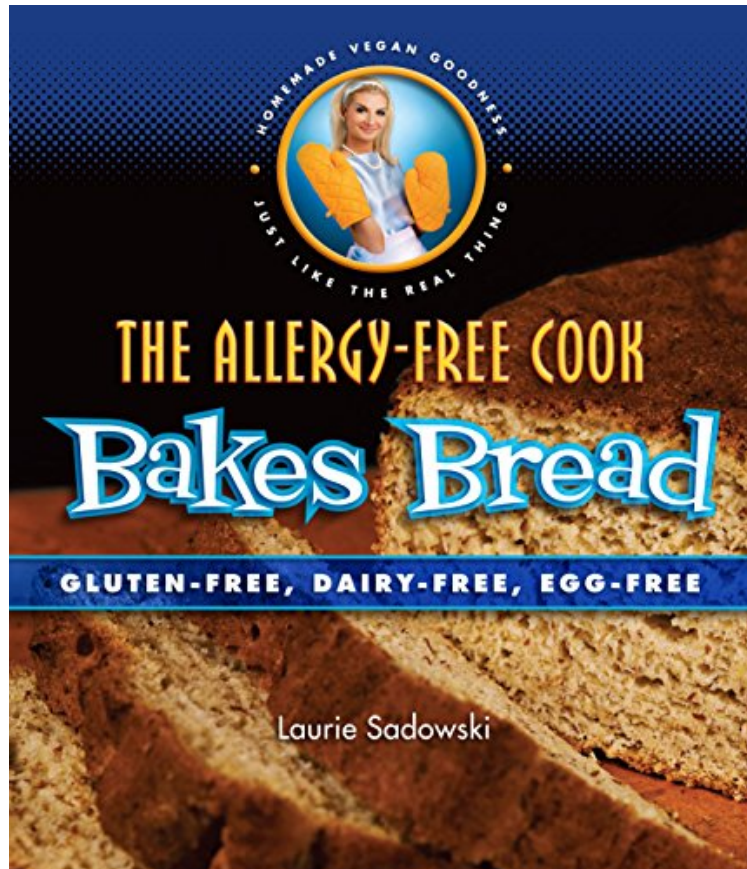


(Download pdf ebook) The Allergy-Free Cook Bakes Bread: Gluten-Free, Dairy-Free, Egg-Free

The Allergy-Free Cook Bakes Bread: Gluten-Free, Dairy-Free, Egg-Free

Laurie Sadowski

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Laurie Sadowski : The Allergy-Free Cook Bakes Bread: Gluten-Free, Dairy-Free, Egg-Free before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Allergy-Free Cook Bakes Bread: Gluten-Free, Dairy-Free, Egg-Free:

3 of 3 people found the following review helpful. Don't waste your money By renin77I would honestly give this a zero if I could. I've been gluten free for 12 years and have no issues with making good tasting gf breads and what not. I recently found out I had an egg allergy, so this sounded great to be able to figure out how to make GOOD egg free breads. These recipes are garbage. For starters, I wanted just a plain old BREAD recipe, as the book seems to state it has. It doesn't. It's a lot of off the wall combinations and too many sweet breads and treats.....not what you might think when you want bread. Also, every. single. recipe. have 87 different flours and ingredients. I don't have room in my pantry for every one of these flours she claims you need. And I'm here to tell you, you don't need of that to make good bread. I would love it if I could get my money back this recipe book is so bad. I guess that's what I get for ordering a Kindle recipe book without actually seeing it like I could at a physical store.3 of 3 people found the following review

