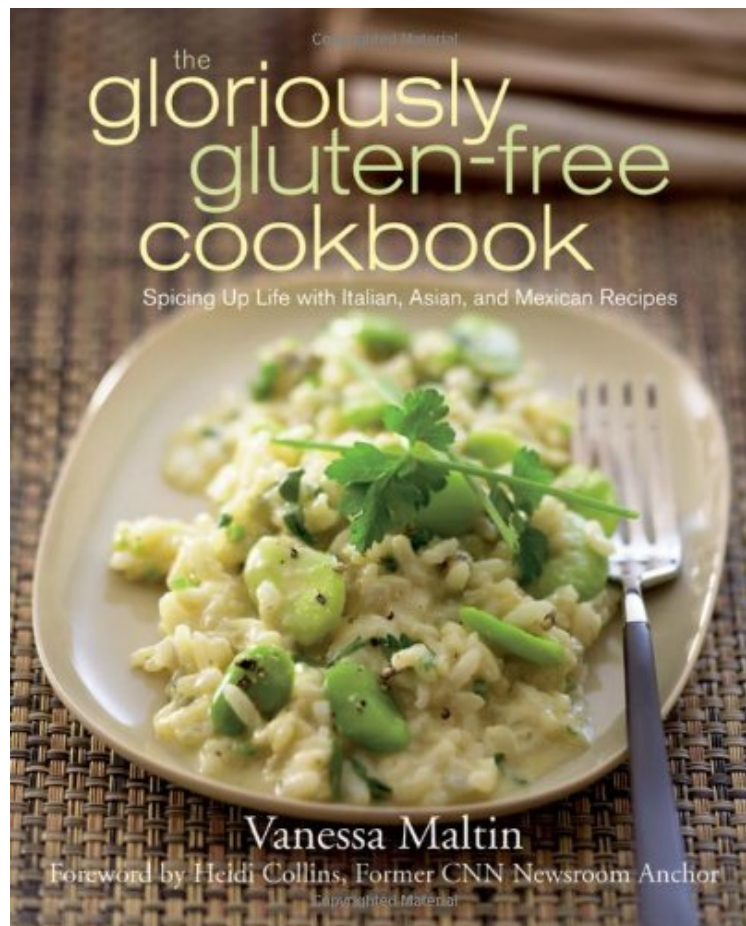


(Free download) The Gloriously Gluten-Free Cookbook: Spicing Up Life with Italian, Asian, and Mexican Recipes

The Gloriously Gluten-Free Cookbook: Spicing Up Life with Italian, Asian, and Mexican Recipes

Vanessa Maltin

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#348453 in Books Vanessa Maltin 2010-04-02 2010-04-19 Original language: English PDF # 1 9.13 x .68 x 7.371, 1.10 #File Name: 0470440880256 pages The Gloriously Gluten Free Cookbook Spicing Up Life with Italian Asian and Mexican Recipes | File size: 73.Mb

Vanessa Maltin : The Gloriously Gluten-Free Cookbook: Spicing Up Life with Italian, Asian, and Mexican Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Gloriously Gluten-Free Cookbook: Spicing Up Life with Italian, Asian, and Mexican Recipes:

4 of 4 people found the following review helpful. Good book By EclecticReader This is a good book for helping people who need to go gluten free because of Celiac Disease. The meals we have cooked so far are really great tasting, however, there doesn't appear to be many "heart-healthy" meals in the book. The second thing we find about the meals is that many of the ingredients are expensive. But, being new to Celiac, perhaps living gluten-free is not inexpensive. Perhaps things will change in the future. 21 of 21 people found the following review helpful. Deliciously gluten-free By Brook Ekenstam I was recently diagnosed gluten-free and immediately purchased four cookbooks. This is, by far, my

favorite of the four. The dishes are simple, but elegant, and they taste delicious. The portabello risotto with goat cheese cream has become a staple in my house. I highly recommend this cookbook to gluten-free and gluten eaters alike. It would make an excellent gift for any family members who have recently been diagnosed or family members of the recently diagnosed. 38 of 39 people found the following review helpful. Innovative Culinary Feast! By JBS1113 As a recent graduate from culinary school, it's obvious from reading through these recipes that they were written by a classically trained professional chef. Vanessa's creativity and ability to put a unique spin on flavors from across the world beautifully exemplifies her true understanding of varied cooking techniques. Gluten-free or not, these recipes are solid house-hold staples that will always keep your meals delicious and interesting!

