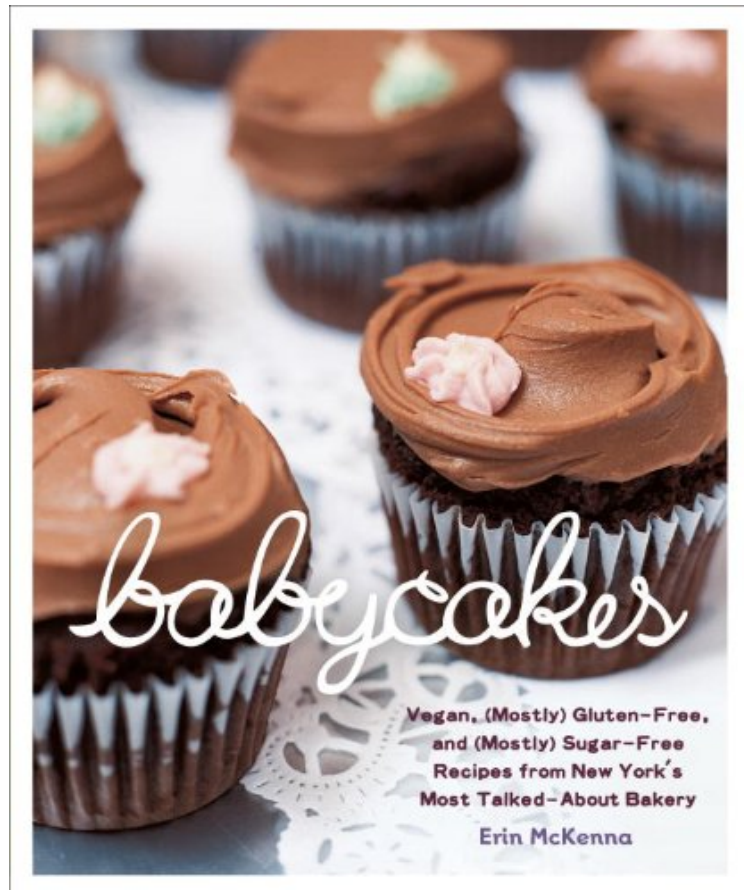


(Pdf free) BabyCakes: Vegan, (Mostly) Gluten-Free, and (Mostly) Sugar-Free Recipes from New York's Most Talked-About Bakery

BabyCakes: Vegan, (Mostly) Gluten-Free, and (Mostly) Sugar-Free Recipes from New York's Most Talked-About Bakery

Erin McKenna

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Erin McKenna : BabyCakes: Vegan, (Mostly) Gluten-Free, and (Mostly) Sugar-Free Recipes from New York's Most Talked-About Bakery before purchasing it in order to gage whether or not it would be worth my time, and all praised BabyCakes: Vegan, (Mostly) Gluten-Free, and (Mostly) Sugar-Free Recipes from New York's Most Talked-About Bakery:

0 of 0 people found the following review helpful. Five StarsBy Julie-goodiegoodieglutenfreeBeyond delicious for any healthy gluten free foodie0 of 0 people found the following review helpful. Five StarsBy SharonLove Erin McKenna's cookbooks.9 of 9 people found the following review helpful. not what I hoped for at all.....By K. PaskulyI have been baking vegan and gluten free for a long time now, so I was excited to see that the famous bakery owner (who's baked goods I never had a chance to try since she is only in NY) released a book with all her "secrets". I was very very

disappointed, after trying several recipes they never turn out the way they suppose too, even though I followed everything exactly. All the recipes need adjustment, and the taste does not compare to other GF-vegan baked goods. My advice don't waste your money, and time on this book...