helpful. Excellent Baking Book! By Ruth Larkin
Alright, I used to bake a lot. I made bread for my family at least once a week, along with muffins, cookies, cakes, pizza, etc. Then I learned that I was gluten-intolerant. But wait! Not just gluten, also egg and dairy. I gave up baking. I basically gave up eating packaged baked goods. (Have you noticed how many gluten-free items happen to contain eggs or dairy?) Then I discovered this book and its companion "The Allergy-Free Cook Bakes Cakes and Cookies." I really like the variety of recipes. While there are yeast breads that require several hours to make, rise, and bake, there are also quick breads that are much faster. Chickpea bannock is one of my favorite for whipping up as a fast breakfast on a work day. I've found that these recipes are tolerant of substitutions and adjustments. I don't keep in stock all the flours that the author calls for, so I just use what I have and things seem to come out fine. Maybe the taste is different, but the recipe doesn't flop. 10 of 11 people found the following review helpful. **AMAZING TASTING BREADS!!! A MUST HAVE BOOK** By Ryan **BY FAR THE BEST ALLERGY-FREE/VEGAN GLUTEN-FREE BAKING BOOK!!!** My son and I both have a severe intolerance to gluten. So, as a family, my wife and I decided that the whole family would go gluten free. The only problem was that we are a family that loves bread. My son pretty much subsisted on peanut butter and jelly sandwiches. So, we knew finding a bread alternative that was gluten free would be the key to success. Until I discovered the Allergy-Free Cook Bakes Bread, I was on the verge of giving up on trying to bake gluten-free bread at home. I had tried dozens of recipes and always ended up with nasty-tasting gummy dense bread. But, the moment I took my first bite of the Wholesome Flax Bread recipe from her book, I knew I'd finally stumbled onto something good. The bread tasted great and was obviously meant to be nutritious as well. The store loaves that are filled with brown rice flour and tapioca starch aren't exactly nutrient dense. The Wholesome Flax Bread is both delicious and good for us. So, with that first success, I wondered could her book match the success with other recipes. I can say whole-heartedly, that every recipe I've tried from this book has been an amazing success story. The English Muffins are awesome and truly easy to make. And they really have the nooks and crannies that gluten based English Muffins always had. And they taste like delicious English Muffins. The Rustic French Bread is mind boggling good. I'd always wanted to find a healthy way to make French Bread. And this gluten free version of french bread tastes just as good as french bread ever did, but now it is actually healthy and not just a lot of empty calories. And last, but not least, the Maple Raisin Bread (which can be made as a Cinnamon Raisin bread) was unanimously agreed upon by all members of my family to be the best Cinnamon Raisin Bread we have ever tasted. So far, every recipe we've tried has been a huge success. This book has really made going gluten-free a pleasure rather than the challenge that I expected it to be. No one is missing the gluten versions of the breads we use to love since the gluten free versions in Laurie Sadowski's book are every bit as tasty and way more nutritious than the old gluten versions of our breads we love. I can't wait to try more of the recipes, as I have no doubt that they will continue to amaze me with how easy Sadowski makes it to cook excellent gluten-free breads. And if you are looking for a good reference on gluten-free baking, the first few chapters of the book go into a lot of detail on how to go about stocking a pantry, getting used to the experience of gluten free baking, and the differences in the various types of flours and starches. If you only get one book on gluten-free vegan baking, I would definitely recommend that you make The Allergy-Free Cook Bakes Bread your book of choice. You won't need any others! This book truly has it all. And the best part is, my son and I are definitely noticing huge benefits in how well we feel thanks to such an easy transition to a gluten-free life.

Dealing with any food allergy is a challenge, especially when you find yourself coping with more than one of the common food allergens: gluten, wheat, dairy, or eggs, as well as soy, corn, tree nuts, or peanuts. Food writer and critic Laurie Sadowski delivers recipes that are gluten-free, vegan, and healthful with a few indulgences, classic essentials, and everything in between. In *The Allergy-Free Cook Bakes Bread* proves that restricted ingredients do not equal restricted diets. These recipes have universal appeal and are everyone's favorites: rich sweet breads, muffins cinnamon rolls, and doughnuts, as well as tasty crackers, biscuits, tortillas, and soft, hearty yeast breads, rolls, pitas, bagels, and pizza crusts. Also provided is information on how to interpret ingredient labels, keep food allergens out of your environment, and get all the nutrients you need on a specialized diet along with essential information on gluten-free flours, stocking a gluten-free pantry, and how to make substitutions for milk, eggs, butter, and other problem ingredients.

From the Inside Flap
Laurie Sadowski is a certified personal trainer, nutrition and wellness specialist, and yoga instructor. She moonlights as a musicologist and loves to spread awareness about balanced living, cooking, and baking. About the Author
Niagara-based Laurie Sadowski's love of food began at a young age, but her creativity in the kitchen began when she was diagnosed with celiac disease. Adopting a vegan diet led to further interest in everything food, soon winning the vegetarian category in a national recipe cook-off and becoming a regular food columnist for her local newspaper. Her love of food and helping others resulted in freelancing as a food writer and becoming a published cookbook author. Her books, *The Allergy-Free Cook Bakes Bread* (2011), *The Allergy-Free Cook Bakes Cakes and Cookies* (2013), and *The Allergy-Free Cook Makes Pies and Desserts* (2014) are devoted to gluten, dairy,

egg, and soy-free baked goods that taste just like the real thing.