

The icing on the [vegan] cake

A tough and tasty question: What does it take to create a sustainable food culture?

For many creative and curious dessert lovers, Earth Month's vegan cake decorating workshop, hosted by owner of My Cake Time, Nalnee Khureya, at Eclipse Company Store on April 19th, offered a delicious experiment in topping—and tasting—vegan cakes. Numerous decorating tools were provided so that participants could experiment with the different shapes and patterns each tool made, such as flowers, seashells and ribbons.



The workshop went on to explain some of the alternative ingredients often used in vegan baking, such as soy milk, cider vinegar, safflower oil, and butter made from vegetable oil. Cider vinegar, for example, replaces the egg by acting as the structural and leavening agent. Khureya also shared a trick for making your own cake flour, which can be difficult to find. In each cup, simply replace 2 tablespoons of all-purpose flour with 2 tablespoons of corn starch

for a softer, moister cake.

Bethany Francis, a senior Theater and Women and Gender Studies major and veteran vegan baker joined the workshop to learn more about cake decorating.

"I am very conscious of what I consume and a vegan diet is very important [to me] because it is environmentally sustainable and healthy," said Francis.

Participants not only went home with their own scrumptious, adorned mini-cake, but with a few of Khureya's vegan recipes so they could experiment at home.

By: Becca Tercek and Kim Criner

Marvelous Maple Icing

- ¼ cup margarine
- 2 ¼ cup powdered sugar
- 2 tbs soy milk
- 1 tsp maple syrup

In a food processor, alternate adding powdered sugar and soy milk to the margarine. Stir in maple syrup until consistency is light and spreadable.