



GETTING STARTED...



- 1 Before you start, **give the carton a good old shake.**

This helps to wake up the aquafaba so it's ready to use.

Loosen the sides of the carton, squash the top up straight and snip along the dotted line.

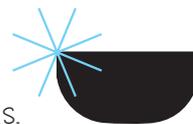


- 2 Each carton contains 200ml aquafaba. Three tablespoons of OGGS® Aquafaba is the equivalent to 1 whole medium egg.

Two tablespoons is the equivalent to one medium egg white.

- 3 Make sure the bowl you're using is spotless.

Any grease could prevent the aquafaba from reaching stiff peaks.



- 4 **Use a bigger bowl than you think you need...**

OGGS® Aquafaba grows and grows and you don't want to be swapping bowls every few minutes!



- 5 OGGS® Aquafaba smells sweet and beany and is quite a dark yellow. Don't worry, that's totally normal.

READY, STEADY, WHISK...



- 6 You can't overwhisk OGGGS® Aquafaba. Hurrah – give those arms a workout...

- 7 If you whisk the OGGGS® Aquafaba straight from the fridge, it whisks even faster.



- 8 If you're using a hands-free machine, make sure the whisk touches the bottom of the bowl.



- 9 Be careful not to start the electric whisk on a high speed. Build the power up gradually to avoid an OGGGS® Aquafaba shower.

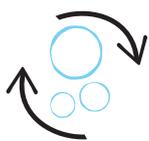
- 10 If you're making a cake and you want to reach the soft peak stage, you'll need to whisk the OGGGS® Aquafaba with an electric hand whisk on high speed for 2 minutes. For something like meringues where you need stiff peaks, it will take 3 minutes.



- 11 In most recipes, aquafaba requires a setting agent to help it rise or hold in place. Whether that's a squeeze of lemon juice or a teaspoon of baking powder, they're great staples to have.

- 12 If you're adding aquafaba to a warm liquid, for example melted chocolate, make sure the liquid has cooled down fully before you add it to the OGGGS®!





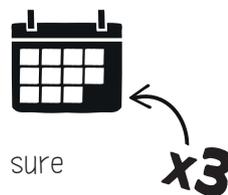
13 Once aquafaba is whisked, it relies on little pockets of air, so the best way of adding the other ingredients is in batches. Just don't dump them straight in!

14 OGGS® Aquafaba works great in pre-made cake kits too!

DON'T FORGET!

15 You can freeze OGGS® Aquafaba for up to three months.

Pour it into a sealable container and label first. Just make sure it's fully defrosted, and it will re-whisk perfectly.



16 Aquafaba will keep in the fridge for up to a week, if it's sealed correctly. After using, fold over the top flap where the carton indicates so it's sealed and no air gets into it.



17 Once you've used up all the aquafaba, throw the carton in the recycling bin.

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