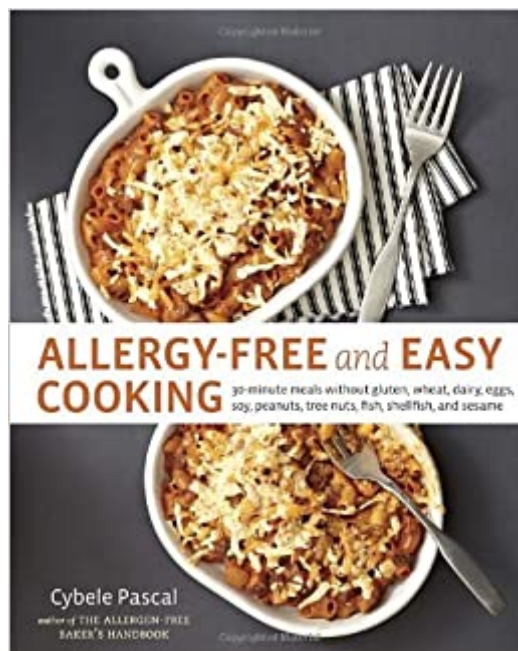




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# Allergy-Free And Easy Cooking: 30-Minute Meals Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, And Sesame



## Synopsis

A collection of 75 completely allergen-free recipes ready in 30 minutes or less, perfect for food allergic kids and busy professionals who need to get meals on the table swiftly. With her acclaimed cookbooks and loyal following, Cybele Pascal has been pioneering allergy-friendly cooking for more than a decade. As the mother of two kids with food allergies, Pascal knows the value of weeknight-friendly allergy-free recipes that can be prepped and on the table in half an hour without sacrificing flavor or texture. Through adept ingredient substitutions and easy-to-follow techniques, Pascal excels at providing enticing recipes that steer clear of the top eight allergens and appeal to home cooks who need to avoid dairy, eggs, wheat, soy, peanuts, tree nuts, fish, shellfish, and sesame. Pascal's allergy-friendly versions of favorites like Creamy Mac & Cheese, Buffalo Wings with Ranch Dressing, Chicken Mole Soft Tacos, Gnocchi, Deep Dish Pizza with Italian Sausage, and Beef and Broccoli Stir-Fry have all the appeal of the originals, and are perfect for food allergic kids and busy professionals. Allergy-Free and Easy Cooking is a delightful solution that will help you get flavorful, safe meals on the table swiftly.

## Book Information

Paperback: 176 pages

Publisher: Ten Speed Press; 1 edition (December 4, 2012)

Language: English

ISBN-10: 1607742918

ISBN-13: 978-1607742913

Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 124 customer reviews

Best Sellers Rank: #50,275 in Books (See Top 100 in Books) #103 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #135 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free #167 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

## Customer Reviews

"Cybele's recipes evoke comfort and delicious tradition with the added bonus that they are gluten-free. There is something for the whole family." —Aran Goyoaga, author of *Small Plates* and *Sweet Treats* and creator of the blog *Cannelle et Vanille* "When your child is diagnosed with food allergies, your first question is likely,

“What will I feed them?” In this book, Cybele Pascal provides allergy-friendly comfort foods and traditional takeout dishes that your family can enjoy once again. The best part is this cookbook is designed for busy parents on the go; you will be able to make these recipes in thirty minutes or less!

•Lynda Mitchell, President of the Kids with Food Allergies Foundation “This book proves that the joys of cooking and eating exist for all of us, regardless of any food restrictions we may have. Cybele Pascal has, once again, given us everything we need to make allergen-free, easy-to-make, and (most importantly) super-delicious meals. Everybody eats; everybody wins!

•Peter Reinhart, co-author of The Joy of Gluten-Free, Sugar-Free Baking “This is a great book that will make the lives of gluten-free mothers everywhere easier!

•Elana Amsterdam, author of The Gluten-Free Almond Flour Cookbook and creator of ElanasPantry.com “Cybele’s latest book, Allergy-Free and Easy Cooking, is a superb resource for our family. The meals are visually appealing, healthy, and simple to create. Gone are boring dinners! Thank you, Cybele, for putting zest back in our mealtimes.

•Nicole Smith, founder of AllergicChild.com “Who would believe dairy-free, gluten-free mac & cheese; shrimp-free paella; or South Asian cuisine with no wheat, fish, or soy? There is no deprivation here!

•Cybele Pascal opens a broad and delicious world of extraordinary possibilities. With this wide-ranging cookbook, Pascal seals her status as the brilliant wizard of the allergy-friendly kitchen.

•Gwen Smith, founder and editor of Allergic Living magazine

CYBELE PASCAL is the author of two bestselling cookbooks, The Allergen-Free Baker’s Handbook and The Whole Foods Allergy Cookbook, and has appeared on The Martha Stewart Show, the Food Network, the Today show, Good Morning America Health, PBS, and NPR. She is a leading blogger in the field with an award-winning website, and she lectures and teaches nationally. Pascal serves as a Celebrity Ambassador Who Cares for FAAN/FAI (Food Allergy and Anaphylaxis Network) and is the founder and president of Cybele’s Free-to-Eat, a line of gluten-free foods that are free of the top eight allergens. For more information, visit [www.cybelepascal.com](http://www.cybelepascal.com).

