

[PDF] Gluten-Free Baking Classics

Annalise G. Roberts - pdf download free book

Books Details:

Title: Gluten-Free Baking Classics

Author: Annalise G. Roberts

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Description:

Review

“*Gluten-Free Baking Classics* contains a recipe for chocolate chip cookies that *Gourmet* magazine claimed were ‘perfect’ and ‘dared anyone to detect that they weren’t made with traditional wheat flour.’ I took the challenge and tried a test recipe on chocolate chip cookie-lovers—only to find that *Gourmet* was right and I didn’t have enough taste samples to keep up with their enthusiastic appetites.”

—Sue Ade, *Morris News Service*

“[Roberts’s] kitchen tested recipes make her baked goods lighter, and fluffier than the rest.”

—Donna Gray, *Calgary Herald*

“We were captivated by these perfect chocolate chip cookies, [with their] crisp yet yielding texture,

and we dare anyone to detect they weren't made with traditional wheat flour "[the] rich but light" cake loses nothing from the absence of white flour."

□ *Gourmet*

□ "This remarkable cookbook contains mouthwatering recipes, the directions are easy to follow and the hints are a welcome extra bonus."

□ Elaine Monarch, Executive Director, Celiac Disease Foundation

□ "This wonderful book by Annalise Roberts is very readable, and the recipes taste great!"

□ Peter H.R. Green, M.D. and Anne R. Lee, R.D., Celiac Disease Center, Columbia

□ "An excellent cookbook. This is rare. I've seen some absolutely dreadful gluten-free cookbooks....As far as the dishes, YUM! Not a single flop so far and that's saying a lot."

□ C. Allison, CookingHelpWeb

From the Author My philosophy about gluten-free baking is that it should be simple. Most gf bakers I know don't want to reach for six different flours every time they bake- and neither do I. Wheat bakers use only two flours- all purpose for cakes, pies, muffins and cookies, and bread flour for bread. I do the same: I have an all-purpose brown rice flour mix (extra finely ground brown rice flour, potato starch and tapioca starch) for my all purpose flour and the bread flour mix (millet, sorghum, potato starch, tapioca starch and corn starch) in this book for my breads. It is easy- and it increases your learning curve. If you use a different combination of flours each time you bake, how will you know what goes wrong- or right? Baking pros don't do this; that is how they become skilled in their craft.

Moreover, wheat bakers enhance the taste and texture of their breads with other added flours (whole wheat, rye, etc.) and so do I. I recommend using whole grain teff and ground oatmeal (my favorites), Montina, amaranth, or quinoa. I give recommendations as to how to do this in the book.

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