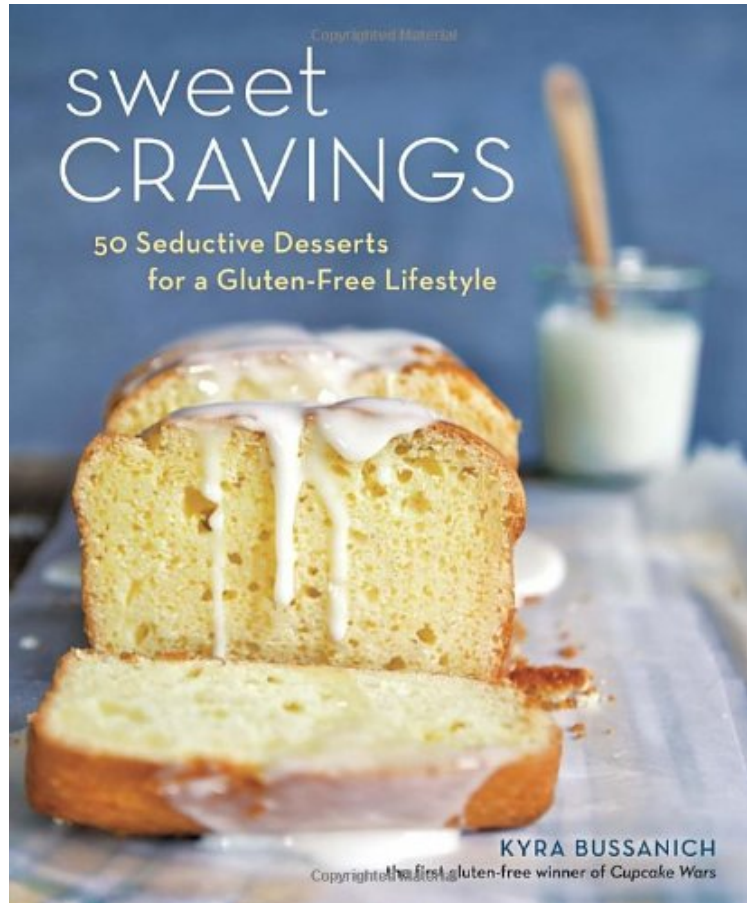


[Free] Sweet Cravings: 50 Seductive Desserts for a Gluten-Free Lifestyle

## Sweet Cravings: 50 Seductive Desserts for a Gluten-Free Lifestyle

*Kyra Bussanich*

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**Kyra Bussanich : Sweet Cravings: 50 Seductive Desserts for a Gluten-Free Lifestyle** before purchasing it in order to gage whether or not it would be worth my time, and all praised Sweet Cravings: 50 Seductive Desserts for a Gluten-Free Lifestyle:

22 of 23 people found the following review helpful. Measurements out of whack?By HilaryN  
So, I really want to love this cookbook. Maybe that's why I keep making the recipes. But, unfortunately, all the ones I've tried have been failures, and I think it may be because the weight conversions in the recipes are simply wrong. For example "1 1/2 teaspoons baking soda/7 grams" however, the weight in reality is 13 grams. Similarly, the weight of 3/4 cup sugar is listed as 170g, when a quick internet search provides several sources (ie King Arthur Flour) which agree it is 150g, which is a pretty significant difference. In gluten free baking it is even more important than regular baking to measure by exact weight because you are trying to replicate a scientific process to mimic glutenous baking. I honestly think no one editing this cookbook made an effort to double check the weight conversions, so beware.  
44 of 48 people found the following review helpful. Beautiful, Creative Gluten-Free Creations from Oregon's Cupcake Wars Famous Pastry DesignerBy Caliaha  
This long-awaited release has a beautiful hard-bound cover and high-quality, full color printing

