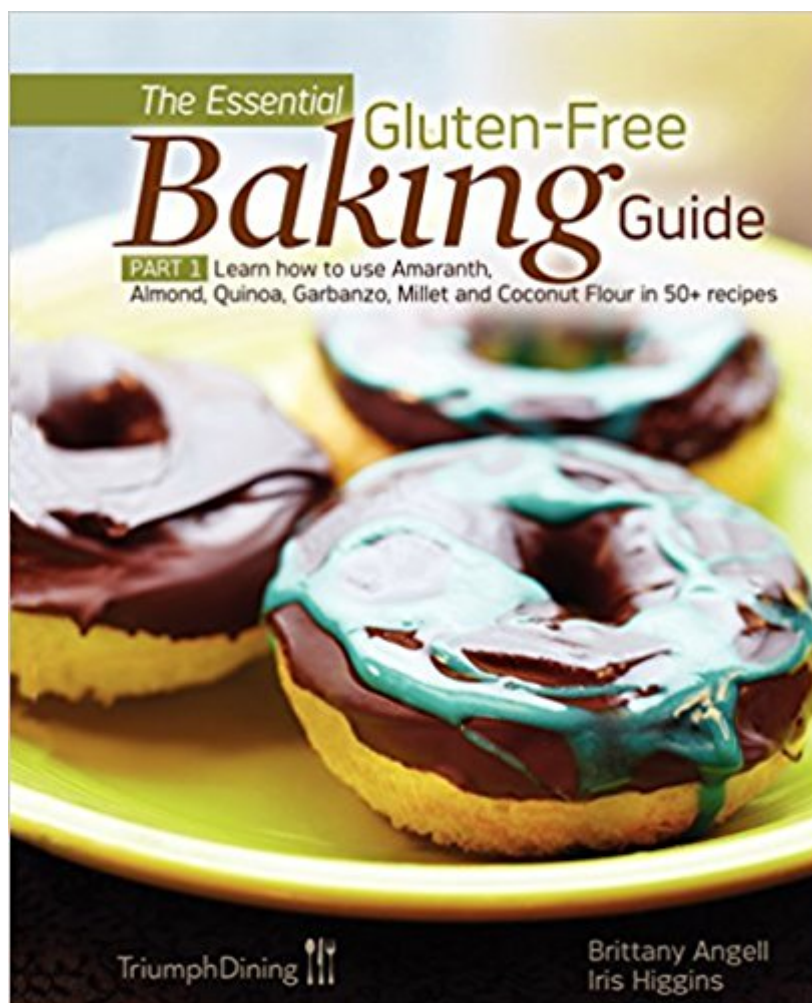


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# The Essential Gluten-Free Baking Guide Part 1



## Synopsis

This Essential Guide is the all inclusive one stop shop to gluten and allergen free baking. Six chapters each dedicated to a specific non-gluten containing flour include 50+ diverse recipes that are packed with the information you need for successful gluten-free baking. From delicious Stove Top English Muffins, Cheesy Skillet biscuits, and Chocolate Babka Bread to Fig Newtons, Graham Crackers and Funnel Cake. Learn how to make these unique and hard to find allergen free recipes. Brittany and Iris will help you: Learn how to successfully bake with each flour Learn how to best substitute each flour Understand the basics of baking without eggs, corn, soy, dairy Learn the ins and outs of all the unrefined sugars and how to exchange them. Also Included are baking tips from some of today's leading gluten-free experts: Elana Amsterdam, Beth Hillson, Ricki Heller, Amy Green, Linsey Herman, Kelly Brozyna, and Katie Higgins. This complete guide will provide you with all the information and useful tips you need to prepare wonderful baked goods you never thought possible and will gift you with the knowledge to create your own.

## Book Information

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## Customer Reviews

Iris Higgins is the author of The Daily Dietribe, a popular blog where she shares gluten-free recipes and her experiences with food and life. She focuses on using healthy ingredients to make dishes that everyone will love. Her first two cookbooks, with co-author Brittany Angell, take the mystery out of gluten free baking. The Essential Gluten Free Baking Guides include over 100 gluten, dairy, and soy free recipes, as well as hundreds of tips for both new and experienced gluten free bakers. Iris

has a master's degree in psychology from New York University, and is currently working on a second master's degree in nutrition from Bastyr University. In addition to writing her blog, Iris divides her time between school and individual weight-loss counseling with her clients. She is the recipe developer for the Replenish PDX/Barre3 Core Values Detox Program, and was recently a featured speaker at the 2011 Dallas Gluten & Allergen Free Expo. Brittany Angell is the Author of The Essential Gluten Free Baking Guides Part 1 & 2 published by Triumph Dining and is founder of the fast growing allergy free food blog RealSustenance.com. At Real Sustenance, Brittany has created over 300 diverse and delicious recipes that are primarily gluten & dairy free. However, she strives to serve the entire allergy free consumer by developing creative, unique and hard to find recipes that are also soy, egg, corn, sugar and grain free. As a worldwide leader in food allergy awareness, Brittany is a sought after Author, Speaker and Consultant to corporations and restaurants seeking to capitalize on the expanding gluten and allergy free market. Brittany's foray into the food allergy world began in January 2010 after many months of unsuccessfully solving her health issues through traditional means. Once she took her health into her own hands through education and research, she was lead to several specialists and was diagnosed with Hashimoto's disease accompanied with various food allergies and intolerances. Her ultimate goal is to connect, engage and understand the needs of others and to guide them through their journey to health through education, support and recipe development.

