

# FRAN COSTIGAN

*queen of vegan desserts*



Pastry chef, culinary educator, and cookbook author, Fran Costigan is internationally renowned as the authority on vegan desserts. Her scrumptious creations lack nothing—except dairy, eggs, white sugar, and cholesterol.

Fran's latest book, *Vegan Chocolate: Unapologetically Luscious and Decadent Dairy Free Desserts*, has been translated into German, French and Italian and continues to rank high on Amazon's list of all chocolate cookbooks—not only vegan books. It follows the classic *More Great Good Dairy-Free Desserts Naturally*. Fran's innovative recipes, from retro fun desserts to elegant vegan versions of the classics, are clear and concise, producing excellent results every time.

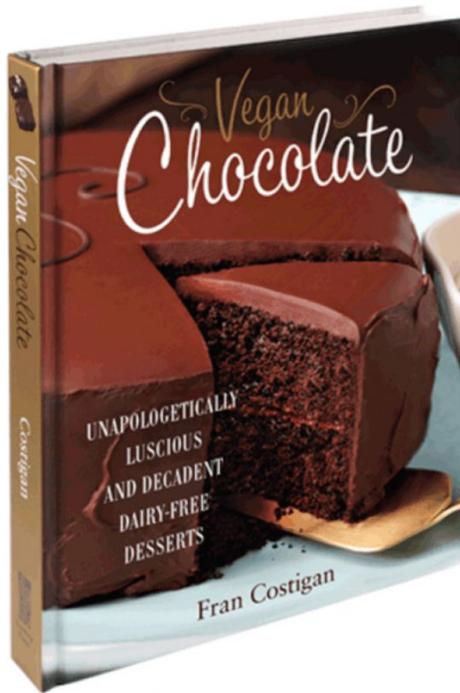
Professionally trained, Fran worked in both traditional and vegan pastry kitchens before moving into teaching over 20 years ago. Her lively classes include the Costigan Vegan Baking Boot Camp Intensive®. Today Fran is very excited to be working with the **Rouxbe Cooking School**, the world's leading online cooking school as Director of Vegan Baking and Pastry. Together, Fran and Rouxbe launched the

90-day online Essential Vegan Desserts course, making an expanded version of “Boot” accessible to many more cooks, no matter where they live in the world!

Fran has made her celebrated “Chocolate Cake to Live For” on Fit TV and her “Organic Vegan Twinkies” have been featured on BetterTV and ABC's Nightline. Her work has been featured in numerous print and online publications including VegNews, The New Yorker, New York Magazine, VegFamily, Vegetarian Journal, Vegetarian Voice, Flavor & The Menu, Desserts Professional, Café Sweets Japan and Organic Spa Magazine.

You can find Fran sharing her passion across North America and Europe at schools, conferences, festivals, corporations such as Google, resorts, and on cruise ships and tours. An advisory board member of the New York Coalition for Healthy School Food, Main Street Vegan Academy and the Vegan Trade Council, Fran is professional member of the New York Women's Culinary Alliance (NYWCA), the Women Chefs and Restaurateurs (WCR), and the International Association of Culinary Professionals (IACP).

**Photo credit: Tess Steinklok**



[VEGAN CHOCOLATE: UNAPOLOGETICALLY LUSCIOUS AND DECADENT DAIRY-FREE DESSERTS](#)

And

[MORE GREAT GOOD DAIRY-FREE DESSERTS NATURALLY](#)

## ***What the pros say about Fran..***

"After eschewing butter, cream, and eggs for vegan versions in the '80s, Costigan has shaped the art of vegan baking like no other. In fact, many say that Costigan is the country's first-ever vegan pastry chef, and her flawless cakes, cookies, and tarts will make you a believer." - [Colleen Holland: Publisher, VegNews Magazine](#)

"I have nothing but the greatest respect and admiration for the work Fran Costigan does. She is the person the pros, and dedicated amateurs turn to for knowledge of egg-free, dairy-free baking; no one I know does it better" - [Michael Romano: Executive Chef/Partner, Union Square Café](#)

