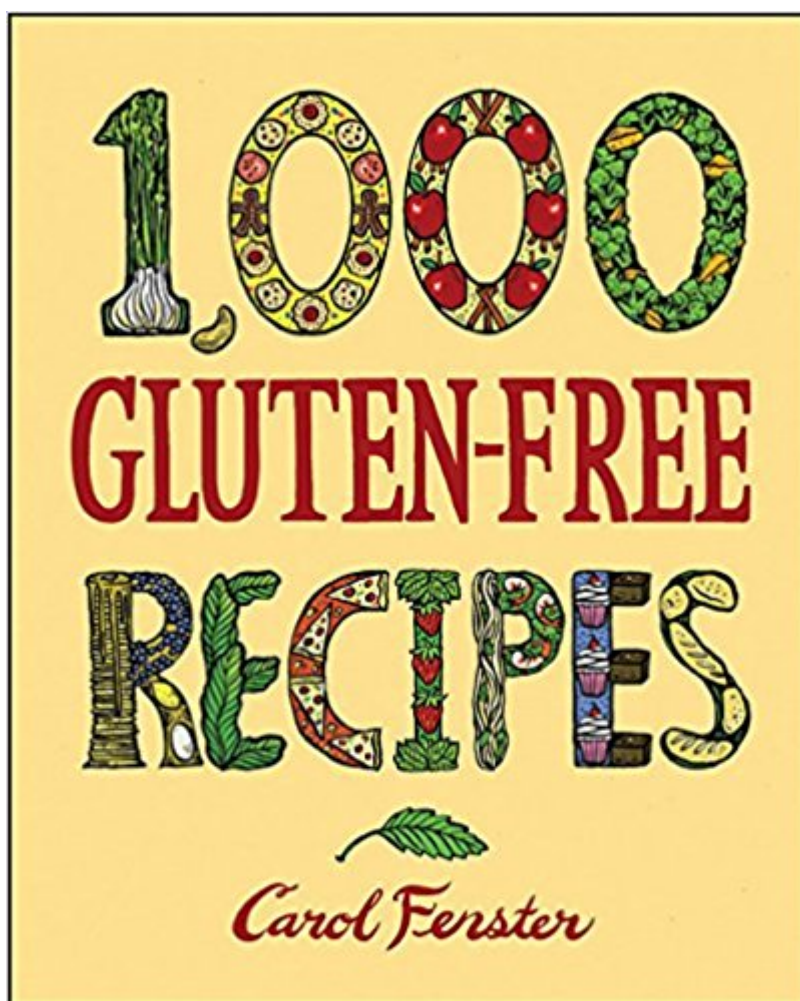


The book was found

1,000 Gluten-Free Recipes (1,000 Recipes)



Synopsis

1,000 Gluten-Free Recipes It's like getting 5 cookbooks in 1! 172 Breakfast Dishes, Muffins, and Breads 75 Sandwiches, Salads, and Soups 106 Pasta, Grain, Bean, and Vegetable Dishes 205 Main Courses 377 Cookies, Cakes, Pies, and Other Desserts And Much More! Go gluten-free with ease! For the best all-purpose gluten-free cookbook, look no further. Inside, you'll find delicious gluten-free versions of foods you crave-including muffins, breads, pizzas, pastas, casseroles, cookies, bars, cakes, and pies. You'll also discover hundreds of recipes for all-American favorites, flavorful international dishes, and sophisticated special-occasion fare. It's everything you need to serve satisfying gluten-free meals 365 days a year! Praise for 1,000 Gluten-Free Recipes "This book has great recipes with a fresh healthy flair. Everyone should have this cookbook. I know mine will get tattered from use." — Cynthia Kupper, R.D., Executive Director, Gluten Intolerance Group of North America "Carol Fenster has combined simple, naturally gluten-free recipes along with those specially created for people with celiac disease. This is a comprehensive soup-to-nuts guide that any cook will use again and again." — Andrea Levario, J.D., Executive Director, American Celiac Disease Alliance "The encyclopedia of gluten-free recipes has now arrived! What a wonderful assortment of healthy meals that even a gluten-free novice can tackle." — Cynthia S. Rudert, M.D., Advisor for the Celiac Disease Foundation and the Gluten Intolerance Group of North America

