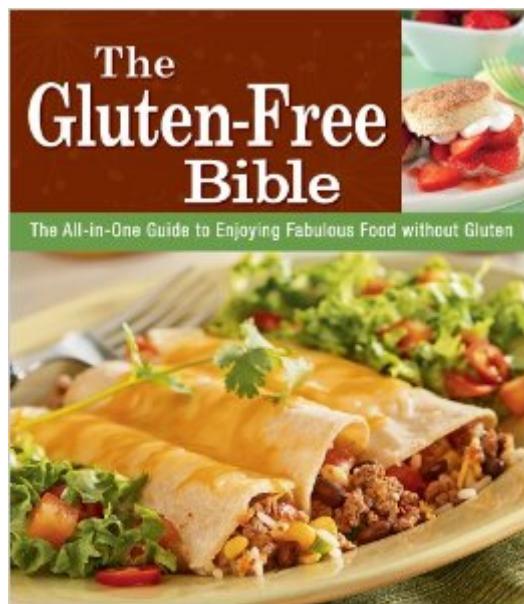


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# The Gluten-Free Bible



## Synopsis

The Gluten-Free Bible offers more than 100 recipes for food dishes that do not contain gluten, including pizza, cookies, and cakes. Whether you are avoiding gluten for medical reasons or because you feel better without it, the cookbook will instruct you on using healthful ingredients in your cooking. Try easy recipes with quinoa, chickpea flour, and rice noodles. The cookbook's 22-page introduction helps you understand gluten, how to read a food product label, how to stock your kitchen cabinets with gluten-free products, and how to make gluten-free flour mixes. You'll find photos of finished food dishes, plus photo help with tricky procedures, such as shaping gluten-free dough. There are chapters of kid-friendly recipes, baked goods, and desserts. Many of the recipes are dairy-free, too. Here is a sampling of the recipes in the Gluten-Free Bible: Apple Crepes Cheese Souffle Southwestern Meatloaf Cajun Chicken & Rice Strawberry Shortcake Mixed Berry Crisp

## Book Information

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## Customer Reviews

Bought this book on a whim. Best whim I've had-I love this book. I really suggest the apple crepes--wonderful taste. My teens love them. Can't say enough about this book for flavor and taste, this book wins hands down over my old GF cookbooks. This book makes the transition to "GF" a breeze. I have a lot of books on GF but this one takes the cake is by far the best.

On the subject of baked products, I like this book because the all-purpose flour blend contains some flours that pump up the fiber. The gluten-free flour blend for breads also includes flours that are high in fiber. Some of my favorite baked goods from this book include: Olive & Herb focaccia with the

wonder toppings including kalamata olives, rosemary, thyme, fresh minced garlic and Romano cheese. Cinnamon Scones. Strawberry shortcakes fudge cookies, rich and chocolaty with semisweet choc chips, butter and dutch process cocoa powder (what a treat) Our family loves eggplant, so we really like the midweek moussaka recipes, Salmon- potato flakes with mustard tartar sauce - so - good and a great tartar sauce with mayo, sour cream, coarse grain mustard, lemon juice and chopped pickle if you like. Southern fried catfish with hush puppies. flourless chocolate cake. I feel the best part of the book is the flour blends, they work well and they have the fiber. A lot of the main dish recipes are just so so.

I am not a good cook. Since becoming gluten free I have started cooking my own food. A friend had this book and I flipped through it to view the recipes. I really liked them, so I bought it. Great price too! I have made the risotto recipe and it was amazing. My boyfriend ate it and raved about it. He doesn't like gluten free or rice, so I knew it was good! We made four recipes so far and loved them all!

All the recipes are great and easy to make. Didn't realize how easy gluten free living could be. This book also gives a lot of information on how to shop gluten free and how to read labels. It is a very informative book and highly recommended for first time gluten free people!

My wife is new to gluten free eating so I was out looking for some cook books. I saw this one on the Bargain Buy shelf at B&N for ten bucks and thought it was already a good deal. Coming to and finding it even cheaper makes this a Real Bargain! There are a good variety of recipes and they aren't really complex so you can actually make some of these if you aren't completely comfortable in the kitchen. Nice way to ease into a gluten free diet!

Going wheat/gluten free is not easy, in fact it is WAY HARD since bread (wheat-made) is such a staple. This book as well as others have helped me greatly. I do not have celiac disease but was feeling listless and just tired all the time, so went wheat-free. I have much more energy and have lost about 30 pounds which helps with the energy deficit also. Another thing. Cooking/baking wheat-free takes practice, just like baking a great loaf of wheat bread takes practice. I suggest folks keep practicing. It is definitely worth it.

The recipes are great and seem to be uncomplicated. There are many I will use! The only thing is,

they are packed full of fats/sugar and calories. I guess I didn't think gluten free would be so rich in those areas but even so, if someone is not worried about such things then this book has some amazing recipes for you. I'm not so sure I personally would order it again but that doesn't make it a bad book, just not quite what I was looking for.

So my partner was given this book as a Christmas gift a few years back. We had been gluten free for a while at the time. I've really only made a few of the dishes from this book. Each time they've turned out alright. But nothing really that impressive. I find myself not wanting to make the recipes often because they seem unappetizing, designed for children (and we have none,) or frankly the images make the food look plastic like to me so I assume I won't like them. However with that said, I have to admit (although I didn't realize this until I saw the other reviews and is why I'm throwing my two cents in here) that I use this book as a reference a lot. I hadn't done much baking or creating original baking recipes since having gone gf. However there are two gf flour blend recipes in the front of the book that I've used and made into all sorts of other successful dishes/recipes that weren't provided in the book. And I've used the recipes in the book as a comparison when I'm converting an outside non-gf recipe into gf standards (something to get a feel of proportions and such.) For some reason the way the authors wrote the book makes it easy for me to understand how to convert the recipes. Where I've found some books just confuse me more. I can't put my finger on it exactly. I personally haven't found this book to helpful otherwise. But I also cooked all the time before going gf and so a lot of the recipes that aren't overtly gf (spaghetti squash pasta) I was already making. So if you're new to gf cooking, and didn't really cook much in the past and need some help developing more gf dishes because of lack of ideas. Then you might find more useful recipes in the book than I did.

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