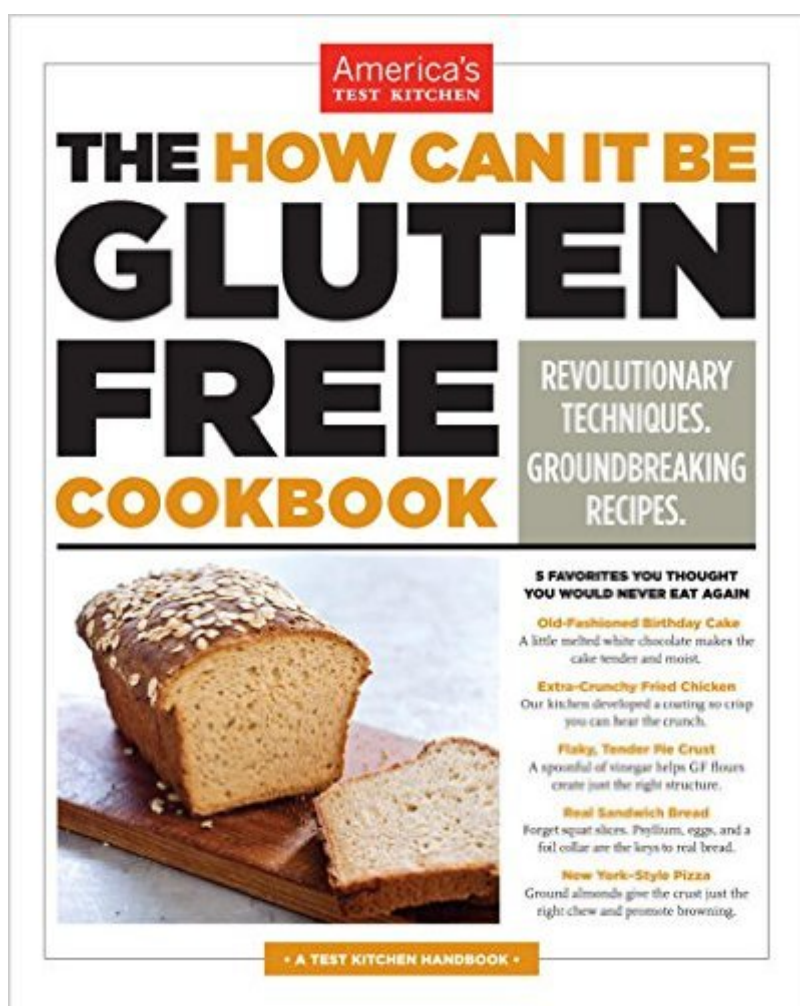


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The How Can It Be Gluten Free Cookbook



Synopsis

Gluten free recipes perfected Successful gluten free recipes require more than just new ingredients. You need new techniques and that's where our test kitchen team can help. We tried thousands of recipes (most were pretty awful) before we figured out the secrets to making favorite foods without gluten. In this landmark book, we tell what works (and why) so you can successfully prepare lasagna, fried chicken, and fresh pasta in your kitchen. And we have reinvented the rules of baking to produce amazing cookies, cakes, breads, biscuits and more.

Book Information

Paperback: 336 pages

Publisher: America's Test Kitchen; First Edition edition (March 1, 2014)

Language: English

ISBN-10: 1936493616

ISBN-13: 978-1936493616

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (1,059 customer reviews)

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Customer Reviews

I've been a subscriber to Cooks Illustrated for years now. I've always adjusted their recipes containing gluten for my Celiac husband, and avoiding their baking recipes has been disappointing. So I was thrilled to see this cookbook in my suggestions. I've so far flipped through many recipes and reviewed the recipe for sandwich bread and pizza crust, and am looking forward to trying both out this weekend. What I love about this book is the science and testing for each recipe is recorded with the recipe so you know why certain ingredients are added or omitted. Then if you want to adjust a bit you can do so with the knowledge of why a recipe is built the way it is. The big bonus in this book: there is a recipe for a gluten free flour mix, but weights and measurements for two other popular store bought flour mixes are provided for each recipe. If you've ever tried to buy ingredients for a gluten free flour mix in a regular grocery store you know it can be tough to find some, but easier to find pre-packaged mixes, so this is a huge bonus. The only drawback I can see is for someone who is not a more seasoned cook/doesn't enjoy cooking, some of the recipes are

advanced. The directions are always easy to follow, but the outcome can vary depending on your take on the directions. For instance, instructions are provided on how to measure flour for the gluten free flour mix. Part of the instructions include tapping or lightly packing the flour as you scoop it into the measuring cup. My tap vs my husband's tap are completely different levels of pressure, and would result in slightly different flour mixes which could vary a recipe enough to be noticeable.

A word of warning to those who have multiple food allergies/intolerances or are vegans: this cookbook relies VERY heavily on the use of dairy products. Casein (dairy protein) has a similar structure to gluten according to my daughter's doctor, so he has recommended she avoid it as well as gluten in order to avoid her body cross-reacting. The pictures are great and the test kitchen tips are very useful. I've been cooking GF for over 2 years now and learned a bunch of new information from this cookbook. Successes: -Buckwheat Blueberry Pancakes (pg. 37) These were lighter than other GF buckwheat pancake recipes I've tried, probably because of whipping the egg whites. That does, however, make the recipe rather time consuming. -Lemon-Ricotta Pancakes with Pear-Blueberry Topping (pg. 39) These were really tasty but a pain to make. -Cranberry-Orange Pecan Muffins (pg. 49) Letting the batter sit as suggested *DOES* improve the texture of the muffins. Great tip! -Almond Granola with Dried Fruit (pg. 61) Insanely good! -Fusilli with Kale-Sunflower Seed Pesto (pg. 107) I was a bit dubious about this because I'm not a huge fan of kale but it was actually surprisingly tasty. Partial Successes -Millet-Cherry Almond Muffins (pg. 51) Split decision on these. I thought they were tasty but did not like the crunch of the millet. My kids LOVED these. -Millet Porridge with Maple Syrup (pg. 63) Bland as written. I added some peaches and then it was good. -Hot Quinoa Breakfast Cereal with Raspberries and Sunflower Seeds (pg. 65) Okay, but I wasn't crazy about the taste of the sunflower seeds with the other ingredients. -Penne with Sausage and Red Pepper Ragu (pg. 115) A little bland as written.

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