READ THE TEXT BELOW ABOUT AN UNUSUAL FOOD. THEN CHOOSE THE CORRECT ANSWERS.

Food stories

ABOUT US RECIPES INGREDIENTS SHOP



Aquafaba ("Aqua what?!")



As regular readers of this blog will know, I know my food! I always say, give me a dish from pretty much anywhere in the world and, within two minutes, I'll tell you what's in it. However, this weekend, I discovered that maybe I don't know quite as much as I thought I did. A vegan friend of mine invited me over for dinner. (He turned vegan five years ago after seeing a really shocking movie on the dairy industry.) Just to remind you, vegans avoid all animal products, including honey.

So I was expecting beans to be on the menu (and they were—lots of them—for the main course). But it was the dessert that took me by surprise—vegan ice cream. And how do you make ice cream, I hear you ask, without milk, cream or eggs? (I should say, how do you make nice, creamy ice cream without dairy products, because I've had some fairly unpleasant vegan ice creams in my time!) Well, it turns out that the key to good vegan ice cream, and a whole load of other desserts, is bean water. Yes, you read that correctly, bean water, i.e., the water that beans have been boiled in. (You know, the stuff you usually throw down the drain.) Bean water, my friend tells me, is called "aquafaba" by the vegan community. It's increasingly used to replace egg whites in savory and sweet vegan dishes, such as vegan butter, cheese, cookies, and cakes. And I can honestly say it works, although it does give the ice cream a slightly odd smell. It's so good, in fact, that the morning after my dinner date, I went straight to the supermarket for a can of beans. As I write, my first batch of aquafaba ice cream is firming up nicely in the freezer!

1 What did the blogger's friend invite her over for?

a dessert

b dinner

c a dish containing eggs

2 What do vegans avoid eating?

a milk and eggs

b honey and cream

c all animal products

3 What was the blogger expecting to be given to eat?

a beans

b vegan ice cream

c a dessert

4 What, according to the blogger, is the key to many good vegan desserts?

a beans

b bean water

c cream

5 In vegan cooking, aquafaba is used to replace

a cream.

b egg whites.

c dairy products.