INSPIRING WAYS TO USE PULSES
“AQUA FABA” CHICKPEA FOAM

Aqua faba foam, made from the brine of canned chickpeas, is an amazing plant-based substitute for egg whites in a range of culinary applications. The brine is whipped and maintains its texture in baking, chilled desserts and as a foam on tapas as well as in cocktails.

Aqua Faba Base:

Yield: approx. 1 ½ litres of prepared aqua faba foam
Prep time: 2 minutes
Total time: 8 minutes

Ingredients:
1 540 mL can of chickpeas*

* Note: salted brine (brine from canned chickpeas) foams more quickly than unsalted brine.

Directions:
1. Strain can of chickpeas and reserve brine.
2. Place brine into the bowl of a stand mixer (with whisk attachment) or if a hand immersion blender is being used, pour into a large cylindrical container.
3. Blend on the highest setting for 5-8 minutes, or until medium stiff peaks form.
4. Add seasoning of choice (below) and include in a range of culinary applications.

SAVOURY LIME AQUA FABA FOAM (TO DOLLOP ON TAPAS)

2 cups 500 mL prepared foam
2 tsp 10 mL lime zest
¼ tsp 1 mL ground black pepper
¼ tsp 1 mL sea salt

Directions:
1. Place prepared foam in medium bowl.
2. Add the lime zest, black pepper and sea salt. Whisk together until completely incorporated.
3. Dollop tapas as desired and serve immediately.
SWEET RASPBERRY AQUA FABA FOAM (TO INCORPORATE INTO COCKTAILS)

2 cups 500 mL prepared foam
1 tbsp 15 mL dehydrated raspberry powder

Directions:
1. Place prepared foam in medium bowl.
2. Whisk in raspberry powder until fully incorporated.
3. Shake with remaining cocktail ingredients and shake.
4. Finish cocktail with another dollop of prepared foam and serve.

Cocktail
Yield: 2 portions
Prep time: 2 minutes
Total time: 5 minutes

Ingredients:
½ cup 125 mL pomegranate juice
½ cup 125 mL white wine
3 tbsp 45 mL freshly squeezed lime juice/zest
1 tbsp 15 mL prepared simple syrup
1 tbsp 15 mL prepared raspberry aqua faba
Optional favourite bitters

Directions:
1. Combine all the ingredients in a cocktail shaker with ice and shake well for 5 seconds.
2. Pour in 2 glasses, dollop with additional raspberry foam and serve immediately.

General notes:
- To enhance the structure of aqua faba foam, consider adding cream of tartar as it is being whipped.
- The brine of the chickpeas does not need to be chilled before being whipped.
- The structure of the foam will generally last between 10 and 20 minutes, depending on the ingredients added to the foam. If the foam deflates, simply whip again.
- If using acid, add just before serving.
- Try experimenting with a range of flavour profiles in the foam.
- Refrigerate the foam if there are leftovers, or if it is not being used immediately. Simply whip again before use for best volume.

Source: Pulsecanada.com