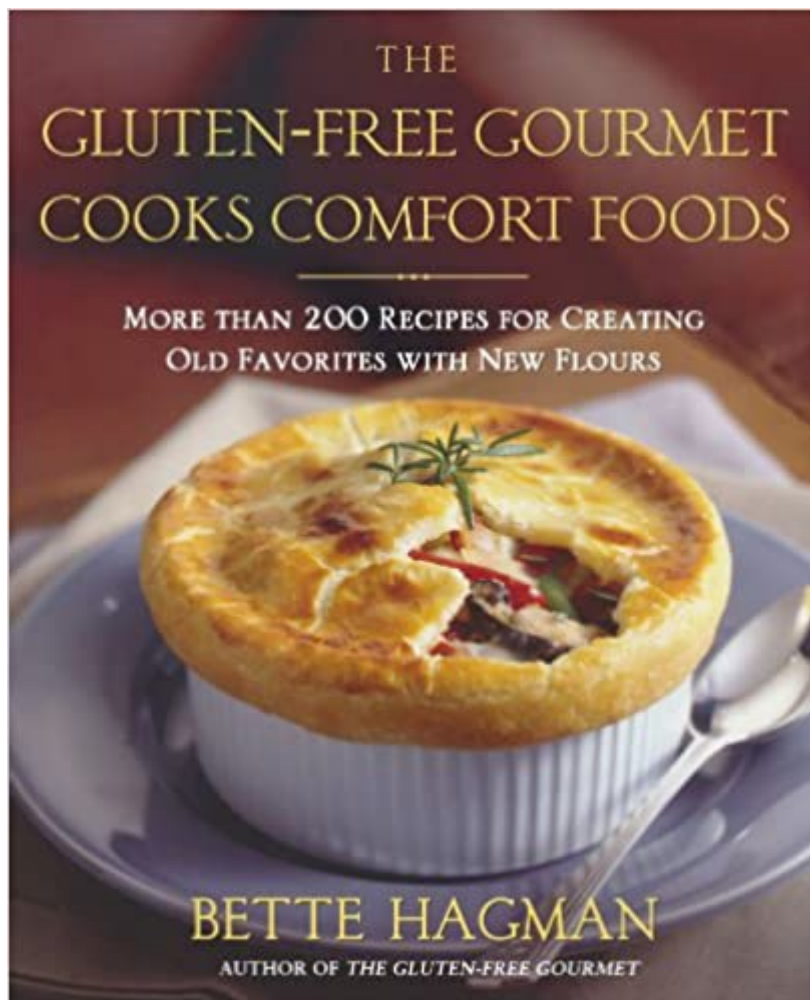




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The Gluten-Free Gourmet Cooks Comfort Foods: Creating Old Favorites With The New Flours



Synopsis

The latest addition to the bestselling series of cookbooks that have sold more than 300,000 copies. Bette Hagman is the premier creator of recipes for those intolerant to gluten and for those allergic to wheat. In the latest addition to the Gluten-free Gourmet series, Hagman turns her hand to old favorites such as macaroni and cheese, chicken pot pie, and lasagna that were once off-limits to anyone who is gluten intolerant. At the core of this book are more than two hundred all-new recipes for the mouth-watering comfort foods enjoyed by people everywhere. The nutritional information and dietary exchanges that accompany each recipe will make these hearty and delicious foods fit easily into any diet. Hagman also provides an introduction to new flours now available to the gluten-free cook and offers a list of sources for gluten-free baking products you can order by mail. With *The Gluten-free Gourmet Cooks Comfort Foods*, everyone can enjoy satisfying meals and snacks without gluten or wheat.

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Customer Reviews

This sixth title in Hagman's "Gluten-free" series follows up on volumes covering bread and dessert with recipes for everything from Fruited Dressing for Pork and Chicken and Four-Star Chili to Biscuits and Gravy, Microwave Chicken and Dumplings and Chocolate Pecan Cupcakes. After a short introduction, Hagman offers a condensed history of celiac disease, whereby glutens produce an autoimmune reaction that leads to dangerously low levels of calorie absorption. She notes that while one in 150 people may have celiac, only one out of 10 people with gluten intolerance has

been properly diagnosed. The "Growing Up Celiac" discusses the specifics of diagnosis and psychological reactions to the disease, and a short section covers "Autism and the GF/CF gluten-free/casein-free Diet." After annotated lists of "Exotic Flours and How to Use Them" and "Supplies Used in Gluten-free Baking" (along with an appendix in the back of where to find them), Hagman dives into the recipes. None are more than a page long, and all are tersely but clearly explained, with the calorie, fat, cholesterol, sodium, carbohydrate, protein and fiber counts broken down for each. Since the dishes here are "comfort foods," they're not exactly elegant: biscuits, meat loafs, shepherd's pies and casseroles hearken back to home cookery of earlier decades. But they make use of a wide variety of grains, including amaranth, millet, teff and quinoa, which means a greater choice of flours (and, by extension, dishes) for celiacs craving grain-based carbs and gluten-free baked treats. (Indeed, Hagman offers over 40 recipes with an "exotic flour" as a basic ingredient.) For those feeling nostalgic-or simply ready to enjoy a nice gluten-free Lemon Pudding Cake-Hagman offers the goods. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Sufferers of celiac disease used to find it hard to pursue a gluten-free regimen. Thanks to a growing awareness of this disorder and of food allergies, nutritionists and chefs have come together to generate a balanced diet with plenty of flavors and extensive variety to assuage the celiac's appetite. Hagman's Gluten-Free Gourmet series of cookbooks has added another volume: The Gluten-Free Gourmet Cooks Comfort Foods. Her latest recipe collection begins with a review of the various grains that lack gluten and the flours that can be produced by milling them. Mixtures of rice, potato, tapioca, and cornstarch--plus flour from exotic beans--provide texture, flavor, and nutrition to foods without resorting to forbidden wheat. This allows celiacs to relish formerly taboo comfort foods such as "macaroni" and cheese, chicken-fried steak, lasagna, rye bread, biscuits, pie, and a host of other heretofore inaccessible foods. Mark Knoblauch Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

