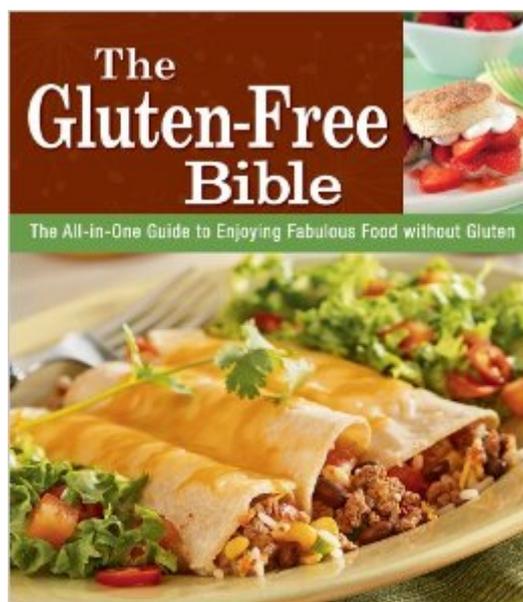


The book was found

# The Gluten-Free Bible



## Synopsis

The Gluten-Free Bible offers more than 100 recipes for food dishes that do not contain gluten, including pizza, cookies, and cakes. Whether you are avoiding gluten for medical reasons or because you feel better without it, the cookbook will instruct you on using healthful ingredients in your cooking. Try easy recipes with quinoa, chickpea flour, and rice noodles. The cookbook's 22-page introduction helps you understand gluten, how to read a food product label, how to stock your kitchen cabinets with gluten-free products, and how to make gluten-free flour mixes. You'll find photos of finished food dishes, plus photo help with tricky procedures, such as shaping gluten-free dough. There are chapters of kid-friendly recipes, baked goods, and desserts. Many of the recipes are dairy-free, too. Here is a sampling of the recipes in the Gluten-Free Bible: Apple Crepes Cheese Souffle Southwestern Meatloaf Cajun Chicken & Rice Strawberry Shortcake Mixed Berry Crisp

## Book Information

Paperback: 256 pages

Publisher: Publications International (September 29, 2010)

Language: English

ISBN-10: 1605537233

ISBN-13: 978-1605537238

Product Dimensions: 9.5 x 8.1 x 0.9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 299 customer reviews

Best Sellers Rank: #5,270 in Books (See Top 100 in Books) #5 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #23 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #36 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

## Customer Reviews

Bought this book on a whim. Best whim I've had-I love this book. I really suggest the apple crepes --wonderful taste. My teens love them. Can't say enough about this book for flavor and taste, this book wins hands down over my old GF cookbooks. This book makes the transition to "GF" a breeze. I have a lot of books on GF but this one takes the cake is by far the best.

On the subject of baked products, I like this book because the all-purpose flour blend contains some flours that pump up the fiber. The gluten-free flour blend for breads also includes flours that are high in fiber. Some of my favorite baked goods from this book include: Olive & Herb focaccia with the

wonder toppings including kalamata olives, rosemary, thyme, fresh minced garlic and Romano cheese. Cinnamon Scones. Strawberry shortcakes, fudge cookies, rich and chocolaty with semisweet choc chips, butter and dutch process cocoa powder (what a treat) Our family loves eggplant, so we really like the midweek moussaka recipes, Salmon- potato flakes with mustard tartar sauce - so - good and a great tartar sauce with mayo, sour cream, coarse grain mustard, lemon juice and chopped pickle if you like. Southern fried catfish with hush puppies. flourless chocolate cake. I feel the best part of the book is the flour blends, they work well and they have the fiber. A lot of the main dish recipes are just so so.

I am not a good cook. Since becoming gluten free I have started cooking my own food. A friend had this book and I flipped through it to view the recipes. I really liked them, so I bought it. Great price too! I have made the risotto recipe and it was amazing. My boyfriend ate it and raved about it. He doesn't like gluten free or rice, so I knew it was good! We made four recipes so far and loved them all!