Book Information

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Customer Reviews

If you or someone you love has wheat allergies, gluten intolerance, or celiac disease, then you know how hard it is to prepare tasty, worry-free meals. From breads and pastas to cakes and pies, many favorite foods typically contain wheat, the most common source of gluten; not to mention the many prepared and packaged foods (from dressings to seasonings) that may also contain gluten. Now, gluten-free cooking authority Carol Fenster has written the biggest, most comprehensive gluten-free cookbook ever; a resource you'll turn to again and again for recipes, inspiration, and advice. Carol discovered that she was gluten intolerant two decades ago, and she has spent the time since developing gluten-free mealtime strategies and helping others make the transition to a gluten-free lifestyle. Carol has perfected the art of baking without wheat flour and learned to create delicious muffins, cakes, pies, and even yeast bread using sorghum flour, potato starch, and other safe ingredients. In 1,000 Gluten-Free Recipes, she shares her secrets and recipes for every meal. Many of the recipes are also vegetarian or quick-to-make and are highlighted with or symbols. Additionally, if you avoid dairy, Carol suggests ways to make the recipes with safe substitutes. If you cook gluten-free meals, this cookbook is sure to become an indispensable kitchen companion. You'll discover recipes for every meal of the day and every occasion, from favorite foods you thought you would never be able to eat again to foods kids will love and elegant dishes for entertaining. Throughout the book, you'll find a wealth of detailed, practical advice on staples of the gluten-free kitchen, including tips on reliable brand-name products. Here is everything you need to discover just how easy and tasty it can be to live gluten free! With 1,000 Gluten-Free Recipes, you get:

Bountiful Breakfasts: Sour Cream Raisin Pancakes, Granola, Cheese Blintzes, Egg Crepes with Brie and Almonds

Marvelous Breads and Muffins: Cinnamon-Apple Muffins, Buttermilk Biscuits, White Sandwich Yeast Bread, Pepperoni Cheese Pizza

Satisfying Appetizers, Salads, Soups, and Sandwiches: Roasted Wild Mushroom Tart, Panzanella, French Onion Soup, Muffaletta Sandwiches, Chicken Fajitas

Tasty Pastas, Grains, and Beans: Macaroni and Cheese, Lasagna, Pad Thai, Quinoa Tabbouleh, Spicy Black Beans

Delicious Main Courses: Meat Loaf, Shrimp Creole, Fried Chicken, Mini Beef Wellingtons, Pork Schnitzel, Moussaka

Irresistible Desserts: Chocolate Peanut Butter Cookies, Old-Fashioned Strawberry Shortcake, Tiramisu Cupcakes, Chocolate Pecan Tart, Cherry Pie

Whether you're new to gluten-free cooking or you've been living gluten-free for decades, this all-inclusive cookbook is just what you need to satisfy your craving for "forbidden" foods and baked goods; and put deliciously varied, crowd-pleasing meals on the table for years to come.

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I love this cook book! Everything I have made so far tastes amazing! I made the pancakes & used walnut oil for the oil & they tasted like the harvest nut pancakes from IHOP! but without the killer Gluten! Gives all kinds of information in the front on what grains to avoid so is also educational. The book has a multitude of entree recipes which are also very good. Just give it a try. This is a HUGE book so honestly for recipes I'd just get this one book. I also made the Gingerbread cookies over last christmas & I have to say they are actually better than the regular gluten laden version! My mom makes a Turtle Cheesecake every christmas and instead of using vanilla wafers like the recipe calls for She started using these cookies after I make them ~ amazing! They are soft though so I wouldn't use the recipe to make a gingerbread house unless you are going to ice it to cardboard on the inside or something maybe. But then you wouldn't be eating it and it wouldn't be necessary to go gluten free. I also recommend Gluten Free Throughout the Year by Melissa Diane Smith. When I went gluten free a little over a year ago due to Ulcerative Colitis and all the extra intestinal disorders my slack Gastroenterologist never told me about, I blew up like a balloon! Melissa's book helps make sure you don't get fat or lack nutrients as well as heal :o I think you only need these two books and your good to go & can live life more easily than you could imagine. God Bless you all on your Gluten

