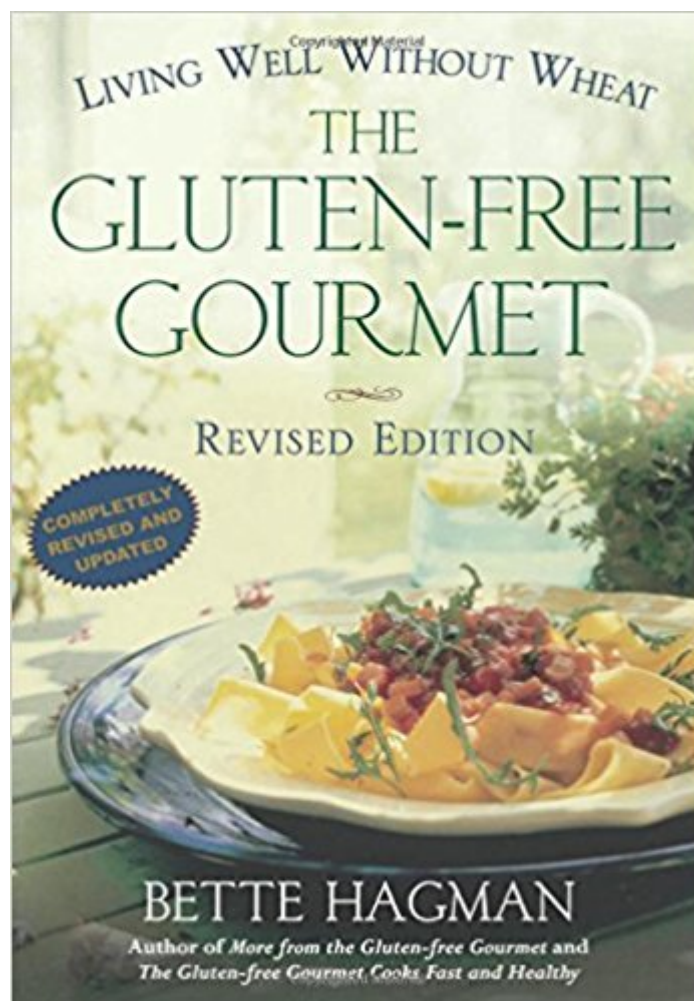


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# The Gluten-Free Gourmet: Living Well Without Wheat, Revised Edition



## Synopsis

An updated, beautifully designed edition of the essential resource for people who cannot tolerate wheat or gluten. With her four cookbooks, Bette Hagman has brought tasty food back into the lives of over one million people who are intolerant of the gluten in wheat, oats, barley, or rye, or who are allergic to wheat. The premier creator of delicious gluten-free fare, Hagman has spent more than twenty years developing recipes using special flours for pizza, pasta, breads, pies, cakes, and cookies. Containing over 200 recipes updated to include new flours, ingredients, and tips, the second edition of *The Gluten-free Gourmet* makes cooking gluten-free faster and more fulfilling than ever before. *The Gluten-free Gourmet* is more than just recipes, however. A complete sourcebook on how to live healthily with celiac disease or wheat intolerance, it features important new information on developing a celiac diet, raising a celiac child, avoiding hidden glutes, eating well while traveling or in the hospital, and locating and ordering from suppliers of gluten-free food and flour. This and Hagman's other books in the *Gluten-free Gourmet* series are recognized by health newsletters around the world as the best in this special diet category.

## Book Information

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## Customer Reviews

The more than 100,000 Americans allergic to wheat are usually deprived of Sourdough Bread, Butterscotch Brownies, and all the other favorite dishes Hagman has created without using gluten. Her recipes use flours other than wheat flour, but they are generally uncomplicated and quick to prepare--suitable even for those noncooks who have been craving their forbidden foods. There are

few other cookbooks in this area; recommended for all special collections. Copyright 1990 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

“The Gluten-free Gourmet offers delicious relief for anyone who is allergic to wheat and for those who are intolerant to the gluten found in wheat, oats, barley, and rye. • Bon Appetit

Very pleased with this book. Although not high court gourmet, any good food that is well prepared should please all and this book offers many recipes to take the sting out of gluten free living!

they said it was in good shape, but I know places like goodwill they are good to fair shape. This book was in poor shape compared to that. But the info in the book is good and good recipes too.

This has so many great recipes in it. My daughter recently was diagnosed having gluten intolerance. I bought a book for her. Then when visiting we made some recipes and she has discovered she can even have desserts and not have to suffer afterwards. She's much more confident now in being able to prepare meals that all can eat. It even explains how the different flours work and their reactions in the recipes. A must have for people diagnosed with celiac or gluten intolerance.

Bought this as a gift for my sister who had to go gluten free for her health. She said it was very good.

Very good recipes for flour mixes, muffin mix and basic cream soup base. I use different flours than are suggested because there is more variety out there for gluten free than when this book was first published. My family enjoys the delicious food and it does not taste "gluten-free". It's simply good food, cooked well. The recipes are very easy to follow as well. Remember, if you choose to substitute flours, substitute by weight, NOT cup-for-cup. Each flour has a different consistency so if you follow this advice, your outcome of the recipe should be close to what it would be with the original listed flour.

This has some of my favorite GF recipes in it. I especially love Jill's Quick and Easy Pizza Crust and the Easy French Bread. I will spend some time putting together freezer baggies with the dry ingredients for single servings of these recipes and instructions on how to finish and cook them.

Then when I'm in a hurry or just have a craving, I can pull one out and have pizza or bread within an hour! The french bread is crispy on the outside, chewy on the inside...in other words, PERFECT! I serve it with soup, stew, salads or as a side or appetizer. It makes great bruschetta and croutons.

I have celiac disease, which is essentially an allergy to wheat protein, and I've been GF for 5 years now. (Why does that sound like I'm at an AA meeting?) Bette Hagman's books are the first couple of books that I got, and they're pretty good. \*GFG-Revised\* is a really great book with a lot of the staples that you need in there. The initial couple of chapters about what you can and can't eat are worth the price of the book (sure, you can't have wheat, rye, or barley, but how about quinoa, teff, spelt, or millet?) (Answers: yes, yes, no, yes.) but the recipes are what you should buy it for. The "Revised" edition has been updated with the new "four bean flour" blend. My favorites: Corn muffins - p86 - uses a polenta technique to be utterly different than cornbread Pumpkin bread - p76 - fabulous. Sandwich bread - p55 - the closest thing to, well, you know. Muffins - p77 - done in less than an hour and tasty-tasty-tasty. TK Kenyon Author of *Ã Â Rabid: A Novel* *Ã Â* and *Ã Â Callous: A Novel*

Excellent for those with concerns about Gluten Free Living

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