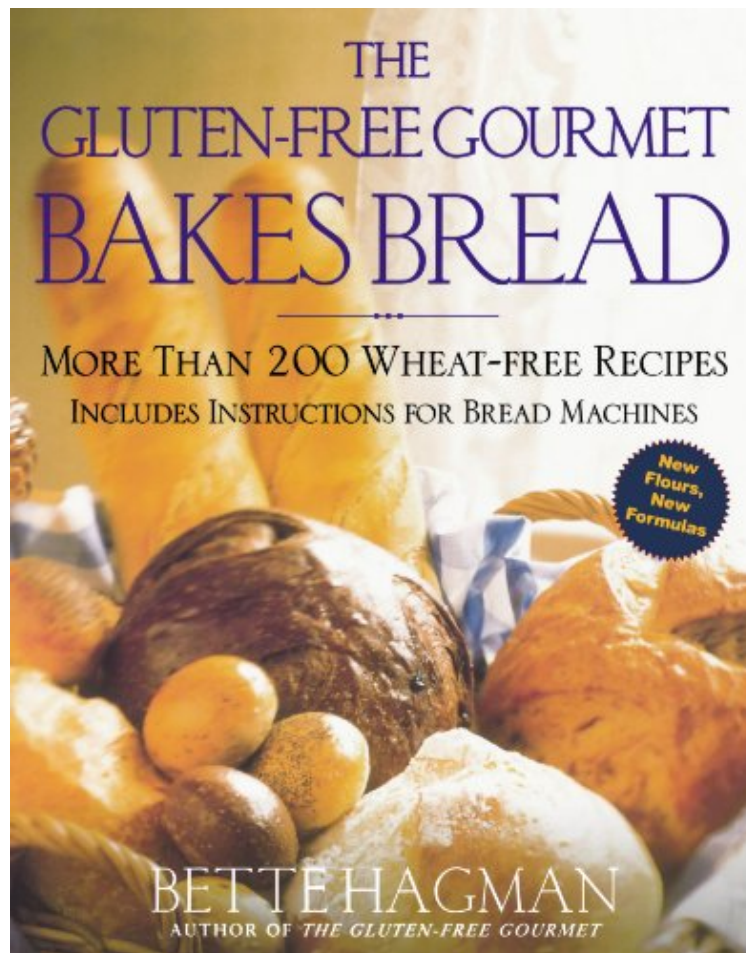


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The Gluten-Free Gourmet Bakes Bread: More Than 200 Wheat-Free Recipes

Bette Hagman

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Bette Hagman : The Gluten-Free Gourmet Bakes Bread: More Than 200 Wheat-Free Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Gluten-Free Gourmet Bakes Bread: More Than 200 Wheat-Free Recipes:

10 of 10 people found the following review helpful. Novice Baker Experiments with G-FBy James L. MarinerI am by no means a kitchen geek, but since I retired, I have enjoyed puttering in the kitchen and doing a lot of the cooking. In the last year we've learned that my wife is gluten-sensitive and a lot of what I have been preparing is now very much out of date: pastas, breads, etc. One of my favorites was pecan roll sticky buns, a batch of which was expected when the kids come to visit. My attempts to experiment with various G-F ingredients were spectacular failures.Well, last week I "discovered" Bette Hagman's gluten-free bread book and it arrived yesterday. I amassed the various flours and additives (well, almost all of them) and set to work this Sunday morning to make her sticky buns. In no time, I had hot

