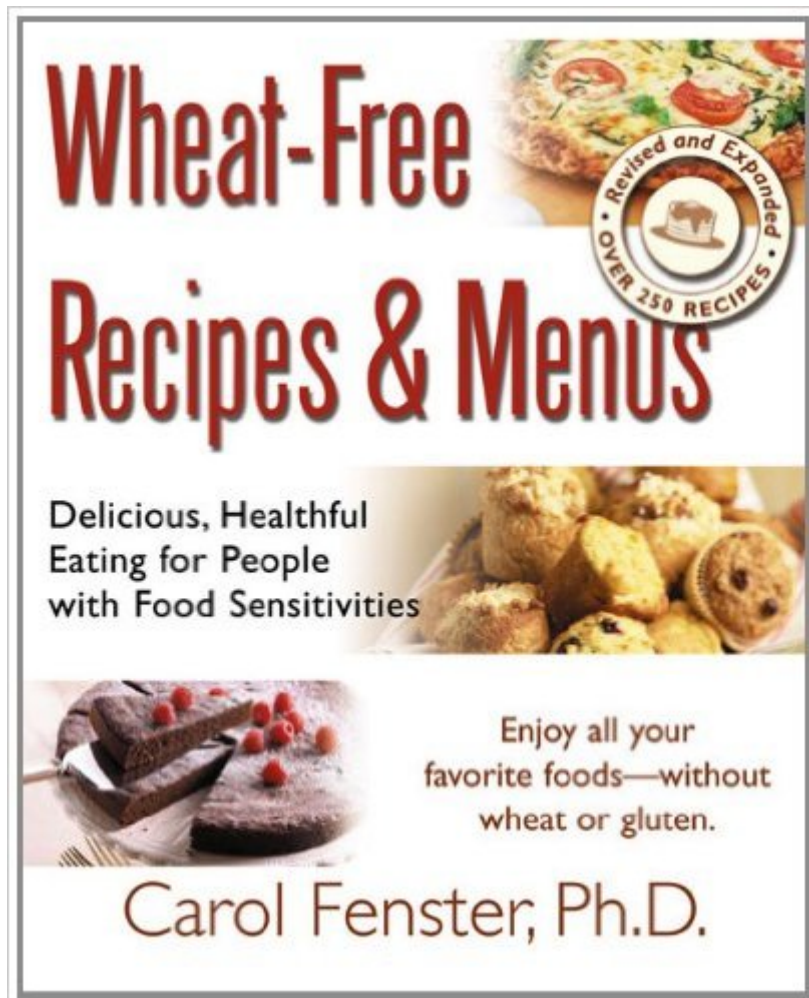


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# Wheat-Free Recipes And Menus



## Synopsis

Hundreds of delicious, easy, and nutritious recipes and menus for the home cookâall without wheat or gluten. The millions of people who avoid wheat and gluten due to celiac disease, allergies, or intoleranceâor simply to improve their healthâknow how difficult creating balanced, tasty meals can be. Gluten is found not just in bread, pasta, and cereal, but in unexpected items like cream soups, sauces, and condiments. Preparing a simple, homemade meal without gluten-based products can seem daunting. Carol Fenster, Ph.D., has been using her expert knowledge and cooking know-how to keep herself and her gluten-free family happy and healthy for over ten years. In *Wheat-Free Recipes and Menus*, Fenster shares her years of experience, explaining how to incorporate new ingredients into down-home, easy to prepare meals, free of wheat but full of taste. Employing easy-to-find substitutes for gluten-based ingredients, Dr. Fensterâs meals are rich and flavorful without relying on excess fat and salt. Recipes range from simple snacks to elaborate dinners, and include gluten-free recipes for favorites like breads, pizza, dumplings, and all kinds of baked goods. Avoiding wheat and gluten no longer means resigning to dietary boredom or risking an unhealthy diet. Dr. Fensterâs recipes emphasize fresh, wholesome ingredients and clear instructions that make for fail-proof preparation of mouthwatering, gluten-free meals.

