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The Essential Gluten-Free Baking Guide Part 2



Synopsis

This Essential Guide Part 2 is the all-inclusive, one stop shop to gluten and allergen free baking. Six chapters are each dedicated to a specific flour used in gluten-free baking and includes 50+ diverse recipes that are packed with the information you need for successful gluten-free baking. From delicious Bagels, Naan and Tortillas to Cinnamon Rolls, Oreo Cookies and Nilla Wafers; learn how to make these unique and hard to find allergen free recipes. Brittany and Iris will help you: Learn how to successfully bake with each flour Learn how to best substitute each flour Understand the basics of baking without eggs, corn, soy, dairy Learn the ins and outs of all the unrefined sugars and how to exchange them. Also Included are baking tips from some of today's leading gluten free experts: Carol Fenster, Silvana Nardone, Peter Brokski, Sara Boswell, Nicole Hunn, Kim Maes, and Dr. Jean McFadden Layton. This complete guide will provide you with all the information and useful tips you need to prepare wonderful baked goods you never thought possible and will gift you with the knowledge to create your own.

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Customer Reviews

Part II of this outstanding Gluten Free primer is finally here and even though I've only had it about 12 hours I feel a quick review is in order. You see, I was a lucky tester and have already made the Flaky Pie Crust, the Pineapple Upside Down Cake, the Naan and the Pita Bread (which got left out of the index and is on page 128) plus a few more. Everything was so delicious it surprised me. The Pita Bread still makes me think of substituting all other bread for it, but then I couldn't eat bagels. It's

a conundrum. As you most likely already know, There's an incredible wealth of information squeezed into these two volumes. This one details the uses of Sweet Rice, Sorghum, Buckwheat, Teff, Cassava and Potato Flours. Gluten Free Baking 101 (as I call it) which discusses flours, starches, substitutions, egg replacers and alternate sugars starts out the book. Plus, I really love the interviews with all the other Gluten Free baking experts. The recipes are: SORGHUM FLOUR: Cheesy Cornbread Balls, Apple Cinnamon Waffles, Spinach & Shallot Souffles, Spicy Chipotle Jalapeno & Corn Muffins, PB&J Snack Crackers, Butternut Squash Pot Pie with Vegan Crust; YEAST-FREE VEGAN SANDWICH BREAD (I made this and loved it), Pineapple Upside Down Cake, and Lemon Crumb Cake. BUCKWHEAT FLOUR: Buckwheat Crepe Tortillas, Buckwheat Tortillas, Buckwheat Molasses Bread, German Chocolate Cookie Sandwiches (my husband loves these), Chocolate-Coated Apricot Brownie Bites, Sesame Buckwheat Breakfast Cookies, Winter-Spice Pancakes (soo good), and Apple Kuchen. TEFF FLOUR: Whole Grain Dinner Rolls (Egg-Free)- my husband said "they're just like bread!

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