Thrilling recipes from around the world that prove you can give up the gluten without giving up the flavor For sufferers of celiac disease, the necessary diet limitations can seem like a culinary curse. With the right information and a great cookbook, you can still eat most of the foods you love while maintaining a healthy, well-balanced diet. In *The Gloriously Gluten-Free Cookbook*, Vanessa Maltin compiles Italian, Asian, and Mexican recipes that are safe for a gluten-free diet but taste so good you can't tell the difference. With the help of chefs Edgar Steele of Cafe Atlantico, Katie Chin of Thai Kitchen, and Keith Brunell of Maggiano's Little Italy, Maltin proves that celiac sufferers will never have to eat another boring rice cake. Living gluten-free isn't as tough as you think—corn tortillas are a simple substitute for flour in Latin cooking, gluten-free flours are perfect for great tasting pizzas and calzones, and rice noodles and gluten-free soy sauce make Asian food perfectly safe and delicious. Includes breakdowns of safe and unsafe foods, tips on maintaining a gluten-free kitchen, and firsthand advice from the author on dealing with family, friends, and restaurant workers who just don't get it. Features Italian sauces, starters, risottos, pastas, and main dishes; Asian soups, salads, starters, noodles, sushi, and main dishes; and Mexican starters, salsas, staples, and main dishes. Also includes delightful gluten-free desserts and a listing of helpful gluten-free resources. With *The Gloriously Gluten-Free Cookbook*, a diet without gluten won't be an obstacle to your enjoyment of the good life—and the great food that goes with it.

From Publishers Weekly The latest addition to the rapidly expanding universe of gluten-free cookbooks is a breezy, friendly, and straightforward volume from the food and lifestyle editor at *Delight Gluten-Free Magazine*. It's full of no-nonsense advice (cheating on the diet is not an option and can lead to long-term complications, so resist temptation to cheat!) and—better yet—flavor. Divided into four sections, the book covers an array of recipes in the Italian, Asian, and Mexican genres, plus desserts. It's not for food snobs (the note at the start of the Italian section comes from the executive chef of the Maggiano's chain), but it does have a lot of accessible, tasty options. Italian dishes include creamy crab and green pea risotto, chicken marsala, and spinach gnocchi with gorgonzola cream sauce. (Note: The food is gluten-free, decidedly not fat-free). In the Asian section, there are shrimp and mint summer rolls; pineapple fried rice; and chicken with cashews. Papaya-cilantro salmon with coconut rice and strip steak with black beans, corn, and cilantro represent Mexico. Desserts range from bananas foster (easy to make sans gluten) to a more complex chocolate fudge cake. With this book, following a gluten-free diet is a fairly sweet prospect. (Apr.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From the Back Cover Give up the gluten, not the flavor! You may have Celiac Disease, but that doesn't mean you can't spice up your meals every day of the week. In *The Gloriously Gluten-Free Cookbook*, Vanessa Maltin—with the help of three renowned chefs—gives you 125 Italian, Asian, and Mexican recipes that cut out the gluten without skimping on taste. Keith Brunell of Maggiano's Little Italy offers Celiac-safe suggestions for approaching Italian cooking in a restaurant. In this chapter, you'll find all your favorite Italian staples, including creamy risottos, pastas, Chicken Parmesan, and even pizza, calzones, and breadsticks. Katie Chin of Thai Kitchen and coauthor of *Everyday Chinese Cooking* presents an overview of Asian cuisine and staple ingredients. Then, she offers familiar Asian classics like Crunchy Vietnamese Spring Rolls, Shrimp Fried Rice, peanutty Pad Thai, sushi, and crispy tempuras. Edgar Steele of Café Atlantico demystifies the flavors of Mexico and provides a variety of alternatives for gluten-free cooking. Then, he includes recipes for traditional Mexican dishes like Corn Tortilla Soup, sizzling Chicken Fajitas, empanadas, and—of course—tacos, as well as modern main dishes like Grilled Chicken with Avocado Salsa. In addition to these recipes, you'll find handy lists of foods for stocking your gluten-free pantry, plenty of vegetarian and dairy-free options, and powerful resources and advice for living the good life without the gluten. With *The Gloriously Gluten-Free Cookbook*, exciting, flavorful meals are no longer off limits! Recipes Include: Asian Noodle Soup Baked Ziti with Sausage Calzones Cheddar Risotto Chicken Lettuce Wraps Chicken with Cashew Nuts Coconut-Ginger Soup Crispy Chicken Drumsticks Fresh Peach Salsa Garden Vegetable Risotto Gluten-Free Potstickers Gnocchi with Vodka Sauce Golden Fried Tofu Guacamole Italian Breadsticks Mango-Avocado Salsa Mango Fried Rice Marinara Sauce Meat Sauce Pad Thai Peanut Noodles Pineapple Fried Rice Pizza Crust Red Curry Vegetable Rice Rosemary-Beer Sauce Sauteéd Calamari Seafood Soup Foreword by Heidi Collins, Former CNN Newsroom Anchor About the Author Vanessa Maltin, one of the millions of Americans with Celiac Disease, is the Food Lifestyle Editor for *Delight gluten free Magazine*, which serves people with food allergies, Celiac Disease, and other food-related medical conditions. A graduate of the

Institute of Culinary Education in New York City, she is a food journalist, a member of the Advisory Board of the Celiac Program at Children's National Medical Center, and the author of the Celiac Princess blog at CeliacPrincess.com.