

## The Essential Gluten-Free Baking Guide Part 2

*Iris Higgins, Brittany Angell*

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**Iris Higgins, Brittany Angell : The Essential Gluten-Free Baking Guide Part 2** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Essential Gluten-Free Baking Guide Part 2:

22 of 22 people found the following review helpful. Deliciousness, De-MystifiedBy LVanBlarcumPart II of this outstanding Gluten Free primer is finally here and even though I've only had it about 12 hours I feel a quick review is in order. You see, I was a lucky tester and have already made the Flaky Pie Crust, the Pineapple Upside Down Cake, the Naan and the Pita Bread (which got left out of the index and is on page 128) plus a few more. Everything was so delicious it surprised me. The Pita Bread still makes me think of substituting all other bread for it, but then I couldn't eat bagels. It's a conundrum. As you most likely already know, There's an incredible wealth of information squeezed into these two volumes. This one details the uses of Sweet Rice, Sorghum, Buckwheat, Teff, Cassava and Potato Flours. Gluten Free Baking 101 (as I call it) which discusses flours, starches, substitutions, egg replacers and alternate sugars starts out the book. Plus, I really love the interviews with all the other Gluten Free baking experts. The recipes

are:SORGHUM FLOUR: Cheesy Cornbread Balls, Apple Cinnamon Waffles, Spinach Shallot Souffles, Spicy Chipotle Jalapeno Corn Muffins, PBJ Snack Crackers, Butternut Squash Pot Pie with Vegan Crust; YEAST-FREE VEGAN SANDWICH BREAD (I made this and loved it), Pineapple Upside Down Cake, and Lemon Crumb Cake.BUCKWHEAT FLOUR: Buckwheat Crepe Tortillas, Buckwheat Tortillas, Buckwheat Molasses Bread, German Chocolate Cookie Sandwiches (my husband loves these), Chocolate-Coated Apricot Brownie Bites, Sesame Buckwheat Breakfast Cookies, Winter-Spice Pancakes (soo good), and Apple Kuchen.TEFF FLOUR: Whole Grain Dinner Rolls (Egg-Free)- my husband said "they're just like bread!" Pizza Roll Ups, Gingerbread Men, Oat Bars, Toasted Pine Nut Rosemary Flatbread Crisps, Cranberry Upside Down Cake, Oreo Style Cookies, and Gingerbread Angel Food Cake.SWEET WHITE RICE FLOUR: Chocolate Wafers, Flaky Pie Crust, Cinnamon Rolls w/Esspresso Icing, Cutout Sugar Cookies, Snickerdoodles, Nilla-Style Wafers, Powdered Fried Cake Doughnuts, and Lemon Bars.POTATO FLOUR: Mini Pizza Pockets, Naan, Paprika Dill Waffle Crisps, Pita Bread (pp. 128-129), and Bagels.CASSAVA FLOUR: Snickerdoodles, Brownies, Peanut Butter Cookies, and White Butter Cupcakes.MAKE YOUR OWN VEGAN PANCAKES AND WAFFLES: This chapter is precisely that - how to make your own with whatever flour you have on hand and whatever suits your preferences. This is one handy chapter as is the Quick Bread chapter in Book 1.FROSTINGS: Frostings, Syrups and Glazes as well as soft caramel candy.Just do yourself a favor and buy it. These recipes cured my 4 year Gluten and Dairy Free headache and got me back in the kitchen and I'll be forever grateful to Iris and Brittany because of it. Buy both. They belong together. They'd be handy bound together. Triumph Dining, are you listening?15 of 15 people found the following review helpful. Great Info for gluten-free, wheat-free, sugar-free, even dairy free!By K. M. KriegerThis review covers both Part 1 and Part 2, since I bought both. The difference between the two books is in the flours that are emphasized and explained: Part 1 details Amaranth, Almond, Quinoa, Garbanzo [a.k.a. chick pea], Millet, and Coconut flours; Part 2 details Sweet Rice, Sorghum, Buckwheat, Teff, Cassava, and Potato Flour.Although the names of the non-wheat flours may sound exotic at first, the authors The first part of this slim volume is packed full of exactly what one needs to know to accommodate one's needs by telling the reader how to make satisfying substitutions. In addition to providing tips regarding which non-wheat flour(s) can be substituted one for the other, sugar-free and dairy-free adaptations are also covered.Then you get to the great recipes! This is not a case of buying a book with hundreds of recipes, but only find a very few palatable - every one of the 50+ recipes is enticing. And there is something good to try for each flour, so that flour purchases can be made step-by-step. The result is that the reader stops thinking about what cannot be eaten, because the things that \*can\* be eaten are so delicious!The authors also provide a list of additional resources, including additional cookbooks, magazines, and informative websites to help the reader find additional information and recipes.All in all, I'm very pleased that these are my first purchases following the very-recent diagnosis of my wheat allergy.1 of 1 people found the following review helpful. My first gluten free bookBy Tonja LinsonI found Brittany Angell's website online and have made many a recipe from the blog. This is where I found the books, which I pre-ordered,and I couldn't be happier. These books have been a God-send in my journey for corn-free, rice-free and gluten-free living. Brittany makes these recipes so easy by detailing in the book which substitutions to use and how each different ingredient can alter the taste, density and overall consistency of the food. The variety of flours can overwhelm-but not in a bad way. It shows that no matter what your dietary needs are, healthy and rewarding eating is still achievable.With the abundance of corn in so many products, I was fearful I wouldn't be able to enjoy treats. She has out done herself and I have been able to experiment and have all the things I love-just better for me. These allergies haven't been the "death" of me.Thanks, Brittany