"I'm a fan of traditional pastry – flaky, buttery pie crusts, sugar cookies made with white sugar and wheat flour, rich pastry creams and all of that. I've even worked as a pastry chef. But when I wanted to make a chocolate cake for a vegan friend, I didn't know where to begin. Thankfully Fran Costigan came to the rescue. I made her chocolate cake with tofu-based icing. I couldn't believe how utterly delicious it was! No one who tasted the tender-crumbed, dark chocolate cake guessed that it was made with whole- wheat pastry flour, maple syrup, no eggs and oil instead of butter. Even I, the big doubter, was terribly impressed and very pleased to know that such good confections can be made in a healthful manner without losing their taste. Cooking from Fran's book has taught me to open my mind to new possibilities. Vegan I am not, but I'd make this cake (and

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many of her other recipes) again, purely for my own selfish enjoyment.” - [Deborah Madison: Author of Vegetarian Cooking for Everyone & Seasonal Fruit Desserts](#)

“In *More Great Good Dairy-free Desserts Naturally* Fran Costigan offers tips, techniques and fabulous recipes for pro-organic desserts made with minimally-processed ingredients, suitable for those who need or prefer non dairy.” - [OMamaReport.com for the Organic Trade Association](#)

“Fran is a specialist in vegan desserts like no other; a fine cook, excellent instructor, and a really good writer. What a winning combination” - [Dr. Annemarie Colbin: Founder and CEO, Natural Gourmet Institute for Health and Culinary Arts](#)

“Fran’s recipes are delicious and innovative. She is truly the queen of vegan desserts.” - [Jennie Matthau: Director and President, Natural Gourmet Institute for Health & Culinary Arts](#)

“I have had the pleasure of tasting Chef Costigan creations, and can say not only are they delicious and satisfying, but they are on par with the traditionally sugar-sweetened, dairy laden desserts our school’s pastry chefs create”. - [Rick Smilow: President, The Institute of Culinary Education](#)

“Fran’s desserts are over the top and good for you too.” - [Joy Pierson & Bart Potenza: Owners, Candle 79 & Candle Café](#)

“I took my first vegan cooking class with Fran when I was in high school visiting New York with my mom. Fran was fabulous and her class inspired me to attend The Natural Gourmet Institute. She is as lovely and warm as she is a great baker!” - [Chef Chloe Coscarelli: Winner of Cupcake Wars on The Food Network](#)

“Since most of us gobble 130-plus pounds of sugar annually, why not use more healthful forms of this indulgence we all hate to love? Demand for egg-and dairy-free dessert due to allergies, cholesterol concerns and ethical choices is matched with an extensive proliferation of new recipes make *More Great Good Dairy Free Desserts Naturally* a kitchen must-have. Fran knows sweets like Dr. Phil knows emotional disorders, but don’t let this gourmand intimidate you; while the Peanut Butter Mousse in Chocolate Candy Cups recipe is more advanced, the Banana Cream Pudding reads like follow-the- dots. Since baking demands exactness, Costigan arms readers with practical advice, like not replacing dry sweeteners with wet ones, and that carob does not a cocoa-substitute make.” - [Gail Davis: Author, So Now What Do I Eat and Writer, VegNews Magazine](#)

“Fran Costigan has done it again. Her latest cookbook, *More Great Good Dairy-free Desserts Naturally*, is much more than an update of *Great Good Desserts Naturally*, her first such book published in 1999. New Yorkers will want to try the New York Eggless Creammade with Costigan’s incredibly decadent Ultimate Chocolate Sauce, and kids of all ages will go nuts for the Caramel Popcorn Treats. Costigan’s expertise as a pastry chef is captured in her foolproof flaky piecrusts and tarts. She painstakingly walks the reader through each step in such a way that you feel you are in her classroom.” - [Mimi G. Clark: Owner and Instructor, Veggie Gourmet Cooking School, Fairfax. VA](#)

