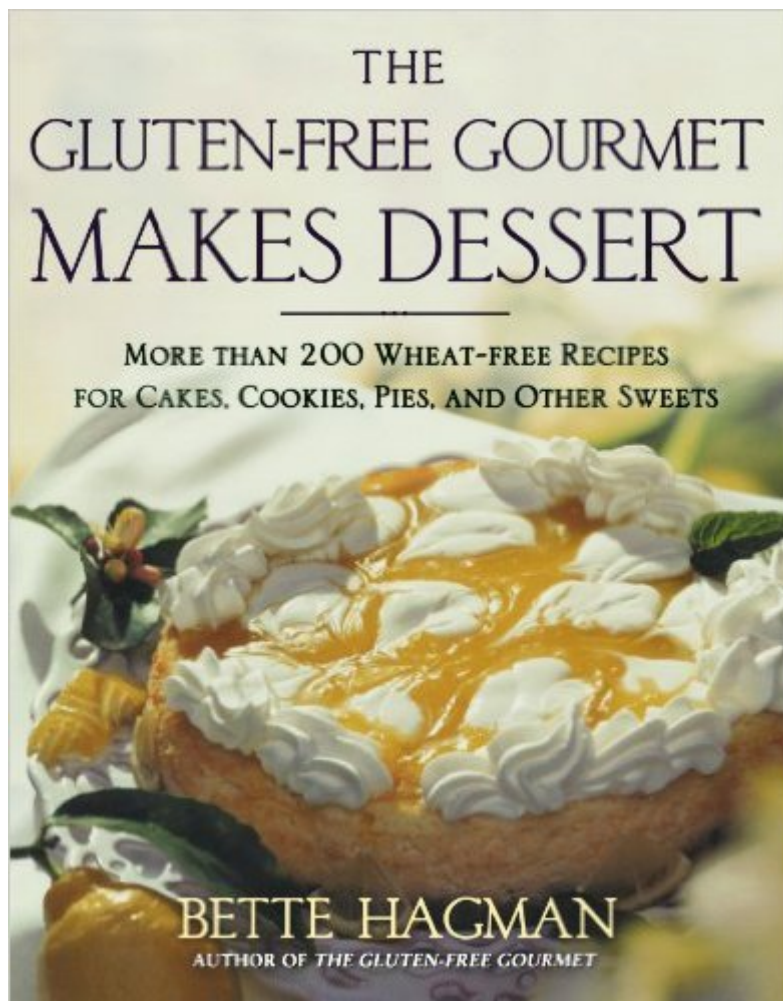


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# The Gluten-free Gourmet Makes Dessert: More Than 200 Wheat-free Recipes For Cakes, Cookies, Pies And Other Sweets



## Synopsis

From the leading expert in gluten-free cooking, more than two hundred recipes for delicious cakes, cookies, pies, and other desserts Bette Hagman's four cookbooks have sold more than 220,000 copies and established her as the leading expert in the ever growing market of gluten-free cooking. She 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 that most loved part of the meal, dessert. At the core of this book are more than two hundred easy-to-follow recipes for delicious cakes, pies, cookies, puddings, and other sweets, including Chocolate Peanuty Cupcakes, Raspberry Bars, and Gingersnaps. The nutritional information and dietary exchanges that accompany each recipe will make these desserts fit easily into any diet. Hagman also answers common questions about gluten-free baking and provides a list of sources for gluten-free baking products you can order by mail. With *The Gluten-free Gourmet Makes Dessert* no meal will have to end without dessert again.

## Book Information

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## Customer Reviews

Those of us following a gluten-free diet often feel something akin to claustrophobia when it comes to food. Every day we're faced with so many goodies that we can't have. It's a great comfort to have a resource like this one at home when you walk past the bakery section of your local grocery store. Just knowing you *can* go home and bake something sweet and tasty opens up your world a little. And these recipes do work; some are complex, many are very simple, which means the book

answers a range of cook's skills. While it is true that the recipes are based on mixes made from a wide range of sometimes exotic flours -- usually available through an American health food store -- it's not fair to condemn any of Bette's books for this. You're just not likely to find most gluten-free flours for cheap in your grocery store, at least not this early in the millennium. My 11-year-old daughter has adopted this book as her kitchen companion. She turned out a wonderful cake on her first try. For those of you with children stuck with a gluten-free diet for life, there is no more essential skill to pass on to them than cooking -- and no better passion than a love of cooking -- that will support them through a lifetime on a specialized diet. This book makes a great starting place for cooking with kids, as well as being a suitable cookbook for adults of all skill levels.

