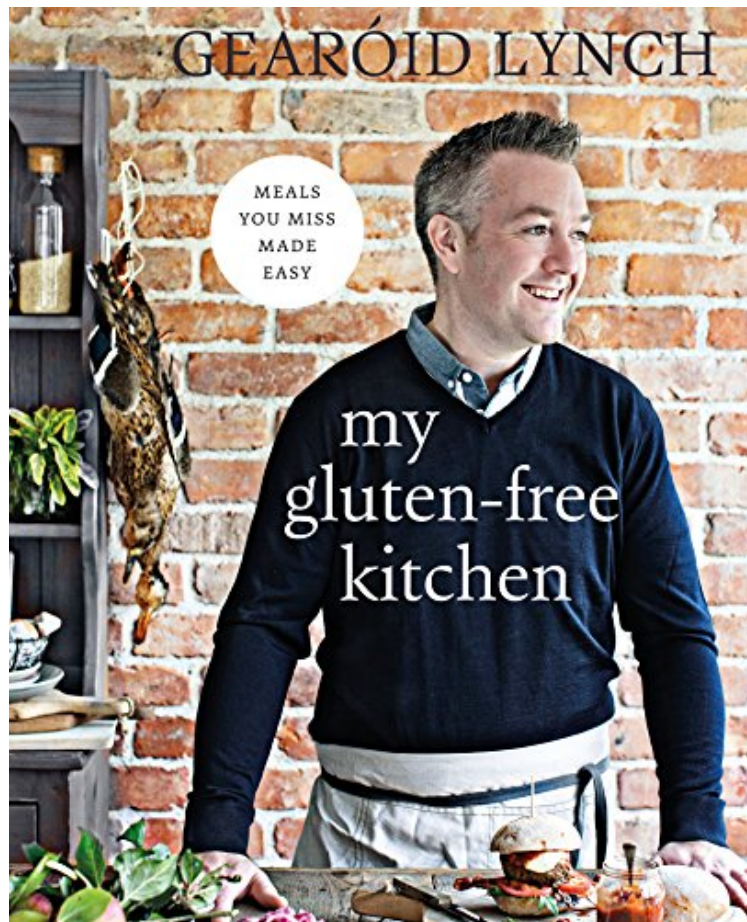


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## My Gluten-Free Kitchen: Meals You Miss Made Easy

*Gearoid Lynch*

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**Gearoid Lynch : My Gluten-Free Kitchen: Meals You Miss Made Easy** before purchasing it in order to gauge whether or not it would be worth my time, and all praised My Gluten-Free Kitchen: Meals You Miss Made Easy:

Whether you have to cut gluten out of your diet or just feel better when you do, rediscover the joy of cooking with over 120 tasty, feel-good recipes that everyone will enjoy. When chef Gearoid Lynch was diagnosed with coeliac disease, the pleasure of cooking was briefly taken from him. Refusing to let the diagnosis limit his enjoyment of food, he created a variety of delicious, gluten-free adaptations of everyday dishes, which he shares in this book. As well as tempting breakfasts, lunches, dinners and desserts, such as buttermilk scones, camembert quiche, bacon and cabbage terrine and apple and pecan crumble, there's a section on store-cupboard staples and basics, including gluten-free bread, pizza and pasta. With the help of My Gluten-Free Kitchen and a few small adjustments, those with coeliac disease will no longer miss out on their favourite meals.

About the Author In 2002 Gearoid Lynch and his wife Tara purchased the historic post-house building in Cloverhill, Co Cavan, Ireland and lovingly restored it to its original charm. Together, they run The Olde Post Inn alongside their dedicated team and it has become an award winning food destination lauded by food critics and loyal customers alike. Since his diagnosis with coeliac disease in 2013, Gearoid can adapt the majority of his menus for gluten-free diners in his restaurant. Gearoid trained as a chef in Killybegs Tourism College and gained experience working in kitchens such as Thornton's and Le Coq Hardi in Dublin, as well as restaurants in London and Luxembourg. He is a regular contributor to Irish media and a highly respected chef in culinary circles having been appointed to the role of Commissioner General with Eurotoques Ireland in 2011 for a two-year period. Both from Co. Cavan, Gearoid and Tara live locally with their four children, Oran, Lorcan, Emma and Eoin.