



WRITING SAMPLE (Slideshow)

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Try These Substitutes If Eggs are Scarce

Replacing the creamy deliciousness of the golden yolk of an egg as it seeps into your crispy sourdough toast might be impossible. But as H5N1 bird flu leads to the culling of hens across the country, chicken eggs are becoming both increasingly rare and much more expensive. If you like eggs not only for breakfast, but also for baking, what can you do to replace them?

Swipe through to find out how you can make do without eggs.



Flax Gel

For each egg you want to replace in, for example, a cookie recipe, mix 1 tablespoon of flax meal with 3 tablespoons of water, and let it sit for 5 to 10 minutes. It will thicken to a gel-like consistency and add the moisture, structure and fat that eggs normally would have provided in your recipe.



Applesauce

Love pancakes but don't have any eggs to mix into the batter? Try applesauce or a smashed ripe banana as a substitute. Use a $\frac{1}{4}$ of either for each egg. The fruit binds the other ingredients and adds moisture and structure to the flapjacks. You could also use applesauce or banana in place of eggs in muffins, quick breads, yeast rolls and carrot cake.



Tofu

If a sauce calls for eggs, and you're short, consider using tofu. Silken tofu blended to a smooth puree will mimic the creaminess an egg provides. Use about a tablespoon of the tofu per egg, and add a little butter or oil. You can also "scramble" firm tofu to mimic scrambled eggs.



Mashed Potatoes

Meatloaf and meatballs often call for eggs that serve as a binder, to hold the meat mixture together. If the orbs are scarce, make up some mashed potatoes and use $\frac{1}{4}$ cup per egg. You can use regular spuds, sweet potatoes or even pumpkin.



Aquafaba

Aquafaba is chickpea water. It's the liquid in a can of chickpeas (aka garbanzo beans) or the water that you cook dried chickpeas in. It can be whipped into stiff peaks, like egg whites. Use it in meringues, Pavlova, brownies, yeast breads and sheet cakes. You can also substitute it for an egg wash.



Yogurt or buttermilk

For cookies, cakes and cupcakes, consider substituting $\frac{1}{4}$ cup of buttermilk or yogurt for each egg. If you use yogurt, use a plain variety, as a flavored yogurt might change the flavor of your recipe.



Nut butter

Cashew, almond or peanut butter can be used in place of eggs, but bear in mind that these flavorful butters will almost certainly alter the taste of your dish. Use 3 tablespoons for each egg you need to replace, and be sure to use the creamy version rather than the chunky.