I have celiac disease, which is essentially an allergy to wheat protein, and I've been GF for 5 years now. (Why does that sound like I'm at an AA meeting?) Bette Hagman's books are the first couple of books that I got, and I still use them every day. "Dessert" is one of the best for the extra information it includes. While all of the books have the GF mixes, this book has a great table of the protein, fat, carb, and fiber content of many of our "funny flours" (p26-7). It's fantastic for figuring out what flours to try substituting with if you're trying to increase the protein or fiber content of a recipe. It also has an example of how to take an ordinary cake recipe and make it GF, and suggestions for how much xanthum to use (p30-1). There's also a great troubleshooting chapter that starts on page 33. The "cakes from mixes" chapter is less than exciting. It's where you take a GF cake mix and then add so much stuff to it that you could've started from scratch. Steer clear of the brownie recipe on page 138. It was rock hard on the edges and underbaked in the middle, and it didn't have nearly enough chocolate in it. I just use a regular recipe and, with the help of the guidelines on page 33, make good cocoa brownies. Favorite recipes: Pumpkin cake p64 Banana cake p61 (These are both like really good breads.) Toll House cookies p157 Chocolate Mousse cake p282 (One of the better flourless choc cakes I've had) TK Kenyon Author of Rabid: A Novel and Callous: A Novel

I was recently given this book by my celiac mother-in-law, and I am so grateful. My sister and I are both celiacs, and desserts like cake and cookies have been missing from our lives for years. (I mean, REAL cakes and cookies that taste like their gluten-laden counterparts.) From the very first recipe we tried- frosted macadamia nut bars (p.145) to my 25th birthday treat- whoopie pies (p.118), my entire family has devoured the outcomes. Including those who can eat wheat. This book explains every detail about gluten-free flours, right down to their protein contents, and how and why they work. This is an absolute must for anyone who wants to enter back into the realm of heavenly

desserts, or anyone catering to their beloved celiac. Just be prepared to stock your shelves with a bunch of new flours, and you'll be on your way!

After recently discovering I am allergic to wheat/gluten I have been trying the alternatives pre-made at Whole Foods, my local Health food store. That adds up. I have always enjoyed baking and missed that as well. Bette's books satisfy me in both areas. I can now bake again for myself and after the initial investment of the flours, turn out treats for much less than the pre-made items. Waffles, bread, cookies..yum! I have successfully substituted soy milk for any dairy in her recipes since that is an allergy too. If you are gluten free and debating the purchase of this book - I say go for it!

I recently made one of Bette's cakes from The Gluten-free gourmet makes dessert. It was so good that my wife (who is NOT a celiac) and I finished the whole cake in one sitting! Not all of the recipes will be to everyone's liking and some of the recipe proportions need tinkering. However, considering what's out there for celiac's to use this book is a life saver. The pumpkin cake is great and the danish is incredible. A must read for any celiac.

Those of us following a gluten-free diet often feel something akin to claustrophobia when it comes to food. Every day we're faced with so many goodies that we can't have. It's a great comfort to have a resource like this one at home when you walk past the bakery section of your local grocery store. Just knowing you *\*can\** go home and bake something sweet and tasty opens up your world a little. And these recipes do work; some are complex, many are very simple, which means the book answers a range of cook's skills. While it is true that the recipes are based on mixes made from a wide range of sometimes exotic flours -- usually available through an American health food store -- it's not fair to condemn any of Bette's books for this. You're just not likely to find most gluten-free flours for cheap in your grocery store, at least not this early in the millennium. My 11-year-old daughter has adopted this book as her kitchen companion. She turned out a wonderful cake on her first try. For those of you with children stuck with a gluten-free diet for life, there is no more essential skill to pass on to them than cooking -- and no better passion than a love of cooking -- that will support them through a lifetime on a specialized diet. This book makes a great starting place for cooking with kids, as well as being a suitable cookbook for adults of all skill levels.

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