

Cooking Light Gluten-Free Baking Delectable From-Scratch Sweet and Savory Treats



BOOK DETAILS

- Author : Robert Landolphi
- Pages : 288 Pages
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BOOK SYNOPSIS

Gluten-free breads, cookies, cakes, and cupcakes are everywhere-and many of them actually taste good these days. A sigh of relief-a big sigh-comes, and then...a scream, because, oh, whats this? Those cookies have how many calories? In his new book, *Cooking Light Gluten-Free Baking*, author Robert Landolphi (The Gluten-Free Chef), offers a delicious antidote. This book is for the gluten-free baker who is longing for heavenly baked items that will be enjoyable for everyone, and still provide healthy, nutritious choices without sabotaging anyones diet. With more than 150 from-scratch recipes (no premade mixes here) covering a range of baked goods-pancakes, cookies, muffins, biscuits, quick breads, cobblers, pizza crusts, and much more. Youll also find a helpful getting-started section filled with advice, tips on converting traditional recipes into tasty gluten-free treats, a conversion chart for replacing cows-milk ingredients with lactose-free options, and hundreds of other tips to ensure success in a gluten-free kitchen. *Muffins, Waffles, Cookies, Cakes, Pies, Quick Breads, and More Cooking Light Gluten-Free Baking* is an easy how-to guide, handy for the novice as well as the well-trained gluten-free baker. It includes a glossary detailing each of the gluten-free flours, as well as a tutorial on how to convert any wheat-based recipe to a gluten-free version by blending the right flours and starches. Due to the high incidence of lactose intolerance among individuals with gluten intolerance and celiac disease, theres a conversion chart with suggestions for removing cows-milk ingredients and replacing them with nutrient-dense, calcium-filled, and reduced-fat dairy-free substitutions. 150 healthy from-scratch gluten-free recipes-no premade mixes here. Techniques throughout share how-to information about preparing these baked goods, which often quite different than standard, gluten-containing baked goods whether in texture, how you have to handle the doughs/batters, etc. Baking Tips offer readers insight into how to achieve the tastiest results when baking with gluten-free ingredients. More than 200 full-color photos including finished dish shots, ingredients, and step-by-step techniques.

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