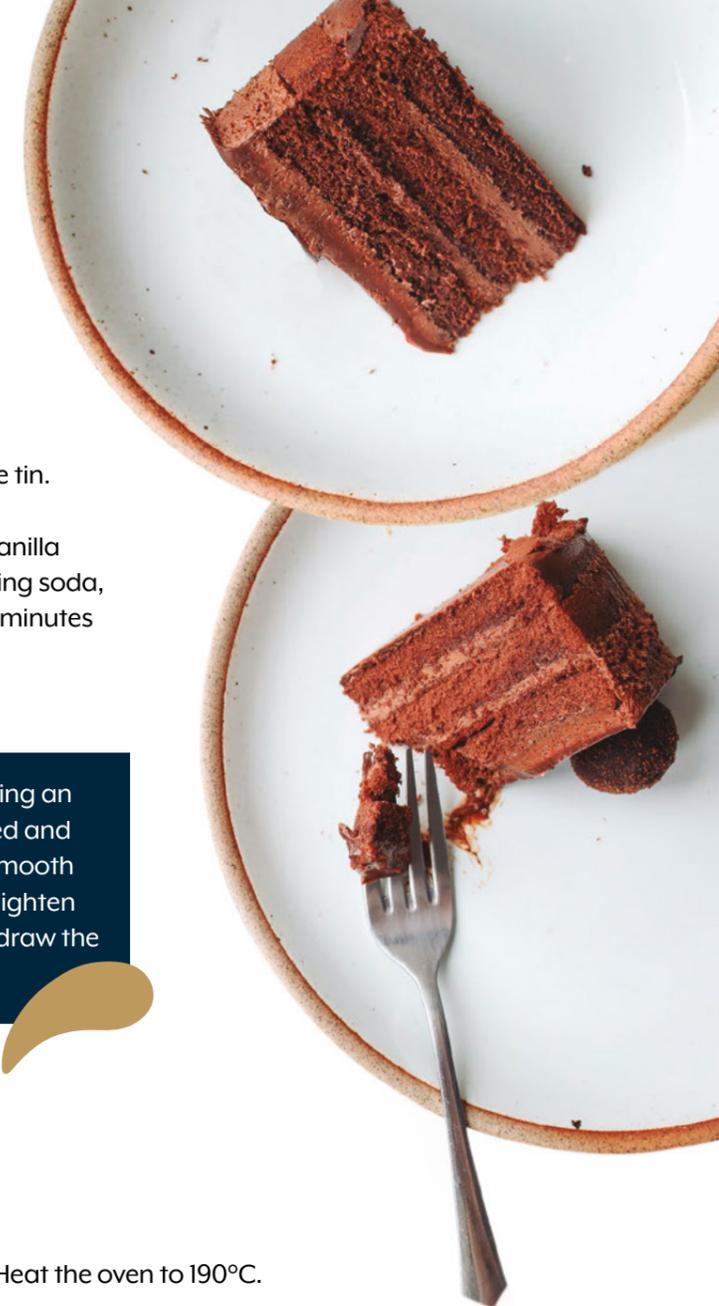
Whip all ingredients together using an electric mixer start at a low speed and gradually increase speed until smooth and creamy. The colour should lighten and texture should hold as you draw the beater through the mix.

Vegan Oatmeal & Lemon Cookies

345g Rolled oats
140g Flour
1 tsp Ground cinnamon
1/3 tsp Baking soda
220g Brown sugar
250g **Frenchmaid Vegan Mayonnaise**
1 ½ tsp Vanilla extract
170g Raisins
1 medium Lemon zest

Heat the oven to 190°C.

Combine oats, flour, cinnamon and baking soda. Set aside. In a separate bowl, mix brown sugar, **Frenchmaid Vegan Mayonnaise** and vanilla until thoroughly combined. Add dry ingredients, raising and lemon zest. Mix until thoroughly combined. Divide dough into 30g pieces, roll into balls and press flat. Bake for 10-12 minutes until golden.



Vegan Dates & Orange Scones

- 280g Flour
- 2 tsp Sugar
- 3 tsp Baking powder
- 1 tsp Orange zest, finely grated
- 125g **Frenchmaid Vegan Mayonnaise**
- 180ml Almond milk
- 100g Dates, chopped

Heat the oven to 200°C.

Combine dry ingredients in a medium sized bowl.

Add **Frenchmaid Vegan Mayonnaise** and almond milk, fold in until a soft dough forms. Try not to overwork the dough. Dush the counter with flour and turn out the dough. Add additional flour if too sticky. Pat out 3cm thickness, cut with a glass or biscuit cutter or cut into squares.

Place the scones on a lightly greased baking tray and bake for 12 minutes. Should be light to touch and slightly brown. Makes 10 scones.



Vegan Cheese Scones

- 335g Flour
- 2 tsp Baking powder
- ½ tsp Salt
- 1 tsp White sugar
- 250g **Frenchmaid Vegan Mayonnaise**
- 150g Vegan cheese grated
- Pinch Cayenne pepper
- 50g Chopped herbs (optional)

Preheat the oven to 200°C.

Combine dry ingredients and cheese. Add **Frenchmaid Vegan Mayonnaise** and stir until combined. Turn dough out onto a floured bench and cut into desired shapes. Bake for 10-20 minutes until golden on the top and base.



Vegan Pancakes

- 170g Flour
- 2 tbsp Sugar
- 2 tsp Baking powder
- 150g **Frenchmaid Vegan Mayonnaise**
- 1 tsp Vanilla extract
- 170ml Water
- Frenchmaid Maple Flavoured Syrup**

Mix the water and **Frenchmaid Vegan Mayonnaise** together until smooth. Add the dry ingredients to make a smooth batter. Fry over a medium high heat, flipping the pancake when the bottom is golden.

Serve with fresh fruits and **Frenchmaid Maple Flavoured Syrup**.



SIZE	SHELF LIFE	SERVES PER UNIT	UNITS PER CARTON	CODE	COUNTRY	LEGEND
Vegan Mayonnaise						
1L	7 Months	40	12	10-00235	NZ AU	V VE NO artificial colour
Maple Flavoured Syrup						
30g	14 Months	100	100	10-00156	NZ AU	V VE NO artificial colour
2L	18 Months	80	6	10-00191	NZ AU	V VE NO artificial flavour NO artificial colour



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Perfect to complement a variety of savoury and sweet dishes

Our high quality sauces help create delicious taste every time



Created with chefs in mind to be ready to use



Chilli Sauce • Chipotle Salsa • Plum Sauce • Vegan Mayonnaise
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