

CHOCOLATE ESPRESSO BLACK BEAN BABYCAKES WITH MOCHA BLACK BEAN AQUAFABA

Yield: 12 muffins

Ingredients

Pan spray	as needed
Cocoa powder	as needed
Chocolate, 70%, finely chopped	¾ cup
Coconut oil	6 Tbsp.
Black beans, canned, rinsed, drained 15 oz can, setting aside canning liquid	1 ea.
Eggs	5 ea.
Sugar	2/3 cup
Banana, ripe	1/3 cup
Vanilla extract	1 Tbsp.
Espresso powder	1 Tbsp.
Salt	½ tsp.
Cocoa powder	½ cup
Baking powder	1 tsp.
Baking soda	½ tsp.
Mocha Black Bean Aquafaba (recipe follows)	1 cup

Method

1. Preheat oven to 375°F.
2. Prepare a cupcake tin by spraying with pan spray, then dusting it with cocoa powder.
3. Combine the ¾ cup chopped chocolate and coconut oil in a bowl. Place the bowl over a hot water bath to melt. Stir until just melted. Set aside.
4. Combine the black beans, eggs, sugar, banana, vanilla, espresso powder, and salt in a blender. Blend until smooth.
5. Combine the cocoa powder, baking powder, and baking soda.
6. Turn the blender to low and slowly add the cocoa powder, blending until smooth.
7. Blend in the melted chocolate and coconut oil.
8. Scoop the batter into prepared pan and bake for 12 - 15 minutes until just set. Cool. Remove from the pan.
9. Serve with Mocha Black Bean Aquafaba.

Note: 1 15-ounce can of black beans will yield approximately 8 ounces of beans.
Use low sodium canned beans.

MOCHA BLACK BEAN AQUAFABA

Yield: 1 cup

Ingredients

Chocolate, 70%, finely chopped	1 cup
Aquafaba, liquid from the low sodium canned black beans	1 cup
Cream of tartar	¼ tsp.
Espresso powder	1 Tbsp.
Vanilla extract	1 tsp.
Powder sugar	¾ cup
Cocoa powder	as needed

Method

1. Melt the chocolate in a double boiler over low heat or in the microwave.
2. Place the aquafaba in a stand mixer with a whip. Turn the mixer to high and whip the liquid until foamy.
3. Stir in the cream of tartar, espresso powder, and vanilla. Turn the mixer up to high and whip until fluffy. Add the powdered sugar and whip until incorporated.
4. Turn the mixer to medium and slowly pour in the warm chocolate. Turn up the mixer to high, and whip until light and fluffy.
5. Serve as is or pipe on top of Baby Cakes.

Source: As presented to The Culinary Institute of America and Northarvest Bean Growers
by Chef Toni Sakaguchi. 2020.