Forget everything you've heard about health-conscious baking. Simply, BabyCakes is your key to an enlightened, indulgent, sweets-filled future. This is important news not only for parents whose children have allergies, for vegans, and for others who struggle with food sensitivities, but also for all you sugar-loving traditionalists. The recipes in these pages prove that there is a healthy alternative to recklessly made desserts, one that doesn't sacrifice taste or texture. Having experimented endlessly with alternative, health-conscious sweeteners, flours, and thickeners, Erin McKenna, the proprietress of beloved bakery BabyCakes NYC, developed these recipes—most are gluten-free, all are without refined sugar—in hopes of combating her own wheat, dairy, and sugar sensitivities. In BabyCakes, she shares detailed information about the ingredients she uses (coconut flour, xanthan gum, and agave nectar, for example) and how to substitute them properly for common ones—all the while guiding you safely through techniques she's spent years perfecting. When BabyCakes NYC opened on Manhattan's Lower East Side in 2005, it helped propel the gluten-free and vegan baking movement into a new stratosphere. Suddenly there was a destination for those with wheat allergies and other dietary restrictions—and, soon enough, celebrities and dessert lovers of every kind—to indulge freely in delectable muffins and teacakes, brownies and cookies, pies and cobblers. Enclosed within these pages are all the “secrets” you'll need to bring the greatness of BabyCakes NYC into your own home as well as raves and recommendations from devotees such as Natalie Portman, Jason Schwartzman, Mary-Louise Parker, Zoey Deschanel, and Pamela Anderson. For confectionists of all kinds, delicious alternatives lie within: Red Velvet Cupcakes, Chocolate Shortbread Scones with Caramelized Bananas, Strawberry Shortcake, and BabyCakes NYC's celebrated frosting (so delicious it has fans tipping back frosting shots!), to name just a few. Finally, Erin's blissful desserts are yours for the baking!

From Publishers Weekly Starred . Diagnosed with wheat and dairy allergies in 2004, McKenna faced a life free of cupcakes, pies and brownies. Refusing to accept such a bleak future, McKenna did her research and opened Babycakes, a vegan, gluten-free bakery that has since been warmly embraced by cupcake-crazy Manhattanites. Here she shows readers how to create vegan and gluten-free versions of favorites like apple pie, chocolate chip cookies, gingerbread and Babycakes's infamous cupcakes (named best in the city by New York magazine in 2006). Her like-for-like recipes (including Healthy Hostess cupcakes and ingenious methods for dying frostings without artificial food coloring) are sure to satisfy discerning palates, and her emphasis on the traditional (blondies, biscuits, red velvet cupcakes, etc.) make her recipes easy to incorporate into the regular rotation. A number of specialty ingredients are required (agave nectar, xanthan gum, coconut oil, etc.), which can be pricey but are fairly easy to source (online vendors are listed).; Happily, however, McKenna keeps the ingredient list to a minimum. Those new to gluten- and sugar-free baking may be intimidated, but McKenna is friendly, patient, enthusiastic and encouraging. Those with dietary restrictions, and their families, will find this cookbook a sweet revelation. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "In this book, Erin has finally shared her trade secrets — the ingredients and techniques that lend BabyCakes' desserts the flavors, textures, and happiness-factor you'd find in the best patisserie. The highest praise I can offer is this: follow her recipes to the letter and you'll fool them every time."—Tom Colicchio (from the Foreword) "At BabyCakes NYC I can eat what I crave without harming my lovely animal friends—or myself. Every since that first fateful day, I've been waiting for this cookbook."—Natalie Portman "I have multiple food sensitivities...and I'd pretty much given up on the idea that I might be able to have a worthy treat every again. I was so excited to discover BabyCakes NYC, because not only can I eat everything they bake, it's all delicious!"—Zoey Deschanel "The BabyCakes NYC banana bread is the best I've ever had and something I simply can't live without."—Mary Louise Parker "Thank all that is holy for BabyCakes NYC..."—Pamela Anderson About the Author ERIN MCKENNA is the chef and owner of BabyCakes NYC, a bakery with outposts in New York City and West Hollywood. She received the prestigious Best Cupcake award in 2006 from New York magazine. Erin has been a guest on Martha Stewart Television and Food Network and has been featured in the New York Times, Food Wine, Modern Bride, VegNews, Harper's Bazaar, In Style, and O, the Oprah Magazine.