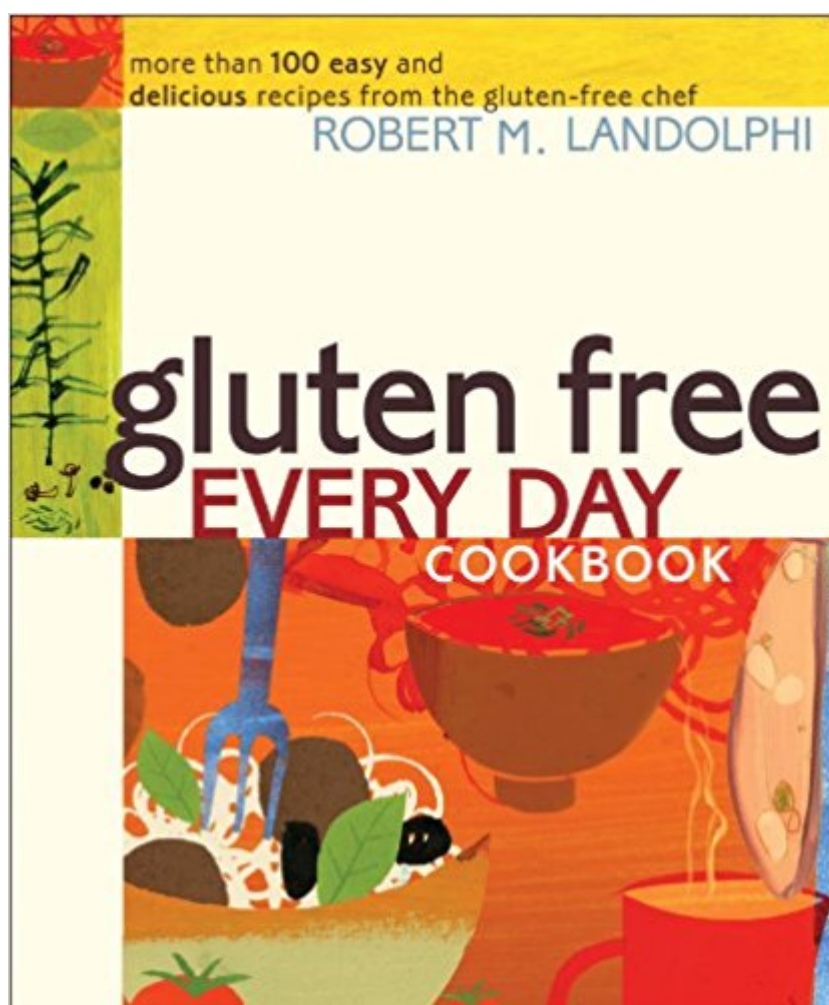


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Gluten Free Every Day Cookbook: More Than 100 Easy And Delicious Recipes From The Gluten-Free Chef



Synopsis

Gluten free doesn't have to mean taste free, and chef Robert Landolphi proves it with his new work, *Gluten Free Every Day Cookbook*. Landolphi is the up and coming gluten-free cookbook author. His dishes aren't just delicious, they're also quick and easy, and take living without wheat from endurable to enjoyable. It's lots of flavor without the fuss. This cookbook includes more than 100 recipes for contemporary dishes ranging from main courses and sides, to soups and chowders, biscuits and muffins, pies and puddings, and cookies and sweetbars.* *Gluten Free Every Day Cookbook* is one of only a few gluten-free cookbooks written and developed by a professional chef.* This cookbook provides a fresh and progressive voice for gluten-free living.

Book Information

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Customer Reviews

The recipes show that gluten-free cooking can be simple and even delicious. (Tara Fitzpatrick, Food Management) I love Chef Rob's selection on "Dusting and Encrusting," proving that bread crumbs aren't the only option for coating a chicken breast. He also educates throughout the book with "Tricks of the Trade," a thorough discussion of gluten-free flours and insights on the challenges of dining out. (Laura Byrne Russell, Oregonian)

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."

This book contains a lot of sections for foods that are normally pretty gluten-free. The hardest part about gluten-free is baking; not so much main dishes, soups, etc. Although the recipes look very tasty, and the author has given a lot of good information about flours, etc., most of the recipes I browsed through are much more complex than I would cook every day. With regard to the baked goods, many of the recipes contain four or five different types of flour in one item. Not only are some of these flours hard to come by (please don't tell me to find them at Whole Foods; my nearest Whole Foods Market is 300 miles away), but the list of ingredients is just too extensive to make them practical. If you are collecting several volumes of gluten-free cookbooks, this would be a nice one to have for fancier cooking, but if you want a more practical collection, keep looking. I am.