sticky buns on the table. They were light, fluffy, and very tasty! Even in my first attempt, without the "dough enhancer," which I will search for more thoroughly for the next batch. Instead of a spectacular failure, I would have to count this first attempt by this novice a spectacular success. Maybe G-F doesn't have to be so boring after all. The chapters leading up to the actual recipes are also interesting and informative. There is NO DOUBT that I would recommend this book to anyone (not just G-F folks). In fact, any of us would probably be better off limiting our gluten intake, and this book would be a great beginning. 4 of 4 people found the following review helpful. Awesome for resolving my Gluten sensitivity and IBS!!! By acardWow, these are some great recipes. I especially like the spicy banana nut muffins. They are nice and fluffy, they taste great and they are a great way to get your fiber! I was tested for celiac but the test came out negative. However, wheat is a big problem for me as well as too much sugar. More recently, I got an abnormal test result for Candida so this is most likely the problem. However, wheat has been a problem for me since I was little. Since I've been without wheat, I've been so much better. The hardest part was going without wheat because it's in everything from bread to pasta to cookies to soy sauce! And the store-bought wheat-free breads are pretty disgusting... yuck! Thanks, Bette! You're a God-send! 1 of 1 people found the following review helpful. Buy it even just for the bread recipe's! By CabraggI have been cooking GF for over a year, and feel I have "mastered" regular desserts and such. When I bring GF cookies or cupcakes to a church dinner, folks can't believe that they are GF because they taste so 'normal'. For myself though, making GF bread was my biggest challenge. I could never get it to look or taste like the bread I missed and longed for in my diet. So the search was on for a new cookbook, and after reading the reviews-I bought this one. I made her basic Millet bread for my first recipe, and was blown away by the results! Beautiful looking and not bad for taste-plain, but not actually bad like so many other's that I have eaten just for the sake of having bread... The first thing I did was make myself French Toast out of a nice thick slice-wow. It works just like gluten bread, it did not fall apart in the batter. Now I will build up my supply of gf flour's to try more variations of her breads. I was excited to see 4 different basic flour mixes to work with- Yes, this takes more time to get all your flours put together ahead, but it is worth it. I am looking forward to trying so many more of her non bread recipe's in this book also. My biggest goal is to master her recipe for graham crackers...Can't wait!

A breakthrough bread book by the unchallenged expert in gluten-free and wheat-free cooking. In Bette Hagman's three earlier cookbooks, she worked with gluten-free flours that are safe for celiacs (those who are intolerant to gluten) and for those with wheat allergies, to create recipes that actually taste good. Knowing from her own hard-won experience that bread is the greatest loss for the wheat, oats, rye, or barley intolerant, she has experimented with exciting new bean-based flours and now devotes an entire book to breads. Here are yeast breads, yeast-free breads, muffins, rolls, buns, breakfast breads, and crackers-a veritable cornucopia to be made in the oven or the bread machine for people who cannot buy breads at a bakery or supermarket but must rely on their own kitchens to provide the staff of life. Along with dozens of great recipes comes a medical foreword by Peter H. R. Green, M.D., of the College of Physicians and Surgeons of Columbia University; a beginner's guide to understanding and cooking with gluten-free flours; answers to commonly asked questions about baking with these flours; and a source list of where to buy gluten-free baking supplies. The Gluten-Free Gourmet Bakes Bread joins Hagman's three previous books, each recognized as the best in this special diet category.

From Library Journal Anyone suffering from an allergy to wheat will find Hagman's newest book a godsend. The author of three earlier gluten-free cookbooks (e.g., The Gluten-Free Gourmet), she tested and retested recipes to come up with dozens of yeast breads and quick breads, rolls and muffins, crackers, and more for those who would otherwise be deprived of their "daily bread." Most of these recipes can be made either in a bread machine or by hand, and many are suitable for those with other allergies or dietary needs as well. Strongly recommended. Copyright 1999 Reed Business Information, Inc. From Booklist For people with genetically induced celiac disease, finding breads safe to eat presents significant challenges, since the very gluten that holds most breads together is precisely the source of the sufferers' gastrointestinal distress. Hagman, who has already produced one book of general recipes for the celiac affected, turns her full attention to bread. She overcomes the gluten obstacle through use of nonwheat flours, most of which are made from beans of different sorts. To reproduce the "spring" of yeast-leavened wheat flour breads, Hagman recommends the addition of xanthan gum. Each recipe has two sets of directions, one for hand mixing, the other for the easy-to-use bread machine. Along the way, Hagman offers tips for producing breads that will make the celiac feel very little deprived. A useful addition to public library nutrition collections. Mark Knoblauch "Anyone suffering from an allergy to wheat will find Hagman's newest book a godsend.... Strongly recommended." ?Library Journal