Free journey! I'm happy to be off the need for drugs that actually don't work in the end. Going Gluten Free I regained energy ~ I had Chronic Fatigue Syndrome. I could barely get out of the bed. Had swelling joints. A metallic taste in my mouth ~ that's too much bile if you have that. Got rid of chronic bouts of diarrhea followed by constipation 2 minutes later. Sharp stabbing pains in my stomach that came from nowhere and were debilitating! If this happens to you, get a prilosec, cut it in half and take it. It will stop the pain in a couple of minutes. Thank heavens I don't have to do that any more since I got rid of gluten! I had developed Chronic Allergies that also created fluid in my ears. Allergies are not completely gone yet, but have improved a great deal. Chronic headaches are now gone. So called 'Stomach Virus' are a thing of the past. My Naturopath said this more than likely was not ever a virus but a severe gluten reaction. As a child I was diagnosed with Dyslexia.... Gluten is linked to learning disabilities as well, like ADD. However I'm not dyslexic I'm what is referred to as Kinesthetic ~ I simply learn by doing not by listening to someone talk. I had a variety of skin conditions like eczema in the past. All these things are gone or much improved. I'm extremely happy that the Chronic Fatigue is gone. It was debilitating to say the least. I could sleep 16 hours and it wouldn't be enough. I'd get up and have to go back to bed shortly after. I work in sleep medicine and knew I did not have sleep apnea which can give you the same sort of fatigue however. Now that my diet is changed this fatigue is gone gone gone. But this cookbook as I said before is fabulous. I highly recommend it. It is very educational and has so many recipes which are all great from a Gluten Veteran, that you will never get bored, even if you're a kid :o Get this and Gluten Free for a Year and that's all you need!

I have several gluten-free cookbooks, and subscribe to several newsletters, and this one is probably my top favorite now. When I originally found out that I could no longer eat gluten, I was frustrated. Some of the prepared items are tasteless and very expensive. I was a little intimidated about baking even though I have baked extensively for over thirty years. One of the first books I bought was Carol's "Gluten-Free Quick & Easy". I didn't use it much for baking since it had several recipes for mixes. I have a very small kitchen and pantry and I didn't want the clutter of a lot of canisters fighting for space. I did very little baking at all, and was still intimidated about it. "1000 Gluten-Free Recipes" is more streamlined with one mix making a lot of wonderful products. Even a cursory glance will show you some fantastic things that you can easily make yourself. A lot of thought and scholarship went into writing this book, but it is a fun and informative read. She writes with a warm, humorous voice that is infectious and very personal. I couldn't believe all the recipes for common and uncommon baked goods. She explains things very clearly and concisely so that you get the

how and the why, both of which are especially important. I feel that I could make anything and everything in this book, and maybe, I eventually will. If you could only have one gluten-free book, this one would be it. It is worth every penny and cheap at that, when you consider how huge, and thickly packed with recipes and information it is. I resisted buying this book until after Christmas, when all those bills were paid. I wish now that I had bought it for myself, or hinted more strongly to my husband about it. He is a great eater and tester, and loves being my taste tester. He is now mostly gluten-free, because he likes these recipes better than many of the original products. When people that don't have to eat something, eat it and like it, you have a winner. Next up is cake. I have had some spectacular but tasty failures with other books, but I am very confident that Carol will help me overcome fear of cakes. In her research and recipe development, she explores everything to deliver easy and delicious recipes. As others have said, this is a gluten-free "Joy Of Cooking" but it is fun and friendly. "Joy" was a classic, and I found it dull and plodding sometimes. That is not a problem you will ever have with this wonderful book. A big heart-felt thanks to Carol, and to all the other reviewers who made me realize that this was the one I needed and couldn't live without. You don't need any g-f book but this one. If you are an inveterate collector like me, you might also enjoy "Gluten-Free Baking Classics". That book was my training wheels, and "1,000" is my ten speed racer. I feel the need for speed! When you do too, reach for this book, and go.

This gluten free cookbook isn't very expensive, as specialty books are known to be, but it sure is humongous both in size and length. It has 700 pages and is almost 8 1/2 by 11, the size of a regular sheet of paper. That being said, it is a great book to own somewhere in the space of your adventure down that road to better health. The book is based on a combination flour mixture at the beginning of the book, and most recipes are based on this flour mixture, called "Carol's Blend" since Carol Fenster is the author of the book. Some of the recipes use over 20 ingredients, and 6 different kinds of flour, which you should skip completely. But, with Carol's Blend in your kitchen, most of the recipes are easy to make, and the author gives good directions. I gave it five stars because it is well worth the money, and if you are bored, having 1,000 recipes to look through, you surely will find something that tickles your fancy and that you can cook. It's only drawback, I find, is the fact that it doesn't have any pictures to guide you. That would be nice, but probably would make the book have 800 pages! All in all, a good "go to" book.

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