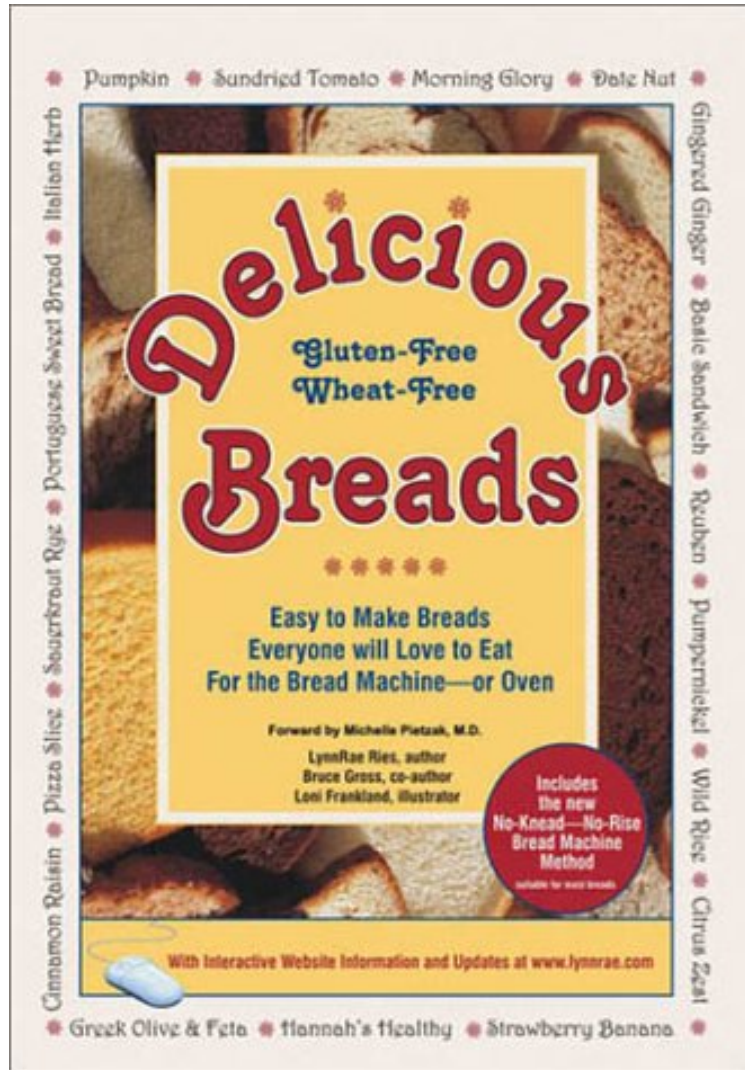


## Delicious Gluten-Free Wheat-Free Breads

LynnRae Ries, Bruce Gross

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#2163213 in Books What No Wheat Pub 2002-12-06Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 10.50 x 6.75 x .50l, #File Name: 0972415416176 pages | File size: 74.Mb

LynnRae Ries, Bruce Gross : Delicious Gluten-Free Wheat-Free Breads before purchasing it in order to gage whether or not it would be worth my time, and all praised Delicious Gluten-Free Wheat-Free Breads:

23 of 23 people found the following review helpful. The best out there for tasty gluten free bread!...By JadeI have used this book for a few years now and a review is way overdue, since I think this is the best book out there for gluten free bread for the bread machine. This year I decided to splurge on a Zojirushi bread machine since 3 out of 5 persons in our household are gluten free. This machine gave a new life to my gluten free bread baking, and this book has been a wonderful complement (contrary to the book I bought with the machine, that was designed using that machine exclusively).Baking is a science and you have to follow certain guidelines for success, even more so with gluten free

baking. This book is wonderful because it gives you so many options and numerous substitution possibilities too. It definitely stands above the rest and here's why:\*