I bought this book because of an interest in gluten free eating, but this cookbook is great for even those not following a G-free diet. I find the recipes all very interesting and delicious. I made the "Coffee-Encrusted Beef Tenderloin with Port Wine Sauce" for dinner last night, and I only wish there was some left - it was amazing! I'm making the "Hazelnut-Encrusted Salmon with Cilantro-Lime Creme" tonight. I can see myself using this book frequently. The Gluten-Free Basics section at the beginning helps with understanding how to cook G-free. It seems this book will make this transition to a G-free diet very easy. I highly recommend this book!

Gluten Free Every Day Cookbook: More than 100 Easy and Delicious Recipes from the Gluten-Free Chef

Last night, I wanted to have a nice soup and salad dinner with my gluten-loving, Italian partner. I found the recipe for Roasted Tomatoes and White Bean soup, and we both LOVED it. He had two big bowls and literally licked both bowls clean. Was that a compliment or what?! I had never roasted tomatoes before, but I was ready to eat them right out of the oven! Tomato-y goodness. The great thing about this book is that the recipes look very easy to prepare. I tend to stress in the kitchen, so I'm grateful that most recipes don't appear too labor intensive. Also, the book uses relatively easy to find ingredients that I can buy here in Argentina where I live. I don't need to schlep lots of special ingredients from the States. I also appreciate the tips and info about flours before each chapter. I

can't wait to try more recipes! Very good book to have in my GF library!

I ordered this book in an attempt to try my 6 year old son on a gluten free diet. Eliminating gluten from his diet has helped him to calm down in school and he has become less "angry" which I believe was a side effect of gluten in his diet. This book has a lot of basic information about gluten free ingredients. I especially appreciated the descriptions of many non-wheat based flours. This cookbook has excellent recipes including one for flaky biscuits and awesome chocolate chip cookies. It's a great book to start or add to a more healthy living cookbook collection.

I bought this book as part of my new gluten free cookery library, it has a lot of good information in it. HOWEVER I don't really need gluten free recipes for things like... quesadillas though. Literally, buy gluten free tortillas and melt cheese in them. Really? Are we padding the book? A lot of recipes where the ingredients are 'gluten free this, gluten free that' and pre-made products. There is information about the products, which would just be better as a section rather than being spread out, because so many gluten free products are so bad. This information is useful, but in a recipe on how to make a cookie pie crust, I can figure that out myself (hint: use gluten free cookies instead). And this really comes to point with the bean recipe. Beans don't normally have flour in them. Neither do sweet potatoes. Or polenta. Actually the list goes on. On the other hand, he has some really good recipes for baked goods, it's just that those sections are really small. He does use bean flour occasionally, which I don't like, but it's a good reference. I would recommend it if you are starting out, or don't know how to cook very well, as many commercial products contain wheat.

This cookbook is probably one of the better Gluten Free cookbooks I have found. The recipes are practical, easy to prepare and do not require a lot of ingredients I am not familiar with. I have been on a gluten-free program for one year now and this book has made it easier to find something appetizing and not bland! This is Bob's Red Mill Gluten Free Pizza Crust Mix, 16-Ounce Bags (Pack of 4)

I love this book. I have several gluten-free cookbooks and I follow a few blogs for recipes, but ultimately this book has some of my favorites. I've been looking for a simple New England Clam chowder I could make for years; this one was delicious and did not require flour. The desserts are also great. Each page is devoted to a whole recipe so it is easy on the eyes and there are enough recipes to find something yummy without feeling overwhelmed. Yes, a few of the recipes look more

tricky but if you want to be prepared to be able to cook something appetizing for a dinner party - or a simple coffeecake for breakfast, this book will take care of you.

I have only used a couple of the recipes so far but the Zucchini Bread recipe alone was worth more than the price I paid for this book!!! Holly cow it was great! I have made Zucchini Bread for years but this one took the cake! Gluten free? You would never know it!!!! Better than any "normal" recipe I have ever tasted!!!! also made one of the pie crusts, not great, but certainly edible! I gave it to the guys at work, they didn't complain and they even ate the edge, so maybe it's just me being picky. The recipes are easy. I had a hard time choosing which ones to put on this weeks menu!

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