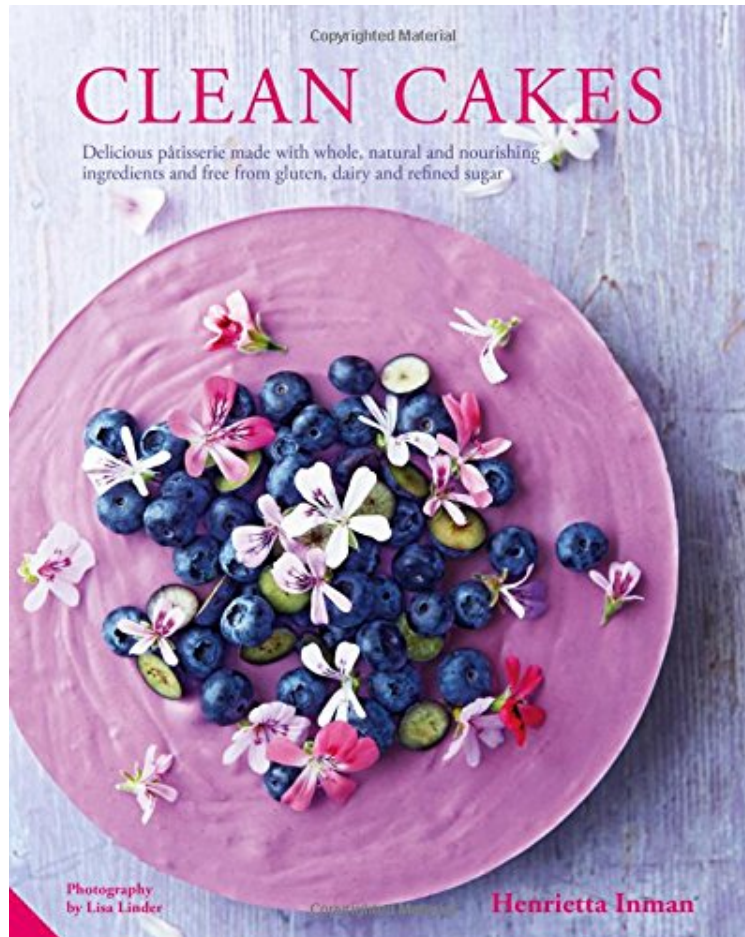


[Free read ebook] Clean Cakes: Delicious patisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar

Clean Cakes: Delicious patisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar

Henrietta Inman

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Henrietta Inman : Clean Cakes: Delicious patisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar before purchasing it in order to gage whether or not it would be worth my time, and all praised Clean Cakes: Delicious patisserie made with whole, natural and nourishing ingredients and free from gluten, dairy and refined sugar:

48 of 49 people found the following review helpful. Beautiful but...By J. Poel had been eyeing this book for some time before I finally purchased it in the hopes that I would be able to make myself a wholesome birthday cake as I have been trying to only eat whole foods/clean in an effort to get healthy. I was a bit disappointed because this book wasn't exactly what I expected. I don't know that my complaints are necessarily what everyone might consider bad, but I will list them out so that you know what you're getting.By the title, I thought this book was going to be mostly dessert style

cakes. There are some but there are also savory items, pie, and all sorts of other items you might consider "baking." That isn't a terrible thing, but it wasn't what I was expecting and overall, the selection of cake recipes is sort of small. The recipes also generally contain long lists of ingredients and have quite a few preparations. For example, homemade nut butters, nut milks, purees, etc. to go into the recipes. Again, I don't think that is necessarily a bad thing only because a lot of the items you might buy ready-made at the grocery store might have other additives. You could prep ahead. But I have small children, so simplicity is key for me personally. As for the ingredients, many of them are expensive or hard to find. Palmyra nectar is a sweetener often used in these recipes and I don't have anywhere I can buy that locally and it looks pretty expensive online. From what I've read, it isn't 1:1 with other sweeteners, so I wouldn't be comfortable swapping that out on a baked recipe. Same for chestnut flour. Date syrup, pink Himalayan sea salt, blonde coconut nectar, passion fruits, gooseberries, quince, EVCP rapeseed oil, maca powder, lucuma powder... these are items that are not readily available at my neighborhood Kroger. All of the recipes aren't like that but I would say that the majority of recipes have either at least one hard to find ingredient and/or one or more separate homemade preparations (different nut butters, nut milks, etc.). No alternatives/substitutions are provided for the unusual ingredients. There is a resource list for online companies in the back, but many of them are in the UK. Recipes themselves are done by weight, which I understand is the more accurate way to do precise baking. However, again wanting simplicity, I don't really have a scale and I prefer to do my baking using measuring cups. Oh the horror - I know, but I'm guessing a lot of other home cooks feel the same way. And then there is my personal pet peeve: no nutritional information. I realize this is a baking book and that there is an attitude out there that "it's good for you so why would I need nutritional information?" There are a lot of people with health concerns out there and I just think a cookbook in this day and age without nutritional information is incomplete. Even if the food is healthy, my diabetic husband would need to know how many carbs are in a serving, for example. I consider myself an adventurous cook, although I can't say the same for the rest of my family. Inman has many very creative ideas and the book is beautiful. It just isn't a book I'll be using very often and isn't that practical for the average home cook. I'm not sure that I'll be able to whip up a birthday cake for next week because I would have to figure out where to buy some of these ingredients and frankly, there weren't many birthday cake type recipes. I would like to visit the author's local grocery store though - they must have quite a variety. 1 of 1 people found the following review helpful. Wow your guests with stunning recipes! By Kindle Customer Excellent book - I made the blueberry mousse which appears on the cover, and it got rave reviews from amazed friends and family! It was delicious and very unique! 0 of 2 people found the following review helpful. Wonderful recipes!!! Refreshing and healthy version of these delicious treats By Serious Shopper Love this book!! Great job and recipes

Clean Cakes is the ultimate cookbook for anyone who enjoys baking as well as experimenting with new and alternative ingredients. It provides a wealth of ideas for cooking everything from spectacular cakes, energy-boosting muffins and wholesome loaves to stunning raw desserts and scrumptious tarts and pies, with distinctive flavour combinations and original twists on established classics. It will prove invaluable for anyone who for health or lifestyle reasons wants to eliminate gluten, dairy or refined sugar from their diet but who still wants to satisfy their sweet tooth and create their own nutritious guilt-free masterpieces. Henrietta Inman embraces nutritious whole food ingredients that are unprocessed, unrefined, natural, seasonal and local wherever possible. The first section shows how to stock your Clean Cakes larder, as well as including foundation recipes such as cashew cream, nut butters and homemade jams. Next come over 75 beautifully photographed recipes, from rich chocolate brownies, a show-stopping courgette, basil, lime and pistachio layer cake and raw desserts to five grain omega mix granola bars, spectacular fruit pies and enticing savoury tarts. These recipes are for everyone and show that cooking healthily doesn't have to mean compromising on flavour. ÿÿÿ

"If anyone can square the fashion/cake circle it's the 28-year-old Lanesborough-trained pastry chef Henrietta Inman ... Inman's recipes are free of dairy, gluten and refined sugar, but most importantly they are delicious. ... To my mind, Inman's blueberry and lime cream cakes are surpassed only by her raspberry, rose and pistachio tarts. ... Unlike most "free-from" recipes, Inman's are straightforward and light on newfangled ingredients. Finally we can have our cake and wear skinny jeans, if it weren't for the fact that skinny jeans are over."