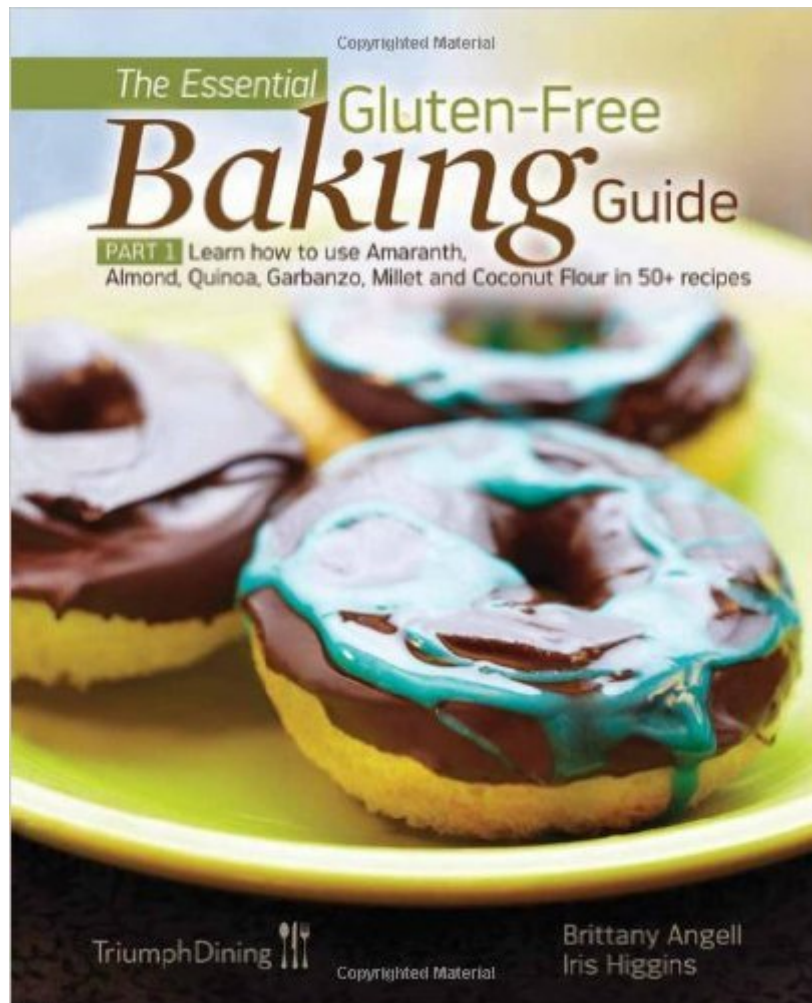


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# The Essential Gluten-Free Baking Guide Part 1



## Synopsis

This Essential Guide is the all inclusive one stop shop to gluten and allergen free baking. Six chapters each dedicated to a specific non-gluten containing flour include 50+ diverse recipes that are packed with the information you need for successful gluten-free baking. From delicious Stove Top English Muffins, Cheesy Skillet biscuits, and Chocolate Babka Bread to Fig Newtons, Graham Crackers and Funnel Cake. 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: Elana Amsterdam, Beth Hillson, Ricki Heller, Amy Green, Linsey Herman, Kelly Brozyna, and Katie Higgins. 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.

## Book Information

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## Customer Reviews

Now HERE's a comprehensive primer on Gluten Free flours, and not a moment too soon. Part 1 of this 2 part series starts out discussing the relative merits of weight (grams) vs. volume in baking and explains the pros and cons. Chapter One gives you an overview of the flours and starches which were analyzed for this book, when to use them, what to substitute for them and the likely results of that substitution; then goes on to recommend specific brands. It gives an overview on making your

own Gluten Free flour mixes and includes a short biopic on Gluten Free Yeast breads as well. There's an over-view of more than half a dozen sweeteners that details their best uses as well as their pros and cons. Then there's a section on how to replace gums, eggs, dairy and corn, i.e. cornstarch, baking powder, vanilla and powdered sugar and that's just the first chapter! There are individual chapters on: ALMOND Flour; QUINOA; AMARANTH; GARBANZO BEAN, COCONUT and MILLET Flours. These chapters are full of helpful hints and tips on the individual flour as well as mini interviews with some of today's best known alternative cooks. In fact, there's a tip on treating QUINOA that is worth its weight in gold. The chapter on Almond Flour interviews Elana Amsterdam from Elana's Pantry, the author of 2 books on the subject. The chapters go on to give you sample recipes. In the Almond Flour chapter that includes: Italian Style Flatbread Zucchini Bread Blackberry & Lime Cobbler Fig Newton-style Cookies Chocolate Mint Graham Crackers Molasses Spice Cookies (yum, I made these) Magic Bars Ice Box Peanut Butter Swirl Brownies Coconut & Lime Pound Cake The ingredients and instructions are ON THE SAME PAGE. I hate cookbooks that break them up.

I am subscriber one of the author's blogs, Real Sustenance, and I always admire her fearlessness at breaking down barriers to create amazing Gluten Free recipes. So I had no hesitation in purchasing the book. As my bookshelves are groaning from all the cookbooks I own, despite my utter lack of enthusiasm for the boring-ness of Kindle cook books, I purchased the Kindle edition. I must start my review with a discussion about the kindle version because I feel this is such an important part of someone's purchase experience and subsequent enjoyment. If you want to skip to my discussion about the book's contents please scroll down. Authors need to be more aware of the ramifications of their choices in relation to providing e-versions of their books because if I have the choice between a good ipad app and a kindle ebook, I will choose the ipad app every time. The use of a cookbook these days is about an "experience": my reading experience, my cooking experience, my enjoyment experience... I was pleasantly surprised as this Kindle cookbook goes a little way to making the reader's experience richer and more rewarding. However I would highly recommend that the author's pursue the idea of turning their book into an ipad app. As a keen home cook, the functionality afforded by ipad apps makes the entire experience pleasant and useful! In the Kindle version of this book, unfortunately the ingredients are listed in a pale blue graphic box with white text which is very difficult to read. The poor colour contrast would make it virtually impossible for someone with vision difficulties and I have 20/20 vision.

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