This Essential Guide is the all inclusive one stop shop to gluten and allergen free baking. Six chapters each dedicated to a specific flour including 50+ diverse recipes that are packed with the information you need for successful gluten free baking. From delicious Bagels, Naan and Tortillas to Cinnamon Rolls, Oreo Cookies and Nilla Wafers. Learn how to make these unique and hard to find allergen free recipes. Brittany and Iris will help you: Learn how to successfully bake with each flour Learn how to best substitute each flour Understand the basics of baking without eggs, corn, soy, dairy Learn the ins and outs of all the unrefined sugars and how to exchange them. Also Included are baking tips from some of today s leading gluten free experts: Carol Fenster Silvana Nardone Peter Brokski Sara Boswell Nicole Hunn Kim Maes Dr. Jean McFadden Layton This complete guide will provide you with all the information and useful tips you need to prepare wonderful baked goods you never thought possible and will gift you with the knowledge to create your own.

About the AuthorIris Higgins is the author of The Daily Dietribe, a popular blog where she shares gluten-free recipes and her experiences with food and life. She focuses on using healthy ingredients to make dishes that everyone will love. Her first two cookbooks, with co-author Brittany Angell, take the mystery out of gluten free baking. The Essential Gluten Free Baking Guides include over 100 gluten, dairy, and soy free recipes, as well as hundreds of tips for both new and experienced gluten free bakers. Iris has a master's degree in psychology from New York University, and is currently working on a second master's degree in nutrition from Bastyr University. In addition to writing her

blog, Iris divides her time between school and individual weight-loss counseling with her clients. She is the recipe developer for the Replenish PDX/Barre3 Core Values Detox Program, and was recently a featured speaker at the 2011 Dallas Gluten Allergen Free Expo. Brittany Angell is the Author of The Essential Gluten Free Baking Guides Part 1 2 published by Triumph Dining and is founder of the fast growing allergy free food blog RealSustenance.com. At Real Sustenance, Brittany has created over 300 diverse and delicious recipes that are primarily gluten dairy free. However, she strives to serve the entire allergy free consumer by developing creative, unique and hard to find recipes that are also soy, egg, corn, sugar and grain free. As a worldwide leader in food allergy awareness, Brittany is a sought after Author, Speaker and Consultant to corporations and restaurants seeking to capitalize on the expanding gluten and allergy free market. Brittany's foray into the food allergy world began in January 2010 after many months of unsuccessfully solving her health issues through traditional means. Once she took her health into her own hands through education and research, she was lead to several specialists and was diagnosed with Hashimoto's disease accompanied with various food allergies and intolerances. Her ultimate goal is to connect, engage and understand the needs of others and to guide them through their journey to health through education, support and recipe development.