

Chai Tiramisu (Vegan, Nut-Free)

This recipe is from the January issue of the popular e-magazine, The Vegan Culinary Experience (Did I mention it's free? No seriously.). Chef Jason Wyrick is not only the founder of the e-magazine, but he is also the mastermind behind this insanely indulgent, dairy-free dessert ...

Chai Tiramisu

Serves: 12

Time to Prepare: 2 hours (includes 1 hour and 30 minutes of time for the ingredients to set)

Ingredients

The Ladyfingers

2 cups of whole wheat pastry flour
1 tbsp. of baking powder
¼ cup of finely ground turbinado sugar
¼ tsp. of salt
2 servings of prepared EnerG Egg Replacer
1 cup of soy creamer
¾ cup of sweet agave nectar
2 tbsp. of canola oil

The Sweet Cream

1 ½ cups of soy cream cheese
8 oz. of firm silken tofu
½ cup of sweet agave nectar
½ cup of finely ground turbinado sugar
1 ½ tsp. of agar agar
¼ cup of soy creamer

The Chai

2 cups of strongly brewed black masala chai

The Garnish

½ tsp. of ground cinnamon
½ tsp. of ground cardamom
¼ tsp. of ground cloves
¼ tsp. of ground fennel seeds
1 ½ tbsp. of cocoa powder

Instructions

Making the Sweet Cream

Whip all of the sweet cream ingredients together in a food processor until they are thoroughly combined.
Simmer this on a medium heat for 5 minutes.
Chill it for at least an hour.

Making the Ladyfingers

Combine the dry ingredients together.
Prepare the EnerG Egg Replacer in the ladyfinger section.
Mix this with all the wet ingredients.
Fold the wet ingredients into the dry mix.
Load a pastry bag with the batter.
Pipe the batter into 3" long, 1" wide cookies, leaving about a 1" space between each cookie.
Bake these on 350 degrees for 18 minutes.
Option: Do not pipe the batter, but fill a rectangular cake pan with the batter about 1" high and bake the cake for 25 minutes.

Assembling the Tiramisu

Brew the chai tea.
Mix the spices together and set them aside.
Dunk each ladyfinger in the chai tea for about 3 seconds.
Line the bottom of a baking dish with the lady fingers.

Lightly brush them with a little chai.
Spread about ½" of the sweet cream on top of the lady fingers.
Repeat this process, making another layer of lady fingers and sweet cream.
Sprinkle the spice mix over the top layer of sweet cream.
Chill the tiramisu for at least 30 minutes.

Kitchen Equipment

3 Mixing Bowls
1 Small Mixing Bowl for the egg replacer
1 Small Mixing Bowl for the spice mix
Whisk
Cookie Sheet
Pastry Bag
Sifter
Measuring Cup
Measuring Spoon
Spatula
Tea Pot
Tea Ball
Cup to brew the tea
Food Processor

Presentation

Lay a cinnamon stick on top of the plated tiramisu and garnish the edge of the plate with a bit of extra cinnamon and cardamom and the top of the tiramisu with a few chocolate chips or cacao nibs.

Time Management

Start the sweet cream before making the ladyfingers because the sweet cream should finish chilling about ten minutes after the ladyfingers come out of the oven. Of course, you can save about twenty minutes of labor and a lot of clean-up by doing the cake instead of the ladyfingers.

Complementary Food and Drinks

Serve this with a cup of cinnamon spiced coffee.

Where to Shop

Agave nectar can be purchased at Sprouts, Whole Foods, Central Market, Trader Joe's, and most other stores that cater to vegetarians. The egg replacer, soy creamer, and soy cream cheese can also be purchased at most of these stores. Agar agar can be purchased at Whole Foods and most Asian markets, and will be markedly less expensive at an Asian market. Silken tofu is the kind that comes in the box is readily available. The rest of the ingredients should be available on most baking aisles. Approximate cost per serving is \$1.00.

How It Works

The ladyfinger recipe is a basic sponge cake recipe with extra flour and cooked long enough to become a cookie instead of a cake. For the sweet cream, the fat of the soy cream cheese carries most of the flavor as well as giving the cream a flavor reminiscent of mascarpone cheese. The tofu binds everything together and the agave nectar and soy creamer add sweetness while keeping the cream from becoming too dense. The agar agar provides the final binder, ensuring that the sweet cream has a little stiffness to it. The spice mix added to the top is a powdered mix of basic masala chai spices.

Chef's Notes

I'm torn between the traditional coffee and rum tiramisu and the chai tiramisu as to which is my favorite!

Nutritional Facts (individual servings in parentheses, does not include any options)

Calories 3694.8 (307.9)
Calories from Fat 1166.4 (97.2)
Fat 129.6g (10.8g)
Total Carbohydrates 563.6g (47.0g)
Dietary Fiber 45.5g (3.8g)

Sugars 352.2g (29.4g)
Protein 68.5g (5.7g)
Salt 2657mg (221mg)

Vitamin A 0% (0%)
Vitamin B6 42% (3.5%)
Vitamin C 0% (0%)
Calcium 15% (1.3%)
Iron 65% (5.4%)
Thiamin 87% (7.3%)
Riboflavin 35% (2.9%)
Niacin 79% (6.6%)
Folate 26% (2.2%)
Phosphorous 103% (8.6%)
Potassium 41% (3.4%)
Zinc 56% (4.7%)
Magnesium 98% (8.2%)
Copper 70% (5.8%)

Interesting Facts

The Italian name for ladyfingers is savoiardi.

Tiramisu is a recent invention in the culinary world, probably dating from the early 1970s. Can you believe he does all of this and takes a picture for virtually every recipe?!! Head to the Vegan Culinary Experience to get the full January issue and to sign up for the email that will alert you when the new monthly issues are available.