(and wonderful, smooth paper too). It is one of those feel-good cookbooks and it has 50 amazing, creative recipes in the 131 page book that also includes beautiful full-color photography for more than half of the recipes. The font (text) used throughout the book is a easy to read size. This book will completely inspire you to make your own beautiful, tasty treats and best of all all gluten free!Note: I initial saw a copy of the pre-release book at Kyra's Bake Shop in Lake Oswego Oregon (previously known as Crave Bakery) in June 2013 and couldn't wait for it to be released! Now, 3 months later, it has arrived! I am thrilled to have my own copy!The table of contents consists of a 2-page spread listing each of the 6 chapter categories and the names of each of the unique 50 recipes. It has a very comprehensive 5-page index in the back as well. A lot of thought was put into the creation of this unique cookbook and it would make a lovely gift for someone, or even yourself :-).So the 6 categories of recipes in Kyra's book each have a special "topic." I've included some of the recipes for each section listed below. (You can use the "Look Inside" feature on the page to view the complete T-O-C). I love it that each of the recipes are rated as Easy, Intermediate, and Advanced so that I know what I'm getting myself into. Each recipe has a unique story that goes along with each recipe. The instructions for each of the recipes is well written, detailed, and easy to follow. Kyra gives details on how the dough should both look and feel along with how to tell when the goodie is ready to come out of the oven. This book is truly the "secret recipe book" even more than I was hoping for.CATEGORIES RECIPES. Here's the line-up:1. Muffins and Scones (Topic: How Less Sugar Can Be More)Bran-less Muffins, Orange Current Scones, Chocolate Chip Scones, Cherry White Chocolate Scones, Espresso Scones (the first recipe I tried out of the book, see comments below on the Espresso Scones)2. Buckles, Cobblers, and Crips (Topic: Naturally Delicious Fruit Desserts)Strawberry Rubarb Cobbler, Triple Berry Breakfast Cake, Strawberry Shortcake, Apple Crisp3. Quick Breads and Coffee Cakes: (Topic: Conversation Starters)Coffee Cake, Lemon Pound Cake (awesome with fresh lemon zest and lemon juice), Beer Bread (yes, gluten free!)4. Cookies, Brownies, and Bar Treats (Topic: Childhood Revisited)Chile Lime Macarons, Linzer Bars (amazing!), Almond Biscotti, Peanut Butter Truffle Crispy Rice Bars (wow!)5. Puddings, Cakes, and Other Pastries (Topic: Comfort and Amaze!)Bubbie's (Kyra's great-grandmother's) Secret Honey Cake, Coconut Rice Pudding (lovely!), Apricot Hamantaschen, Cannolizelli, Yam Biscuits (oh-yeah!)6. Six Award Winning Cupcakes (Topic: Little Treats That Pack Big Taste )African Yam, Boston Buttercream, Orange-Vanilla, Egnog, Persian Love Cakes.7. Tarts, Pies and Puffs (Desserts to Impress)Hazelnut Pear Tart with Goat Cheese Whipped Cream (Wow-zer!), Classic Cream Puffs, TiramisuI love the variety of recipes Kyra included and along with the full-page color photograph; this cookbook is a true inspiration. She includes some all-time favorites like her wonderful scones, lots of her award winning cupcakes (as seen on "Cupcake Wars"), and unusual recipes like Apricot Hamantaschen (which is a filled-pocket pastry in Ashkenazi Jewish cuisine recognizable for its three-cornered shape). I was disappointed that one of my favorite items from Kyra's Bake Shop in Lake Oswego, Garlic Knots, were not included in the book (although I understand it is probably still a "secret" recipe since it is a real money maker in her shop).The flour combinations in Kyra's book are not a one-size-fits-all, instead each recipe has a unique gluten-free flour blend specifically formulated for the type of pastry recipe. She also explains how to adjust each of them in baking. There is also a section on "chef's tips and baking secrets" that really helps with technique. You will need a stand mixer for some, but not all of the recipes. Again, since each of the recipes are rated as easy, intermediate, and advanced, there are recipes included for every level of pastry chef. And if you're a beginner like me, lots of recipes that are both quick and easy and others that are challenging to improve my baking skills.So, I've been gluten-free since 2007 (6 years) and I love Kyra's GF bake shop in Lake Oswego, Oregon. Kyra uses high-quality ingredients in her goodies, including real butter, cream, buttermilk, etc. and everything is totally hand-made, home-made quality. Many gluten-free cookbooks use oat flour in place of regular wheat flour, but oat flour can be problematic for those that are highly sensitive to gluten (especially those with Celiac Disease). I was glad to see Kyra did not use oat flour, instead she used her own unique blends in each recipe including Sweet Rice Flour, Millet Flour, Potato Starch, Tapioca Starch, and others. I've been using Millet flour which I learned how to make from David Gabbe, an awesome pacific northwest vegan cooking instructor. David's awesome vegan gluten free cookbook: David's Vegan Home Cooking: Over 250 delicious, easy, low-fat, gluten-free, cholesterol-free recipes. I was thrilled to see that Kyra uses millet flour in many of the recipes!MILLET: Millet is the little "bird seeds" that are actual quite tasty. The best way to use millet flour is grinding it yourself, fresh! This tip is not included in the book, so I wanted to share this with you: It's quite easy to make millet flour yourself if you have a high-speed blender (like a vita-mix). Get whole organic millet seeds (available at most health food stores in the bulk food grains dept. or on-line). Put the dry seed in the Vita-mix on high until it is completely chopped into a somewhat fine powder. You'll need 1 cup of millet seed to make 1 cup of flour. This is the best way to go, since millet tends to go rancid and making it yourself assures freshness. Also, millet provides a lot of protein and roughage in a healthy gluten-free diet. You can use this technique with some of the other flours used throughout this cookbook. It's all about experimenting (although I would stick closely to her recipes at first).ABOUT THE AUTHOR: I have met Kyra on several occasions in person along with attending one of her presentations about her life and gluten-free bakery in Lake Oswego. She is an warm-hearted, enthusiast person that has overcome her autoimmune disorder thru a GF diet and become famous for her creative gluten-free creations on Cupcake Wars. In the preface of the book she describes her love of dessert recipes from childhood, her gluten-free journey which started 8