Bette takes the guess work out of gluten free recipes. She has done all the experimenting for us! If you are willing to buy several different kinds of flours and starches to make your own baking mixes, this book provides MANY great recipes for using those mixes. I have tried many of the muffin, quick bread, and waffle recipes, and have not been disappointed yet. The baked goods don't stay fresh for long (maybe a day or two at the most), so I put everything in the freezer. It works out very well! I also have Gluten Free Gourmet Bakes Bread, but I like Comfort Foods better. She uses more of the

"newer" flours (like Teff), which I have found really lend a lot to wheat free baked goods.

I have had a chance to try a few things from this book for my son with wheat and egg allergy. Life certainly got easier since he outgrew the soy and milk allergies last year....before that, it was VERY hard to bake anything tasty. On with the review!! I made the Amaranth or Quinoa Waffles on page 130 with both flours. (I made Amaranth waffles and then Quinoa waffles. I did not mean that I combined the flours. The recipe can be made either way). I doubled the recipe for each and my son (age 6) devoured them. The leftovers I froze and pop what I need into the toaster oven as needed. Tonight we made the Featherlight Biscuits on page 226. They were simply AWESOME hot from the oven, slathered with butter and honey! I'm not a biscuit fan at all, but the entire family loved them. I had to cut the children off so that there would be some left for the sibling who cannot have wheat. We gently rolled the dough, which was super easy to make, and fast, then cut biscuits with a heart shaped cookie cutter. One reason it seemed so fast to make the dough is that there are no eggs in the recipe (which can become tedious when using egg replacer). We were delighted with the results. There's nothing worse than using one's expensive alternate flours in a recipe that fails. Some time ago I made the Crunchy Broccoli Salad on page 121. I substituted turkey bacon and egg-free mayonnaise. My husband, who hates mayonnaise, liked it so much, that I made it again for company who then asked for the recipe. The author includes a large variety of meals, but interestingly enough, many are regular recipes without unusual ingredients (flours). My desire, in purchasing GF cookbooks, is to acquire good recipes that make use of alternative flours for baking. I have also made a GF Macaroni and cheese with corn pasta which was enjoyed by all, as well. I'm so sorry, it may have come from this cookbook, or another GF book I purchased at the same time. I just can't recall. I'm glad I bought this book and would recommend it to others who cannot have wheat. Maybe I'll even try some "regular" recipes as well. 10/29/10 I made the Banana Bread Deluxe on page 219. Instead of 1 c. of Teff flour, I substituted 1/2 c. coconut flour, 1/4 c. quinoa flour, and 1/4 c. amaranth flour. The bread was delicious and seemed completely "normal". The batter was fluffy and light as I spooned it into the baking pans instead of a solid, dense, rubbery mass as many wheat-free recipes seem to be. As I test more recipes, I'll review them. Someone who eats wheat would never notice that it was made with unusual flours.

This cookbook is excellent, well put together and full of simple recipes for busy people and contains ingredients that are easy to find. Most newer cookbooks are full of ingredients that can only be found in big city's specialty stores but this is not one of those. Going gluten free is not easy on those

of us that have to, but Bette Hagman has made it so much easier with this well planned and thought out book. I am looking forward to trying her pizza crust but am awaiting my order from so that I will have everything I need. This is the one that I wish I had found first! The "Wheat Belly" book is also excellent, with totally different flours, but already, I am getting tired of the same tastes in all of the baked goods. This book is much closer to the "normal" tastes that I've been used to for 60 years. My plan is to bounce back & forth between the two cookbooks and get the best of both worlds. In the meantime, I am down 15 lbs, no more eczema, no more heart burn, an energy level that I haven't had in 20 years and the brain fog has lifted.

Most or close to all of the recipes use dairy cheese, eggs, gelatin, meats and seafood ingredients which are not part of my diet. Many recipes call for canned or processed products. The few acceptable recipes use little originality or creativity and do not make the book worthwhile for vegans/vegetarians who are also gluten free. For example the Mock Creme Fraiche (with changes for dairy-free) recipe says to mix heavy cream or non-dairy creamer, nonfat sour cream or nondairy sour cream and sugar. That's hardly an original recipe in my opinion. One helpful table (a full page in the book) gives the formulas for making 5 gluten free flour mixes to use when baking. Overall I was very disappointed with this book and would have purchased a different cookbook more suitable for my dietary preferences.

Bought this as a gift for my sister who had to go gluten free for her health. She said it was very good.

New to the gluten free world, my wife has tried LOTS of new recipes on us. Seeing this one entitled "comfort foods" enticed me to buy this one for her. High level of excitement for her to get into this one and so far so good! All recipes so far have been clear and really just vary on those dreaded 'gluten free' elements that can taste horrid with one manufacturer and pretty good with others (rarely do we find an "AMAZING" in GF items.....not yet anyways). This book offers a lot of potential goodness and options is something you want when you have a limited base to choose from in a gluten free world.

excellent

If you are trying to eat only GF, it's a great book. If you are not a vegetarian, it's likely equally as

great. But if you watch every single thing that goes into your body, you won't like it--too many things I can't or won't ingest and not enough simple, real foods to be worth the effort.

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