All the recipes are great and easy to make. Didn't realize how easy gluten free living could be. This book also gives a lot of information on how to shop gluten free and how to read labels. It is a very informative book and highly recommended for first time gluten free people!

My wife is new to gluten free eating so I was out looking for some cook books. I saw this one on the Bargain Buy shelf at B&N for ten bucks and thought it was already a good deal. Coming to and finding it even cheaper makes this a Real Bargain! There are a good variety of recipes and they aren't really complex so you can actually make some of these if you aren't completely comfortable in the kitchen. Nice way to ease into a gluten free diet!

Going wheat/gluten free is not easy, in fact it is WAY HARD since bread (wheat-made) is such a staple. This book as well as others have helped me greatly. I do not have celiac disease but was feeling listless and just tired all the time, so went wheat-free. I have much more energy and have lost about 30 pounds which helps with the energy deficit also. Another thing. Cooking/baking wheat-free takes practice, just like baking a great loaf of wheat bread takes practice. I suggest folks keep practicing. It is definitely worth it.

The recipes are great and seem to be uncomplicated. There are many I will use! The only thing is,

they are packed full of fats/sugar and calories. I guess I didn't think gluten free would be so rich in those areas but even so, if someone is not worried about such things then this book has some amazing recipes for you. I'm not so sure I personally would order it again but that doesn't make it a bad book, just not quite what I was looking for.

So my partner was given this book as a Christmas gift a few years back. We had been gluten free for a while at the time. I've really only made a few of the dishes from this book. Each time they've turned out alright. But nothing really that impressive. I find myself not wanting to make the recipes often because they seem unappetizing, designed for children (and we have none,) or frankly the images make the food look plastic like to me so I assume I won't like them. However with that said, I have to admit (although I didn't realize this until I saw the other reviews and is why I'm throwing my two cents in here) that I use this book as a reference a lot. I hadn't done much baking or creating original baking recipes since having gone gf. However there are two gf flour blend recipes in the front of the book that I've used and made into all sorts of other successful dishes/recipes that weren't provided in the book. And I've used the recipes in the book as a comparison when I'm converting an outside non-gf recipe into gf standards (something to get a feel of proportions and such.) For some reason the way the authors wrote the book makes it easy for me to understand how to convert the recipes. Where I've found some books just confuse me more. I can't put my finger on it exactly. I personally haven't found this book to helpful otherwise. But I also cooked all the time before going gf and so a lot of the recipes that aren't overtly gf (spaghetti squash pasta) I was already making. So if you're new to gf cooking, and didn't really cook much in the past and need some help developing more gf dishes because of lack of ideas. Then you might find more useful recipes in the book than I did.

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

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) The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Gluten-Free Artisan Bread in Five Minutes a Day: The Baking Revolution Continues with 90 New, Delicious and Easy Recipes Made with Gluten-Free Flours Paleo Cooking from Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes

SPOOKtacular Gluten-Free Halloween Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle your guests at your scary party  
Everyday Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking  
Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free  
The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series)  
Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime  
The Dairy-Free & Gluten-Free Kitchen  
Danielle Walker's Against All Grain Celebrations: A Year of Gluten-Free, Dairy-Free, and Paleo Recipes for Every Occasion  
Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron)  
Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 1001% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2)  
Food With Benefits: The JingSlingers' Delicious and Game-Changing Organic SuperFood Recipes of Gluten-Free & Sugar-Free, Paleo, Vegan & Omnivore Comfort Foods  
Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook)  
The Kid-Friendly ADHD & Autism Cookbook, Updated and Revised: The Ultimate Guide to the Gluten-Free, Casein-Free Diet  
The Gluten-Free Bible  
The Bible Study for Beginners Series: Learn the Bible in the Least Amount of Time: The Bible, Bible Study, Christian, Catholic, Holy Bible, Book 4

[Dmca](#)