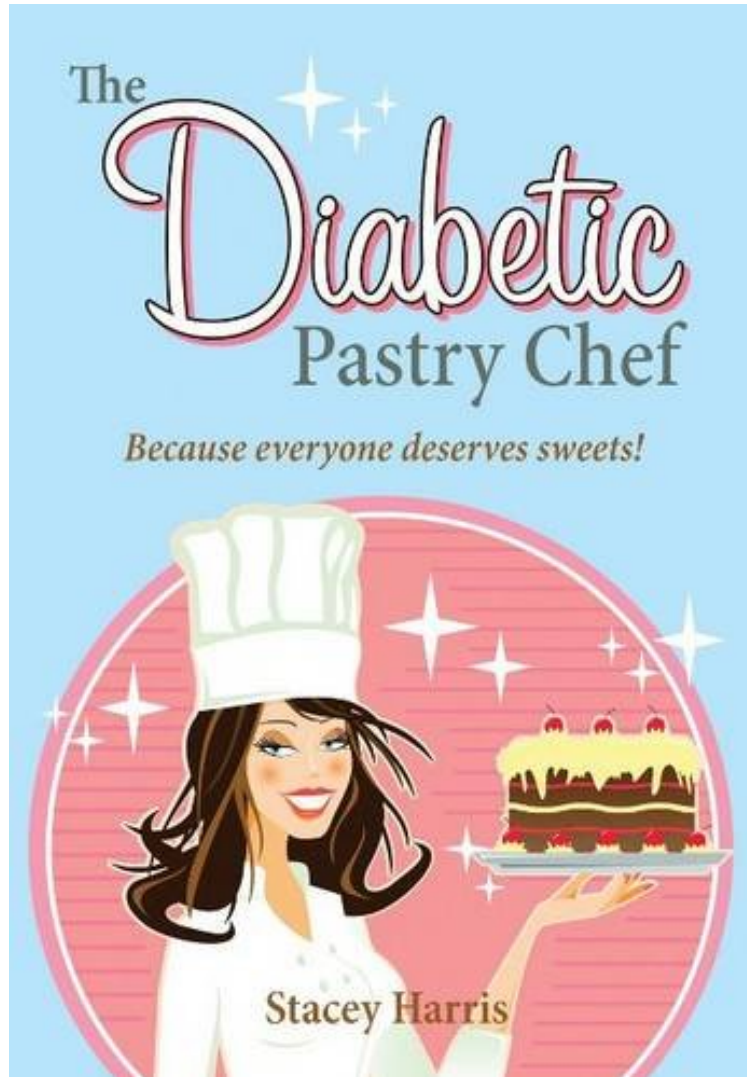


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Diabetic Pastry Chef, The

Stacey Harris

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Stacey Harris : Diabetic Pastry Chef, The before purchasing it in order to gage whether or not it would be worth my time, and all praised Diabetic Pastry Chef, The:

1 of 1 people found the following review helpful. The Diabetic Pastry Chef CookbookBy Cajun GirlI've just recently acquired this cookbook and unlike most diabetic cookbooks, this one has an informative section about the disease of diabetes and helpful info on control. It also explains the different ingredients that are used in the recipes and substitutions along with several recipes.1 of 1 people found the following review helpful. Wonderful bookBy ed ackermanEasy directions. Made Healthy Carrot Cake. Wonderful. Tastes like the carrot cakes I used to make.0 of 1 people found the following review helpful. Good idea but has some holes in it.By nanThe author starts out by giving

you some great substitutions for common ingredients that a diabetic shouldn't have but falls short by not explaining how to use the substitutions. I wanted to make my husband, newly diagnosed diabetic, a birthday cake that he could enjoy. Since there were no explanations about how to equate the substitutions to the real ingredients, I assumed using the ingredients "tit for tat". Was I. Ever wrong. I even looked at her recipes included in the book which didn't really help as the substitutions weren't shown there either. Needless to say my husband's birthday cake did not turn out good!

Because everyone deserves sweets! For the more than 20 million Americans who have diabetes, decadent desserts are no longer off-limits. By using blended flours and a combination of sugar and sugar substitutes, reducing milk carbohydrates, and eliminating trans fats, pastry chef and diabetic Stacey Harris has transformed more than 200 desserts into diabetic-friendly delights. Harris shares the sweet secrets of her simple-to-use formula that will convert most any recipe into a lower-carb alternative without compromising taste or quality. Now diabetics can enjoy Chocolate Truffle Cookies, Blueberry Tartlets, Cream Cheese Cupcakes, Coffee Bread Pudding, and hundreds of others.

