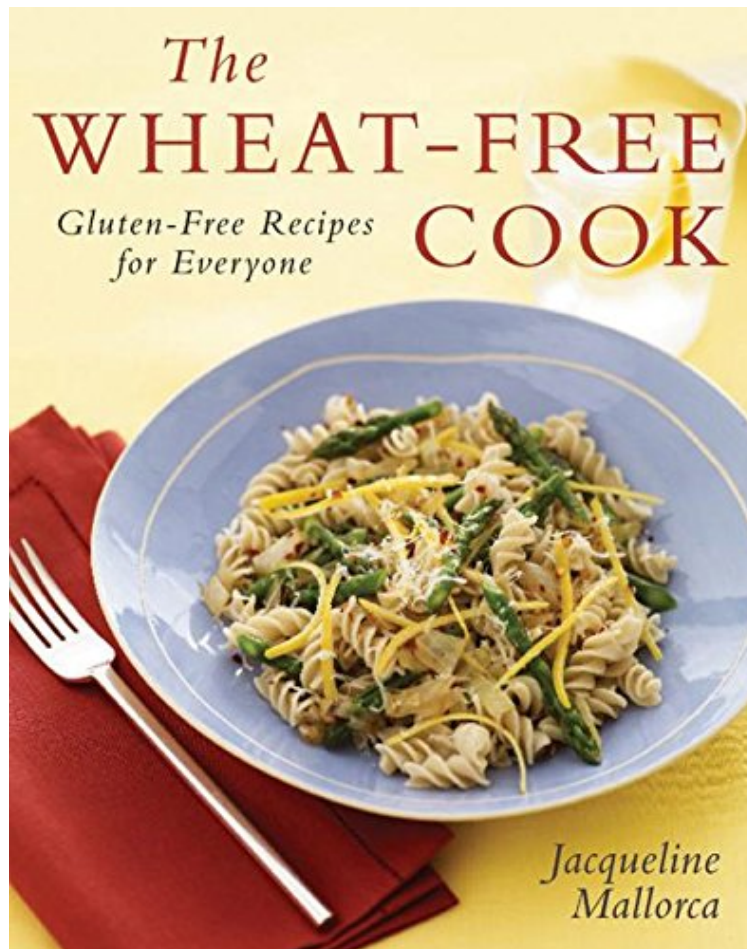


The Wheat-Free Cook: Gluten-Free Recipes for Everyone

Jacqueline Mallorca

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Jacqueline Mallorca : The Wheat-Free Cook: Gluten-Free Recipes for Everyone before purchasing it in order to gage whether or not it would be worth my time, and all praised The Wheat-Free Cook: Gluten-Free Recipes for Everyone:

18 of 18 people found the following review helpful. Surpassed My ExpectationsBy P. VelleuxIt was the reviews (even the negative one) that really made the decision for me to order this book over others. I love this book and I love Ms. Mallorca's approach to gluten-free cooking. Rarely (if ever) have I read where a chef sings the praises of gluten-free flours and talks about them as if they contribute to the success of a recipe, but that's exactly what Mallorca does. It makes gluten-free baking and cooking feel like a privilege, something positive, instead of a sacrifice or what us gluten-free people "have to get by on."I have tried three recipes already (I've only had the book for less than 2 weeks) and they were all fantastic. The chocolate walnut cake lived up to a previous reviewer's comment about it. The other two recipes were as pleasant of a surprise as I could have hoped to get in a gluten-free cookbook: Rice Bran Muffins (tastes like the bran muffins I used to enjoy) and Toasted Quinoa (I use oats) Muesli (something I seriously thought I