I feel like that should be the default title for my reviews. So often, I end up reviewing something simply to make up for unwarranted bad reviews by people who didn’t understand the purpose of the product or book. Know what you’re buying, and don’t dock an item if it doesn’t magically do something outside of its stated purpose. Examples:1. "My reasons for cooking allergen free include

HEALTH. These recipes use processed ingredients such as margarine, canola oil, soy cheese..." This was the review that prompted my counter-review because it's uninformed, incorrect, and lacks thought all around. Margarine is used because butter is DAIRY. Non-dairy "butter" is called margarine. It's really that simple. Not all margarines are created equal, so a savvy chef should be able to find one that fits his or her needs. You could also use coconut oil or sustainably-harvested palm oil instead. That's what I do. Canola oil is probably specified because "vegetable" oil is often made from soy, and this is a soy free cookbook. If you don't like canola oil, use a different oil. And the supposed soy cheese? Where? Daiya cheese is soy free. You find an unprocessed, allergen free cheese, and you'll be a millionaire. Possibly even richer, because an unprocessed cheese would be a miraculous new discovery. All cheese is necessarily processed. It has to be, because milk doesn't turn into cheese by itself. Minimally processed (old fashioned) cheese is nice, but when you have multiple food allergies, you don't have much of a choice.<sup>2</sup> "Relies heavily on Daiya cheese, which I find disgusting." That's because Daiya is so low allergen. Most dairy free cheeses use soy. This book is meant to be soy free. If you don't like Daiya cheese and don't have a soy allergy... use another cheese! While you're enjoying your dairy free, non-Daiya cheese, you can also thank your lucky stars you have a choice. Not everyone does. Docking this book for including a cheese that fits the stated purpose (free of the top 8 allergens) is ridiculous.<sup>3</sup> "It's not for the Autoimmune Paleo protocol." This one makes me want to give my face some keyboard. Of course this book isn't for the AIP. It also isn't for the low histamine protocol, but you don't see me docking the book for that. Why? Because that's not what the book was made for. It's for people with multiple food allergies. It says that clearly on the cover. If you want a cookbook for the AIP, find one that is for the AIP. Don't give this book a negative view because it didn't do what it never said it was going to do. If I sound a little frustrated, I am. Trying to find and make food with multiple food allergies and intolerances is incredibly difficult, and I deeply appreciate what Cybele Pascal did in writing this cookbook. Criticizing this book for not being something else - when it is already reaching for an extraordinarily challenging goal - is just absurd. I will update my review later when I have had time to test try a few recipes. I can say that, so far, the recipes I have seen look like any substitutions will be easy (eg lite tasting olive oil for canola oil). And, although the one review had me concerned that this book was full of processed junk, I am happy to say that isn't the case. The processed foods in the book are there for a reason (ie allergen-free cheese is necessarily processed). Of all the fast and easy recipe books I've seen, this one uses the most whole foods.

Recently diagnosed with food allergies as an adult, this book helped me a lot in the beginning. It's

like - what CAN I eat at this point? Let me look up how to make things I'm used to and how to make them without my allergens. It helped me wrap my head around small changes and not having to reinvent the wheel. There are a lot of criticisms about people who don't like Daiya cheese and that's what's used in place of the cheese in most recipes - if you don't like it then don't use it! Also, I can eat dairy so I just put in regular cheese. Easy.

My daughter was recently diagnosed with wheat, egg, and peanut allergies and I was feeling really overwhelmed about what to cook. Being a busy family I don't want to cook separate meals and was looking for recipes that everyone can enjoy. This cookbook has really been a great help, the recipes are tasty and simple to prepare. We really enjoyed the chilli Mac and the chicken a la king. One note though, I'm not sure everything can really be prepared in under 30 minutes, at least not the first few times you make the recipe. You'd have to really use her tips of using kitchen gadgets and buying precut celery, red onions etc, which I prefer not to do. Despite that I still think the recipes are delicious and this is a great cookbook for a family who has a member with food allergies and needs recipes that are safe and also delicious for the non allergic members

My daughter was recently told that she is allergic to gluten, some nuts, wheat, dairy, and egg whites. I have already made several recipes from this cook book, and they have all been fabulous! My daughter absolutely loves all of the things I have made, and it has been the first time I have seen her smile about food in the last few weeks. These recipes have given my daughter hope that she can eat great tasting food--without all of the things she cannot eat.

Great!!!! I've made a few from each book. I sometimes tweak the recipes a bit tho. Practice makes perfect. They use odd ingredients too. So I have to read through everything to make sure I have everything. Basically I plan it out a day or two in advance. I made meatballs from the book and tweaked it 3 times b4 we got the taste we wanted. They are awesome. Even Bradley said so. Lol. I made 63 meatballs yesterday. I froze 48 of them. We devoured the rest. I also made a blueberry cake yesterday. Dylan said it tastes like a pancake and a blueberry muffin had a baby. LMAO. Definitely worth the \$\$.

My teens have posit flags on many pages for recipes that they want me to make--so far the recipes are great and quick too. I recommend this for families as the recipes are mostly allergy free versions of fairly commonplace American foods. I greatly appreciate the vegan section and the blackeyed

pea cakes and Mediterranean salad is superb. This week I have been converting some recipes to make them in my Electric Pressure cooker (Instant Pot) which makes a good quick meal CRAZY FAST.

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