## Book Information

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## Customer Reviews

I use to be a gourmet cook - until I learned I was gluten intolerant. The last two years have been spent learning how to be a gourmet cook AGAIN minus the wide variety of grains and thickeners

that other cooks rely upon. This book offers great recipes to replace some of your "staple" items - like Teriyaki Sauce!! Who'd a guessed that soy sauce (which contains wheat) forms the basis of so many other sauces and flavorings?? Anyhow, that said, this cookbook is more than that - its an assist in survival after wheat. And it is excellent.

The author of five previous gluten-free cookbooks, Carol Fenster's *Wheat-Free Recipes & Menus: Delicious, Healthful Eating For People With Food Sensitivities* is enhanced with helpful tips culled from her own gluten-free lifestyle and her past ten gluten-free years in the kitchen. Showcasing more than 250 recipes and more than 100 menus, *Wheat-Free Recipes & Menus* is standing proof that gluten intolerant people do not have to be deprived of breads, pizzas, cakes, muffins, cookies, casseroles, waffles, or sauces! From Fennel Bread; Asian Soba Noodles; Lentil Tabbouleh; Avocado Chile Sauce; and Mexican Beef Pie; to Pizza; Yellow Cake; Ham and Egg Breakfast Casserole; Biscuits; Lasagne; and Wild Rice Pancakes with Pecans, *Wheat-Free Recipes & Menus* is a welcome and essential addition to any gluten-free cookbook collection where all members of the family can experience wonderful wheat-free dining for all mealtime occasions.

The recipes are really easy and many of them will give you "comfort foods" that you will really miss otherwise. When I went off wheat, I \*yearned\* for biscuits and pancakes and brownies and muffins, and this book gave them back to me! Many of these recipes are so delicious that we still use them today, even though our family sometimes incorporates wheat into our diet. Highly recommended!

This is the best gluten free cookbook I've found, and I've tried a number of them since I was diagnosed gluten intolerant 4 years ago. I had about given up thinking I'd ever enjoy bread the way I used to, but I have been truly amazed by every item I've made from Carol Fenster's book. Even my husband, who can eat wheat, loves these breads! I am a naturopathic doctor, and see many patients who are gluten intolerant; I recommend this book to all of them! If you are feeling overwhelmed by a restricted diet, this book will bring back the joy of eating! Try the French bread first; it's easy, quick and it will restore your faith. Note: I have always used the sorghum-corn flour blend, so that's what I base this review on.

This is an excellent source for gluten free recipes and menus. I bought the it specifically for the menus and I like them a lot. I do wish there were more vegetarian menus. I have the same complaint of all of Carol Fenster's books. One complaint I personally have, I'm not a big fan of cilantro and

found this to be a major ingredient in many of these recipes, it would be nice if there was an alternative herb to use in place of it. I've found that cilantro is one of those things that people either love or hate.

As we have traveled the gluten-free cooking road we have found a lot of recipes that get rave reviews that I have decided are made by those who don't know what good food tastes like. This cookbook, however, has wonderful recipes for bread, brownies, etc. The sandwich bread is especially good, we add flax meal to it to add fiber. My children love it.

The recipes are very good but I had a lot of trouble finding some of the ingredients she used. We went to trader joes and whole foods and still could not find a few of the items. It's a good book to help convert someone to a wheat-free diet, especially someone who loves all things wheat. My husband gave up the diet after a few weeks but I still have the cookbook and use it occasionally. Some of the ideas are great.

Wow, I feel like I have been living in the dark ages until I learned about all these wonderful methods and products to prepare gluten -free foods!!!This info is a tremendous eye-opener!Thank you so much and I hope to see more books on this topic!Keep up the great work Carol Fenster! ...you ROCK!PS: We would also love to see some healthier sweetening options presented, other than white sugar...

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