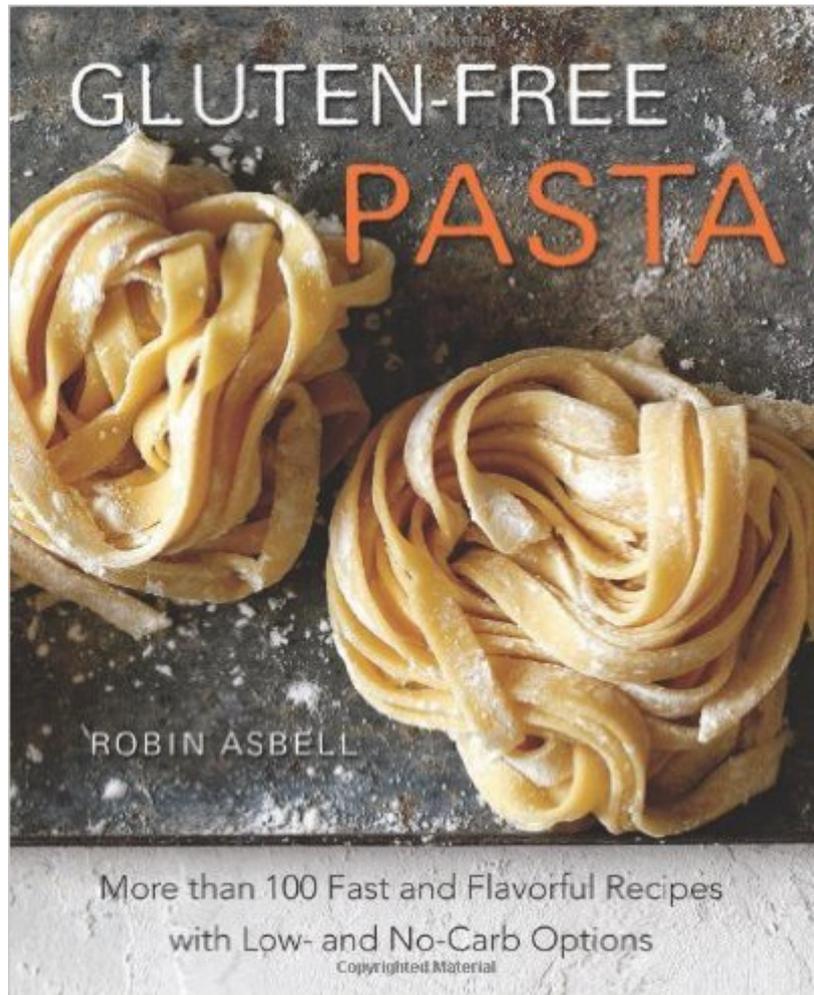


The book was found

# Gluten-Free Pasta: More Than 100 Fast And Flavorful Recipes With Low- And No-Carb Options



## Synopsis

When you cut out gluten, often you cut out your favorite pasta dishes, too, or find the store-bought gluten-free substitutes to be disappointing. But if it's pasta you're craving, there's a whole world of noodles just waiting to be twirled around your fork: homemade fresh pastas, Asian rice-based noodles, and quick GF boxed brands that will satisfy. You WILL eat pasta again!

Gluten-Free Pasta approaches pasta three ways: with recipes for homemade fresh pastas, recommendations for store-bought brands, and also veggie & #147;pastas • that serve as guilt-free noodle stand-ins. Traditional Italian favorites are all well-represented, but Asian noodle soups, pasta bakes, and even wheat flour-free appetizers for entertaining. Expert chef Robin Asbell shows that eating a gluten-free diet can include delicious Potato Gnocchi, Cacio e Pepe, Spinach and Chèvre-Filled Jumbo Tortellini, Kung Pao Chicken with Linguine, Fast Pho, Veggie Lasagna, and Spicy Kimchi-spiked Mac and Cheese. With this cookbook in hand, any pasta dish is possible, and all of them will be absolutely delicious.

## Book Information

Paperback: 216 pages

Publisher: Running Press (February 25, 2014)

Language: English

ISBN-10: 0762449675

ISBN-13: 978-0762449675

Product Dimensions: 1 x 7.4 x 9.1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars • See all reviews (13 customer reviews)

Best Sellers Rank: #280,951 in Books (See Top 100 in Books) #62 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Pasta & Noodles #386 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #392 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

## Customer Reviews

I have been using and enjoying Tinkyada brown rice pasta for a bunch of years, really like it, and nobody in my family, nor any of my guests, have been able to tell it isn't normal wheat-based pasta. But it is expensive, and falls apart easily, and I was hoping to expand out with other flours, without having to rely on not-so-healthy Asian white rice noodles, bean threads, and sweet potato noodles. Since my library didn't carry this book, I had to guess if it would be what I was looking for. It is a nice

book, but not what I was hoping for. I am not only gluten-intolerant, but also must avoid products from cow's milk, and I'm trying to get rid of the gums as well. So I was sad to see that there are only 4 basic pasta recipes, all calling for these ingredients I need to avoid, and all using a higher percentage of highly processed GF flours than I want to use: Basic Fresh Pasta, using arrowroot, tapioca, glutinous rice, and millet; buckwheat pasta, much the same recipe as the basic, but adding some buckwheat instead of the millet; Easy Spaetzle, using potato starch, cornflour, and garbanzo flour; and Potato Gnocchi, using garbanzo flour and potato starch. I've mostly stopped using garbanzo flour because it doesn't seem to digest well for me. Three of these basic recipes call for whey powder or dry milk powder (3/4 c.). In the intro material, the author suggests substituting nut or coconut milk, if you have dairy problems (wet for dry?--or is this not for the pasta doughs, but only for the recipes you then make using the pasta doughs?). Multiple gums are used, and the amounts seem large enough to cause trouble, if you are sensitive to these. Eggs are called for also, in case you need to avoid them.

[Download to continue reading...](#)

Gluten-Free Pasta: More than 100 Fast and Flavorful Recipes with Low- and No-Carb Options  
Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker)  
Low Carb: The Low Carb Dessert BIBLE™ with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert Cookbook for Rapid Weight Loss)  
Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat)  
Options Trading: A CherryTree Style Trading Book (Options Trading, Options Trading for Beginners, options trading guide, options trading tips, binary options trading, trading options, option strategies)  
Homemade Pasta Dough: How to make pasta dough for the best pasta dough recipe including pasta dough for ravioli and other fresh pasta dough recipe ideas  
Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2)  
Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1)  
Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2)  
Option Greeks - Options Trading Greeks Simplified And How To Use Them To Profit 'By The Numbers' (Options Trading, Options Trading Strategies, Options Trading For Beginners, Stock Options, Options)  
The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series)  
Homemade Sweet and Savory

Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies) Low Carb Living Cookbook Box Set: Low Carb Recipes for Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves Options Trading for Beginners: How to Get Started and Make Money with Stock Options (Options Trading, Stock Options, Options Trading Strategies) Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies Book 2) Options: 3 Manuscripts Options,Options Strategies,Options Advanced (Day trading,Trading,Stocks,Options Trading) Options Trading: QuickStart Guide - The Simplified Beginner's Guide to Options Trading (Options Trading, Trading Options, Options Trading for Beginners) Options Trading Successfully for Beginners: Making Money with Options in just a FEW HOURS! (Investing Basics, Investing, Stock Options, Options Trading Strategies, Options Strategies, Book 1) Options Trading: Strategies - Best Options Trading Strategies For High Profit & Reduced Risk (Options Trading, Options Trading For Beginner's, Options Trading Strategies) (Volume 2)

[Dmca](#)