Now HERE's a comprehensive primer on Gluten Free flours, and not a moment too soon. Part 1 of this 2 part series starts out discussing the relative merits of weight (grams) vs. volume in baking and explains the pros and cons. Chapter One gives you an overview of the flours and starches which were analyzed for this book, when to use them, what to substitute for them and the likely results of that substitution; then goes on to recommend specific brands. It gives an overview on making your own Gluten Free flour mixes and includes a short biopic on Gluten Free Yeast breads as well. There's an over-view of more than half a dozen sweeteners that details their best uses as well as their pros and cons. Then there's a section on how to replace gums, eggs, dairy and corn, i.e. cornstarch, baking powder, vanilla and powdered sugar and that's just the first chapter! There are individual chapters on: ALMOND Flour; QUINOA; AMARANTH; GARBANZO BEAN, COCONUT and MILLET Flours. These chapters are full of helpful hints and tips on the individual flour as well as mini interviews with some of today's best known alternative cooks. In fact, there's a tip on treating QUINOA that is worth its weight in gold. The chapter on Almond Flour interviews Elana Amsterdam from Elana's Pantry, the author of 2 books on the subject. The chapters go on to give you sample

recipes. In the Almond Flour chapter that includes: Italian Style Flatbread Zucchini Bread Blackberry & Lime Cobbler Fig Newton-style Cookies Chocolate Mint Graham Crackers Molasses Spice Cookies (yum, I made these) Magic Bars Ice Box Peanut Butter Swirl Brownies Coconut & Lime Pound Cake The ingredients and instructions are ON THE SAME PAGE. I hate cookbooks that break them up. Does the book stop with analyzing the flours and giving delicious recipes? Nope. Chapter 8: Make Your Own Gluten Free Vegan Muffins and Quick Breads gives you a template to make your own using the flours and flavorings YOU choose. Chapter 9: Frostings. Seriously, this is one book that keeps on giving. There's Whipped Cashew Cream; Caramel Cream; Berry Syrup; Homemade Powdered Sugar; Marshmallow Crème. Marshmallow Crème? Yup. There's Dairy Free Buttercream; a recipe for Coconut Cream Cheese; Coconut Cream Cheese Frosting; Coconut Strawberry Cream Cheese; Chocolate Glaze; Nut or Seed Butter Frosting; German Chocolate Cake Frosting and last, but hardly least, a recipe for a Simple Soft (dairy free) Caramel candy. There are so many well tested recipes in here you won't even know where to start. English Muffins anyone? Soft Pretzels? How about some Buttermilk Biscuits, Whisky Brownies, Garlic Cheesebread, Artisan Sandwich Bread, Italian Herb Crackers, Challah, Scones, Cinnamon Raisin Bread, Blueberry Buckle, Cranberry Orange Cake (I can attest to this one as well), Vegan Pizza Crust, Popovers, FUNNEL Cake, Apple Fritters or Baked Doughnuts? And no, that is NOT ALL. My fingers are tired. If there's anything else you could possibly want from a Gluten Free primer, buy Part 2, it'll be there.

I've been gluten-free for several years and have experimented with different flours and pre-made mixes in baking. After reading a couple of blogger recommendations for this guide, I decided I had to have it. This is really a book that you should at least read the intro chapters of before beginning a recipe. I found the most in-depth discussion of flours and substitutions there that I have seen in one place. Very well worth taking your time before jumping in. I've made quite a few recipes from this now and they have mostly turned out quite well. My personal feeling (and initial disappointment) is that some of them call for too much starch, but that's just my opinion and individual preference. I have experimented with decreasing or sometimes eliminating the called-for starch and have had success. The authors also say you should buy a food scale, which I almost sprung for but then dove into enough recipes to know that it wasn't necessary. Maybe I am just lucky, but I've been doing fine just going the normal measuring route. I would hope that recommendation wouldn't put others off or be too intimidating. Overall, this is a great book that I have learned a lot from, and it has helped me utilize other flours that I had not yet experimented with. It has, indeed, become "essential." (On a related note, I adore co-author Brittany Angell's blog, Real Sustenance, which is especially useful to

those who are avoiding more than just gluten.)

FINALLY, a book that answers the questions we have all had. The Essential Gluten-Free Baking Guide Part 1 is clear, easy to read, and understand. It starts by explaining how to measure! Something so many people do not know how to do properly. Then, Brittany and Iris go into extensive detail about all the amazing products and companies out there. The flours, sugars, starches, and more that they use to make their amazing recipes are all in there. After, it breaks down each chapter by the specific flour and a group of delicious recipes to try. If that wasn't enough, they even add a FROSTING chapter. If you think being Gluten-Free is hard; think again. Brittany and Iris and have made it simple for you. A definite MUST BUY!!!!!!

This book is a must have for anyone who needs to live a gluten free life! I have been cooking gluten free for a over a year now and feel like I am pretty good at it - but I learned so much for this book. I now know why certain flours are used together and why others should not be substituted. There were a few flours I have never thought to use but am excited to try now. Even though recipes in the book do not use alternative sweeteners, there is a chapter that will tell you exactly how to substitute an alternate sweetener in place of sugar if you choose to do so. I like how the authors share their favorite brands throughout the book. The directions in the recipes are easy to follow and the ingredients are things that any gluten free cook/baker will already have in their kitchen. I love how Brittany and Iris incorporated information from other gluten free experts. This book will be worth every dime of your investment!

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