## What customers say about Fran...

"I have been vegan for nearly 9 years and have done quite a bit of baking both in restaurants and at home. I have to admit the German carob un-chocolate cake is one of the best recipes I've ever used for a cake. Many non-vegan friends never knew the difference and joked that I'd returned to their side. With the recipes in this book you don't have to give up light moist cakes. Thanks Fran. And I can't wait till I have time to take your pastry class in NYC." - [N. Cloud on Amazon.com](#)

"For many years now, I have kept *More Great Good Desserts Naturally* to myself, considering it a trade secret. (I am best known on Nantucket for my version of "Chocolate Cake to Live For"). Only recently have I begun to share Fran with my closest friends. Alas, it is good to share what you value most." - [Daniel Patrick Ross, Caterer on Nantucket Island, MA, on Amazon.com](#)

"After purchasing *More Great Good Desserts Naturally*, I was so impressed that I traveled to New York from Dublin to attend Fran's Vegan Baking Boot Camp Intensive - what a fantastic experience! If you are interested in baking healthier desserts that taste like desserts- this is the book for you. The instructions are detailed and lead to consistent results. I highly recommend this book to everyone!" - [M. Doyle, Custom Cakes, Dublin, on Amazon.com](#)

"I have just about every vegan dessert cookbook that is out there - and the one I ALWAYS turn to is this one! *I like the fact that Fran doesn't use egg replacer and the ingredients are as natural as possible.* The chocolate cake is one that I am asked to back over and over again - it is now what people ask me for as a birthday present! Even die-hard people who won't touch 'that strange vegan food' wolf down the chocolate cake. Many thanks to Fran for such fantastic recipes from a fan in South Africa." - [Maureen Cram, on Amazon.com](#)

"*I have a daughter with dairy and egg allergies.* What teenager doesn't want to enjoy desserts with her friends or at birthday parties? This cookbook allows you to do that with little effort. The chocolate peanut butter mousse is awesome. The kids didn't even know there was tofu in it. Thanks to the author to give nondairy eaters something better to eat." - [Judy Hafemeister, on Amazon.com](#)

"*There's a chef in my kitchen!* I love Fran's straight-talk style...it's as if she is right here in my kitchen giving helpful hints and encouragement. From the "Getting Started" intro chapter to all the great tidbits of information throughout, her book is a great education for the novice and more experienced baker. Oh, and the recipes I've tried so far, are incredibly yummy!" - [Carolyn Arcario, on Amazon.com](#)

"If you're looking for fantastic dairy- and egg-free desserts, look no further than this cookbook. *I have made almost every recipe from this book, and have not been disappointed.* One of the highlights is the amazing Chocolate Cake to Live For, the cover recipe! The recipes include all types of desserts; cakes, pies, cookies, cobblers, puddings, you name it! There's also a very detailed explanation of ingredients that can be substituted for eggs and dairy and how they work in the recipes. And no refined white sugar or honey here." - [Diane Jeffers, Caterer on Amazon.com](#)

"*My husband and I purchased this book after taking a class with Fran at Institute of Culinary Education. It is wonderful.* The first item I made was the Chocolate Cake to Live For and let me tell you it was wonderful! I brought it to work two days after making it and everyone still raved about it. I really enjoyed all of the information at the beginning of the book regarding ingredients, sweeteners, etc. It was all very helpful and interesting. The other thing I found very helpful was the information regarding pan sizes, amounts of batter, etc. Having it all laid out for you is very helpful especially when the recipes tell you how

much batter they yield. I have a number of other vegan cookbooks and have had many mixed results with them (strange textures, weird tastes, etc). Everything I have made out of this one has been great! - [Kimberly Sansone, on Amazon.com](#)

'One of the challenges of being a vegan is dessert. Birthday cakes, cupcakes for my child's class picnic, chocolate cake for Sunday supper, etc. Not anymore! Fran's collection of 'sin-sational sumptuous treats' are exactly that...treats! The colossal chocolate cake with chocolate cream filling and frosting was a HIT as a birthday cake for my daughter's teacher. The vanilla cupcakes went over big time with her school friends and my husband and I loved the famous jam dot cookies with our after dinner coffee. The recipes are easy and delicious! Thanks.'" - [Pearl \(vegan mom\) on Amazon.com](#)