

(Free pdf) Cooking Light Gluten-Free Baking: Delectable From-Scratch Sweet and Savory Treats

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Robert Landolphi

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Robert Landolphi : Cooking Light Gluten-Free Baking: Delectable From-Scratch Sweet and Savory Treats
before purchasing it in order to gage whether or not it would be worth my time, and all praised Cooking Light Gluten-Free Baking: Delectable From-Scratch Sweet and Savory Treats:

16 of 16 people found the following review helpful. # 1 gluten free baking book !By razorback fan An amazing collection of delicious recipes along with valuable information when wanting to bake gluten free. The author has thoroughly researched and experimented with the ingredients that he uses, drawing on personal experiences with his family's health. Each recipe has a full page tantalizing picture and the sections on specialized ingredients also come with detailed pictures (It helps to say - "oh, that's what it looks like" I know that I am a visual shopper) I have highly recommended this book and others by chef Landolphi and friends have all been very pleased !11 of 11 people found the following review helpful. Gluten Free and Tasty. Yum Yum!By Oona Ryan My doctor suggested I try to be gluten free for 30 days. I have reached 60 days at this point and because the recipes in this book are so yummy I am not having a problem maintaining "gluten free". Those Sour Cream cupcakes are awesome. I made them as directed the first time, added chocolate drizzle over the frosting the second time and added almond flavoring to the batter and

frosting the third time. Mmm Mmm good! I have purchase peppermint extract and will top the frosting with crushed candy canes next. Other recipes have turned out great...my husband likes them as well and he was skeptical. This book would make a great "convincer" 11 of 11 people found the following review helpful. The Holy Grail of Gluten-Free Baking!!!!By D. TrimbleThis is the Holy Grail of gluten-free baking! Other gluten-free baking books intimidated me or relied so heavily on garbanzo flour that no one in my family would eat the bread but me.I have the book just in time for the holidays and I have already experimented with my own recipes using Robert's crusts for a chess pie.Simple, clear instructions and everything can be found at your local grocery.I can't really say much more because the book is just overwhelmingly wonderful.

Gluten-free breads, cookies, cakes, and cupcakes are everywhere-and many of them actually taste good these days. A sigh of relief-a big sigh-comes, and then...a scream, because, oh, what's this? Those cookies have how many calories? In his new book, *Cooking Light Gluten-Free Baking*, author Robert Landolphi (The Gluten-Free Chef), offers a delicious antidote. This book is for the gluten-free baker who is longing for heavenly baked items that will be enjoyable for everyone, and still provide healthy, nutritious choices without sabotaging anyone's diet. With more than 150 from-scratch recipes (no premade mixes here) covering a range of baked goods-pancakes, cookies, muffins, biscuits, quick breads, cobblers, pizza crusts, and much more. You'll also find a helpful getting-started section filled with advice, tips on converting traditional recipes into tasty gluten-free treats, a conversion chart for replacing cow's-milk ingredients with lactose-free options, and hundreds of other tips to ensure success in a gluten-free kitchen. Muffins, Waffles, Cookies, Cakes, Pies, Quick Breads, and More *Cooking Light Gluten-Free Baking* is an easy how-to guide, handy for the novice as well as the well-trained gluten-free baker. It includes a glossary detailing each of the gluten-free flours, as well as a tutorial on how to convert any wheat-based recipe to a gluten-free version by blending the right flours and starches. Due to the high incidence of lactose intolerance among individuals with gluten intolerance and celiac disease, there's a conversion chart with suggestions for removing cow's-milk ingredients and replacing them with nutrient-dense, calcium-filled, and reduced-fat dairy-free substitutions. 150 healthy from-scratch gluten-free recipes-no premade mixes here. Techniques throughout share how-to information about preparing these baked goods, which often quite different than standard, gluten-containing baked goods whether in texture, how you have to handle the doughs/batters, etc. Baking Tips offer readers insight into how to achieve the tastiest results when baking with gluten-free ingredients. More than 200 full-color photos including finished dish shots, ingredients, and step-by-step techniques.

About the Author Robert Landolphi, dubbed The Gluten-Free Chef, is a 1991 graduate of Johnson Wales University with a Bachelor of Arts Degree in Culinary Arts and Food Service Management. He also completed a Certified Culinary Arts Instructor program at Central Connecticut State University. Rob has enjoyed a variety of food related occupations including several years as a Wedding Coordinator/Banquet Manager at Glastonbury Hills Country Club, and owner and operator of the Sugar Shack Bakery in Storrs, Connecticut. He currently serves as a Certified Culinary Arts Instructor and the Culinary Operations Manager with the University of Connecticut. Rob is a member of The National Association of College and University Food Services, the American Culinary Federation, Slow Food International and the National Restaurant Association. Rob has entertained audiences all the country with his unique cooking style, personality, and down to earth, yet informative demonstrations. Rob is married and has three young sons. He was introduced to the gluten free lifestyle in the year 2000, when after a lengthy illness, his wife was finally diagnosed with celiac disease. Since that time he has made it a personal mission to create and perfect gluten free recipes which will satisfy even the harshest of critics, including those who do not NEED to be wheat and gluten free.