

[PDF] Gluten Free Every Day Cookbook: More Than 100 Easy And Delicious Recipes From The Gluten-Free Chef

Robert Landolphi - pdf download free book



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Description:

Review Two things that really strike me about this book at first glance are: one, I have most of the ingredients used in the book in my pantry already and two, the recipes appear straight forward and

as the title suggests, easy enough to prepare everyday. --Fire and Salt, May 22, 2009

In "Gluten Free Every Day Cookbook," Robert Landolphi includes more than 100 quick, easy recipes for soups, entrees, side dishes, desserts and even breads. What makes the cookbook most user-friendly, however, is its rundown of alternative flours and starches, and basic directions for how to combine them effectively in various recipes. --Honolulu Star Bulletin, May 20, 2009

Review Not having a lot of practice cooking gluten-free, the most valuable section in the book for me became Landolphi's chapter on "Gluten-Free Basics", which contains comprehensive information on the numerous flours, starches, nut meals and seeds that are used in gluten-free cooking. This section includes information on the taste, appearance, nutritional value and even storage guidelines of these ingredients and is very valuable to the less-experienced GF cook.

"The recipes in my Gluten Free Every Day Cookbook are the kinds of dishes that people who have celiac disease and are on a gluten-free diet thought they'd never be able to eat again," says Landolphi, a certified culinary arts instructor, chef, and culinary operations manager at UConn. "You don't have to give up the foods you love."

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