would never have after going gluten-free). I would say the Muesli recipe is worth the price of the book alone and it is so simple! I look forward to trying all the bread recipes...they are so much simpler than previous recipes I've tried. 3 of 3 people found the following review helpful. The best gluten free cookbook by far By Gabrielle Ottavio I was skeptical thinking making a delicious gluten free focaccia, pizza and italian style baguettes were impossible. But that's not true. Every recipe I tried so far is clear and the results delicious. Even my old fashion 93 year old Italian mother in law loves all the recipes I prepared from the book. Every one of them came out delicious. I was so impressed with this book and how delicious the recipes were that I purchased her other book -- wheat free. Her directions are easy to follow. She also gives you ideas on substituting ingredients if you don't have them on hand. She gives you helpful tips throughout the book. If you are on a gluten free diet, this is a must have book. 8 of 8 people found the following review helpful. The Wheat-Free Cook by Jacqueline Mallorca By Asteroid I received this cookbook earlier this week, along with several other wheat-free cookbooks. My six year old son with food allergies had never had apple pie before today, and I was determined to make a safe one for him. This book did not contain my first choice of apple pie recipe, but when I didn't have enough brown rice flour on hand, I made Jacqueline Mallorca's apple pie with a rich cornmeal crust on page 185. It is ABSOLUTELY DELICIOUS! The crust was crisp and much more flavorful than pie crusts containing wheat. I used Granny Smith apples and left out the raisins (not my son's favorite). I used Ener-G egg replacer in the crust as my son can't have eggs, either. OK, as I write this, my oldest son, who can have wheat, says he likes it! The pie was not too sweet. If this one recipe is a representation of what's to be expected from the rest of the book, I eagerly look forward to enticing my son to eat more foods! Thank you so much, Jacqueline Mallorca.

The Wheat-Free Cook: Gluten-Free Recipes for Everyone is the ultimate cookbook for those with celiac disease and everyone else who has found that they simply feel better when they avoid wheat. Veteran cookbook author Jacqueline Mallorca takes gluten-free cooking into the mainstream by creating delectable recipes that appeal to everyone at the table. Inspired by her travels in Europe as well as the wine country cuisine of northern California, Mallorca presents approachable recipes for everything from breakfast and quick weeknight suppers to elegant dinner-party fare. Boneless trout with crispy crumbs takes just five minutes to broil; chicken meat loaf wrapped in prosciutto doubles as a tasty picnic; rustic seed bread looks and tastes as though it comes from an artisanal bakery; and chestnut and sausage dressing upstages the holiday bird. In addition, Mallorca presents a nutritionally sound, lighter style of baking that results in fabulous cakes and cookies. If you like to eat but without the wheat, The Wheat-Free Cook should be at the top of your shopping list.

I highly recommend this book! (Peter H.R. Green, author of Celiac Disease: A Hidden Epidemic and Director of the Celiac Disease Center at Columbia University) Jackie tackles gluten-free cooking with delicious results. (Chuck Williams, Founder of Williams-Sonoma) "The true merit of The Wheat-Free Cook lies in its accessibility and broad appeal: One can learn how to be a more accommodating cook and how to put xanthan gum to good use. Now that's something for everyone." (Washington Post) "From breakfast to dinner, the veteran food writer . . . draws a delicious road map for people with celiac disease or other digestive problems that exclude gluten from the diet." (San Francisco Chronicle) "Selected by Sara Moulton on Good Morning America as one of the top ten cookbooks of 2007." (No Source) From the Back Cover The Wheat-Free Cook is the definitive cookbook on living and eating well without wheat. Veteran food writer Jacqueline Mallorca outlines the differences between wheat allergies and celiac disease, provides lists of resources and a guide to gluten-free grains, and offers tip on how and where to shop for gluten-free ingredients. On top of that, Jacqueline offers recipes for quick, modern gluten-free meals that are sure to appeal to the health-conscious cook, whether gluten-sensitive or not—after all, it's just as easy to thicken a comforting stew with rice flour or cornstarch as it is with all-purpose flour, and sautéed chicken breasts taste much better when coated with a mixture of ground hazelnuts and Parmesan than stale breadcrumbs. All the formerly off limits favorites are here, from breakfast treats such as pancakes and muffins, to comforting pasta dishes like macaroni and cheese, and decadent desserts including cookies, cakes, tarts, and pies. With The Wheat-Free Cook, Jacqueline Mallorca proves that there is a world beyond wheat. About the Author Jacqueline Mallorca was a columnist for the San Francisco Chronicle's food section during the 1990s, and has written, coauthored, edited, or illustrated twelve cookbooks to date. She also acted as an editorial assistant to James Beard for several years, and created the first Williams-Sonoma mail-order catalog.