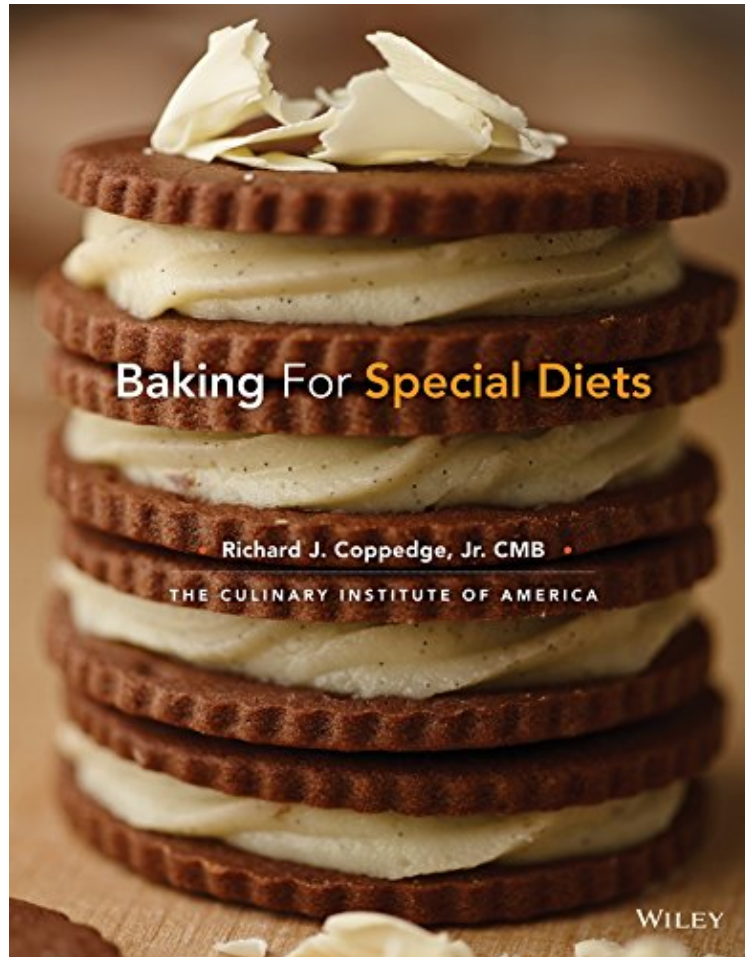


Baking for Special Diets

Richard J. Coppedge Jr., The Culinary Institute of America (CIA)
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#1142974 in Books 2016-02-29Original language:EnglishPDF # 1 11.10 x .70 x 8.60l, .0 #File Name:
0470587830264 pages | File size: 36.Mb

Richard J. Coppedge Jr., The Culinary Institute of America (CIA) : Baking for Special Diets before purchasing it in order to gage whether or not it would be worth my time, and all praised Baking for Special Diets:

1 of 5 people found the following review helpful. and ingredients that are even worse for you than sugarBy Kitchen DivaSadly, no. This book was a gigantic fail on every count and if I could I would give it negative stars.I was expecting a book that actually had "nutritional baking" NOT recipes that used SUGAR,MARGARINE, WHEAT FLOUR and a variety of other toxins and artificial sweeteners, and ingredients that are even worse for you than sugar. In addition to the toxic sugar and other poisons in the majority of recipes, it called for the use of MARGARINE, which even cooks living under rocks know is probably the #1 WORST thing you can possibly put into your body.By "special diets" if Chef Coppedge means things that can kill you, then yeah, it's a great book. But if you're looking for a book to help you with "Nutritional" or "Therapeutic" baking...stay far, far away from this book.1 of 1 people found the following review helpful. heart disease patients and veganism this book is the best go to as a CDM 5 stars for sureBy

Tripletmom When working one on one with patients who need special diets and guidelines such as diabetics, celiac patients, heart disease patients and veganism this book is the best go to as a CDM 5 stars for sure

Baking for Special Diets teaches readers how to widen the scope of their offerings and create flavorful recipes to meet all kinds of dietary needs. This text explains the wide range of dietary challenges of which pastry chefs and bakers should be conscious, including celiac disease, diabetes, high blood pressure, high cholesterol, kosher diets, and more. Introductory chapters cover general nutrition information, ingredient substitutions. The text also explains through examples how to convert your own recipes to meet the needs of a particular customer. Subsequent chapters provide recipes for a wide range of dietary concerns, from vegetarian, vegan, and low-fat baked goods to delectable desserts that are gluten-, lactose-, or sugar-free. From Low-Fat Vanilla Mousse and Reduced-Calorie Linzer Cookies to Sugar-Free Crème Caramel and Vegan Boston Cream Pie, Baking for Special Diets provides chefs with an arsenal of recipes that are healthy, versatile, and always delicious.