From Publishers Weekly While training to become a pastry chef, Harris discovered she was diabetic. Rather than hang up her apron, she decided to adapt her favorite recipes for her dietary needs, and the resulting collection will prove a welcome, trustworthy resource for diabetics who had given up on chocolate chip cookies, apple pie and crepe, me brulee. Harris provides sage advice on the properties of various flours, the care and feeding of a sourdough starter, and plentiful consideration of sugar and the unique characteristics of its substitutes (like Splenda). Harris does a terrific job keeping her recipes accessible by offering plentiful options: among 13 recipes for muffins, she includes Two-Ingredient Muffins, which call for nothing more than a can of pumpkin puree and a boxed chocolate cake mix. Not all recipes are so simple (or rely on pre-made ingredients): Harris's tangy Sourdough Pancakes require a starter, and her cheesecake asks cooks to mix and bake their own crusts, rather than simply crushing cookies. Harris' directions are to-the-point and employ easy-to-find ingredients, but she often fails to describe the finished dish, leaving readers to imagine what the final product should look and smell like. END From the Inside Flap Stacey Harris was diagnosed with diabetes while training to become a pastry chef. She thought her career--not to mention her lifetime love affair with desserts--was over. Her devastation gave way to innovation, resulting in the inventive and simple substitution system presented here. Now Harris, and the more than twenty million other Americans who also have diabetes, can enjoy desserts specifically designed to satisfy the sweet tooth without sacrificing flavor. Hundreds of nutritionally sound low-calorie, low-carbohydrate recipes ranging from Cinnamon Coffeecake and Gingerbread-Jam Muffins to Key Lime Cream Cheese Pound Cake, Coconut Custard, and Chocolate Mousse are presented here, accompanied by easy-reference nutritional information for each entry. Tips about what types of substitutes work best, no-fuss shortcuts, and basic baking techniques enhance the volume. From the familiar to the fancy, the dishes make use of a creative arsenal of alternative yet easy-to-find ingredients to lower the carbohydrate and calorie counts. Harris experimented with different combinations of flours (from conventional cake flour to the exotic coconut flour) and sweeteners (Splenda, agave nectar, and white sugar, to name a few) to discover what works and what doesn't work for traditional desserts. Some low-carb flours, for example, work better for piecrusts than for cookies. So start blending the flour, swapping out the sugar, eliminating the trans fats, and cutting the milk carbohydrates. Delicious and satisfying Pineapple Upside-Down Cake, Chocolate Chunk Muffins, Best Banana Bread, and Easy Peanut Butter Cookies are only a substitution away. From the Back Cover "In The Diabetic Pastry Chef, Stacey Harris proves what I have been saying for years. You can prepare and eat wonderful food and still stay well within the guidelines of food for a person with diabetes."--Alan L. Rubin, M.D., author of Diabetes for Dummies and Diabetes Cookbook for Dummies Now diabetics can have their cake and eat it too thanks to pastry chef and diabetic Stacey Harris and her simple four-part substitution system that turns any decadent dessert into a diabetic-friendly delight. By blending flours, combining sugar and sugar substitutes, eliminating trans fats, and reducing milk carbohydrates, every baker can whip up low-carb and low-calorie Flourless Chocolate Cake, Honey-Pecan Cookies, Lemon Meringue Cake, German Chocolate Pie, and Coffee Bread Pudding, among hundreds of others. This healthier approach to baking for diabetics results in desserts that fit within the nutritional limits of a diabetic diet without losing any traditional flavor, texture, or ooey-goey goodness. Opening chapters on diabetes; flours, ranging from homemade almond flour to the benefits of oat bran; sugar and sugar substitutes; and helpful hints and tricks provide a hearty introduction to the more than two hundred recipes in this collection. Organized by type of goodie--breakfast and brunch selections, breads, cakes, cookies, pies and tarts, frostings and glazes, and puddings--this resource also includes nutritional information for each recipe and a net carb counter to enable and encourage other diabetic bakers to make their own delicious substitutions in the future.