

[PDF] The Gluten-free Gourmet Makes Dessert: More Than 200 Wheat-free Recipes For Cakes, Cookies, Pies And Other Sweets

Bette Hagman - pdf download free book

Books Details:

Title: The Gluten-free Gourmet Makes

Author: Bette Hagman

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Description:

From Library Journal With four previous books on the topic to her credit, Hagman is the authority on cooking for those with celiac disease and others allergic to wheat. This time she provides more than 200 recipes for sweet baked goods, from Lemon Spice Cake to Mock Oreos (for Oreo-deprived kids) to Mud Pie. Some of the recipes are appropriate for those with other dietary restrictions as well, and there's also a separate chapter of recipes that require no special ingredients (such as the special flours, xanthan gum, etc., with which many gluten-free baked goods are made). Sure to be in

demand, this is highly recommended. Reilly, host of the PBS series *New England Cooking*, is a former chef who trained at the esteemed *Le Netre Petissier* in Paris. She first started preparing wheat-free recipes for some of her catering clients and continued when her son was found to have many food allergies. Her book includes both savory recipes, such as *Spinach and Pepper Quiche*, and sweet ones, from *Walnut Orange Biscotti* to *Tarte Tatin*. Reilly writes well, and she offers invaluable information on baking techniques, along with somewhat more sophisticated recipes than Hagman's. Her book, too, is highly recommended for subject collections.

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From Anyone suffering from celiac disease already knows Bette Hagman's previous cookbooks. Her latest, *The Gluten-Free Gourmet Makes Dessert*, brings her to the meal's final course. For the celiac, exposure to gluten, a principal protein in wheat, can be a life-threatening experience. And avoiding gluten is nearly impossible in most cooking. Wheat flour and bread are nearly ubiquitous, offering real obstacles to those condemned to avoid them. Hagman, a celiac sufferer herself, offers dozens of gluten-free recipes for desserts, from cakes and pies to cookies and puddings. Many of the recipes call for food substitutes generally available in health food stores. For those not fortunate to have a specialized store close by, Hagman has a section of simpler recipes for cookies, etc., that call for only common baking ingredients. Expect demand for this book if Hagman's previous volumes have proved popular. *Mark Knoblauch*

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