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Crema Catalana with Tofu

By: Azu from Sweet Cannela



This Vegan Tofu Crema Catalana is the result of a fusion of cooking techniques and unique ingredients. Inspired by a smoothie made with silken tofu, Azu created this recipe for traditional Spanish dessert crema catalana.

Crema Catalana with Tofu

Serves: 4

INGREDIENTS:

- 1 block (349 grams – 12.3 oz) extra firm silk-en tofu
- 2 tsp vanilla extract
- ½ cup soymilk
- ¼ cup muscovado sugar
- 2 tsp Truvia
- Zest of ¼ orange
- Zest of ½ lime
- ⅛ tsp ground anise
- ½ tsp ground cinnamon
- 2 tbsp cornstarch
- 1½ tsp water
- 4 tsp sugar for browning (1 teaspoon for each ramekin)

INSTRUCTIONS:

1. In a food processor, pulse tofu with vanilla extract until it has a smooth texture. Reserve.
2. Put the soymilk, sugars, orange and lime zest, anise and cinnamon in a saucepan and gently bring to a boil. Remove from heat and allow to infuse for 10 minutes.
3. Meanwhile, in a small bowl whisk the cornstarch with the water.
4. Reheat the milk mixture and just before it reaches boiling point, add the cornstarch. Whisk continuously until it begins to thicken, around 5 minutes. When the mixture coats the back of a wooden spoon, add it to the tofu blend. Pulse for a few seconds just to integrate. Pour into ramekins and let cool. Cover each ramekin with plastic wrap and place the ramekins in the fridge. Let them refrigerate for at least 3 hours, preferably overnight.
5. Preheat oven to 180°C (350°F). Before serving, sprinkle 1 teaspoon sugar over the top of each ramekin, place the ramekins on a tray and allow the sugar to caramelize a little bit, around 10 minutes. (If you have a blowtorch use it in this step)
6. You can serve them hot or cold.
7. Enjoy!



ABOUT THE AUTHOR

Azu is a Biomedical Engineer who likes to cook and bake. She cooks, prepares, tests and tastes international recipes, and if she really likes them she shares them on her blog, [Sweet Cannela](#). She lives in Mexico City, which has an altitude of 2,240 m (7,350 ft) above sea level, so she likes to experiment with recipes for baking at high altitudes. Lately, she has been interested in making healthier recipes, using good quality ingredients and reducing the consumption of animal products. And although she doesn't call herself a strict vegan, she's trying one recipe at a time. Blog: [Sweet Cannela](#)