years ago, and her discovery and transition to gluten-free baking, and eventual her experiences on Cupcake Wars. WEB SITE: Check out Kyra's Crave Bakery's new web site too: [cravebakeshop.com](http://cravebakeshop.com). She has awesome cupcake/cake mixes. You can order many of her fresh baked goodies on-line. If you live or visit the Portland Oregon Metropolitan area, you MUST visit her bake shop in Lake Oswego. You can check out the menu for the day on her web site (it changes daily), or join her facebook group where she posts the next day menu the afternoon before. RESOURCE: Bob's Red Mill (based in Portland Oregon) is an excellent resource for gluten-free flours and ingredients needed for these recipes. You can purchase them on-line, in many stores around the US, and even on-line. MY FIRST CREATION: Espresso Scones. They turned out fabulous!!! I was able to find all the ingredients for the recipe at my local natural food grocery store including white rice flour, potato starch, tapioca starch (flour), sugar, xanthan gum, baking powder, baking soda, salt, espresso powder (instant espresso available in the coffee or international section of the store), butter, heavy cream, vanilla extract. And for the glaze, confectioners' (powdered) sugar, whole milk, and espresso powder. The instructions were very clear. The only adjustment I made, was I halved (1/2) the espresso glaze. I don't like my scone quite that sweet, so they turned out perfect with this small adjustment. PAPER VS. KINDLE: At first I thought I would just order the Kindle version so I would have it on my iPhone and iPad, but after previewing the beautifully printed version, it is an absolute "must have" for only \$3 more. I may even order both as having the Kindle version is really helpful when I'm in the store for a shopping list of ingredients. ABOUT THE PRICE: Since this book is printed in China it is available for a very low price. We have outsourced so many working class jobs in this country and I was disappointed to find tucked away in the back that "Printed in China" text. It is however an amazing price for only \$11.39 on . Even the regular retail price of \$18.99 is an awesome price for a hard-bound, full-color, high-quality publication. I suppose printing this book would have costed the consumer at least twice the price...yet, still my only disappointment with the book. I really doubt the author actually makes very much money off the book! FINAL NOTE: A friend of mine adores the espresso cookie and is never able to get over to the Kyra's Bake Shop shop in Lake Oswego when they're baking them. I was really, really hoping that the espresso cookie recipe would be included in the book, but unfortunately, not :( my only other "issue" with the cookbook....really, I love this cookbook and hoping the sequel to the book will include the espresso cookie recipe along with her amazing garlic knots :) ABOUT ME (YogaKat): I am not paid to endorse products nor do I work for . I started writing reviews on over a decade ago and continue to do so purely for pleasure. My speciality is yoga, meditation, and exercise videos, but I also enjoy reviewing books, especially cookbooks. I am a computer specialist, so I review lots of electronics and software/hardware products. If you have a book or product you'd like me to review on , contact me thru my profile on . Namaste! 1 of 1 people found the following review helpful. Kyra's bakery is fantastic, but for those who don't live near lake ...By Andrea L. FarstKyra's bakery is fantastic, but for those who don't live near lake Oswego this book helps you create some of her fantastic recipes

The first gluten-free baker to win the Food Network's Cupcake Wars shares her indulgent recipes for cakes, muffins, scones, cookies, brownies, cobblers, buckles, tarts, and more. When Kyra Bussanich realized she had to go gluten-free, she mourned the toasty morning muffins, moist birthday cakes, and fruity crumbles she thought she'd have to give up. Attending pastry school during the day, Kyra used trial and error to recreate her favorite treats--sans gluten--at night. Word-of-mouth spread about her scrumptious confections, and soon Kyra opened her very own Portland bakery, Crave Bake Shop. When she competed against "regular" bakers on the Food Network's Cupcake Wars--and won!--she proved that gluten-free can taste just as good as the original. With delicious flavor combinations and unique recipes like Cherry White Chocolate Scones, Boston Cream Pie Cupcakes, and Mexican Chocolate Baked Alaska, this collection of 50 foolproof recipes invites home cooks to whip up sweet treats that everyone at the birthday party, brunch, or potluck can enjoy.

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