- \* The recipes are made using various flours and allow you to customize according to your taste. Once you get the chemistry down (the need for a starch with your regular flour, the use of an acid, etc...) you are able to experiment with great results. Here you won't get stuck with one and only flour mix that you don't like, and there is no need to buy tons of different flours either. (I bake most of my bread with a basic mix I make of white and/or brown rice flour + potato starch + tapioca starch). I also add flaxseeds (ground and whole) to almost all the recipes with great results.\*
- \* There is something for everyone in this book, with tons of savory and sweet breads, alongside more classic basic recipes. My basic "go-to" recipe that I make every week because my son really loves it is "white rice with rice" (made with white rice flour and white cooked rice). It's a great tasty bread that's good as is but also won't compete with other flavors you put on the bread. I personally like the nuts and date bread, the apple bread (made with applesauce and grated apple) and also the buckwheat pumpernickel... but there are so many original recipes like zucchini blueberry or white chocolate almond, or mexican salsa bread or even Reuben bread. The recipes are fun and not complicated. Some of them call for a variety of ingredients (that you very likely already have if you bake gluten free) and some call for only very basic ingredients. I have played around with some recipes, and often eyeball certain ingredients and my bread always came out good!\*
- \* The recipes are made for a bread machine but can also be made with a stand mixer and baked in a regular oven. A big + for versatility and people who can't invest in a bread machine. I slice the bread as soon as it has cooled down completely and keep it in the fridge or more often the freezer. Then I just throw a couple pieces in my toaster oven in the morning. Some of the recipes in this book contain dairy, but the majority doesn't. One thing to keep in mind with gluten free baking, is that gluten free bread dough doesn't look like regular gluten bread dough. It looks more like a thick cake batter. So if you never baked gluten free bread before, don't freak out at the look of your dough. You will quickly figure out how you like your bread best and what it should look like when you're preparing it and if it needs a little more liquid or a little more flour. So, to sum it up, this is THE ONE book you need for gluten free bread baking. Highly recommended! :-D

2 of 2 people found the following review helpful. Can't believe this one has been out of print for several years. Great cookbook

By Cypherpunk

I just got this, after reading the other glowing reviews. I haven't made many of the recipes, but I worked my way through college as a cook/sous chef, and I became a serious baker, at home. My son and I both have serious gluten issues, and I've picked up quite a few books over the last couple of years, searching for bread recipes. If you cook long enough, and you try enough recipes, you get a feel for what will and won't work, and this whole book is looking great, so far. This is an older book, and it's much more flexible than many newer books. It immediately offers several methods for baking, using one-step or two-step methods. It has a huge number of bread recipes that incorporate various types of fruit, nuts, and so on. Most recipes tend to have longer recipe lists (12-15 ingredients), but they tend to use one main flour (rice flours seem to be the most popular) along with one or two other flours in smaller amounts for texture, and a tablespoon or so of several types of starch, to give it body and allow it to rise. This may sound complicated, but the most commonly used flours are easy to find, and the remaining ingredients are typical pantry staples: applesauce, molasses, honey, vanilla, butter, eggs, cinnamon, etc. There is no discussion of bread machine brands. We have a stainless steel Breadman 1-2 lb model, and it has been a workhorse for several years. The instructions tell you how to set a machine for common settings, how to adjust it, if needed, and how to use your machine just for mixing and kneading (and for making rolls), if the recipes just aren't turning out right. The recipe selection is just about the most comprehensive of any gluten-free bread cookbook I've seen (since most recipes include several variations), and they look like they will produce better results than many of the other books I bought. This is the first cookbook that I would put alongside my America's Test Kitchen GF cookbook as one in which I think virtually every recipe would turn out well, and my family would enjoy it. It is a real shock to see that it's copyright 2003, prior to the enormous popularity that GF has gained over the last few years (mine is a reprint from 2007), it has great reviews, yet there don't seem to be any plans to reprint it again. I wouldn't spend a hundred dollars on it, as some scalpers apparently find appropriate, but I think \$20-30 is entirely reasonable for a good copy.

4 of 4 people found the following review helpful. Absolutely the BEST!

By Jeanne

If you do not own this book you don't know how wonderful GF baking can be. So far the breads that I have made have far surpassed anything to come out of my kitchen since I had to get rid of the wheat. Not only do they look great but they are moist and flavorful which is something that I never thought I would taste again. If you want to enjoy your breads again, get this book ASAP since it is out of print and I've noticed that the bottom feeders are already trying to rob people on the price of the book. Highly recommended!

**Delicious Gluten-Free Wheat-Free Breads:** Easy to make breads everyone will love to eat for the bread machine -- or oven combines a variety of baking methods with easy to make bread techniques using the newest of grains for a gluten-free wheat-free lifestyle. The coordinating website, space for personalizing the recipes and tester and taster comments add life to this well written book.

**About the Author** Lynn Rae Ries is the author of *What? No Wheat?* and publishes a gluten-free e-newsletter. For three years she has provided a specialty baking service for people with gluten intolerance, wheat allergy or celiac disease.

She is an associate in the Gluten-Free Cooking Club and teaches other people how to cook and bake gluten free. She also develops gluten-free menus for restaurants and is a consultant to newly diagnosed celiacs.