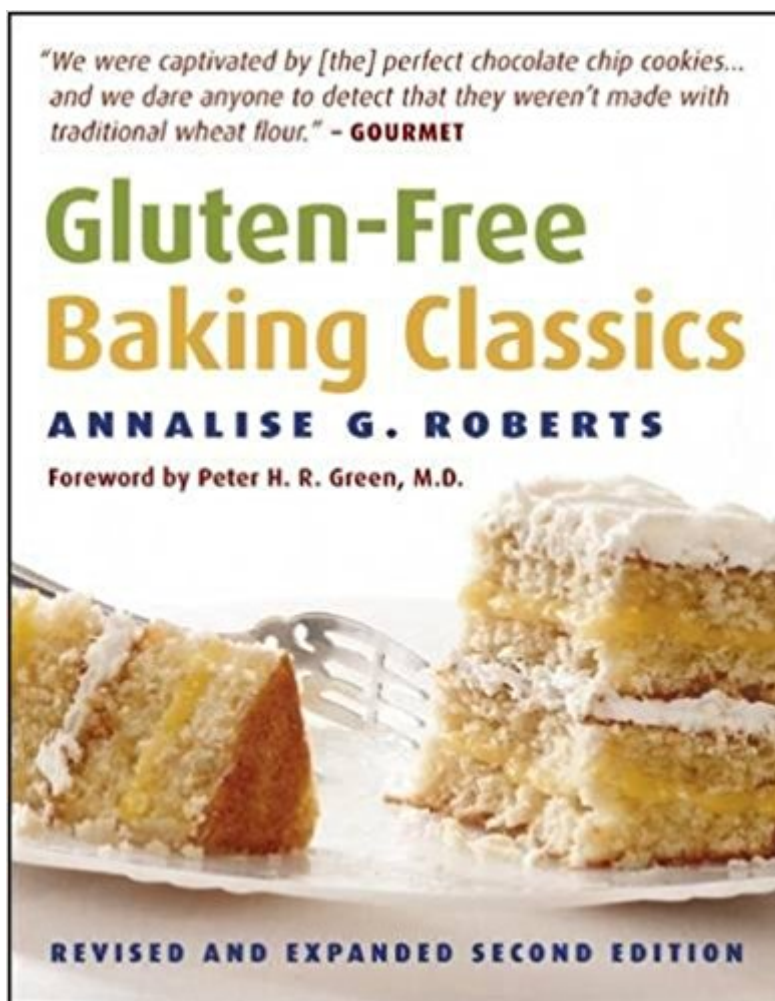




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# Gluten-Free Baking Classics



## Synopsis

This revised edition of Annalise Roberts' popular cookbook is a welcome choice for those allergic to gluten who want to enjoy delicious fresh-baked foods. Roberts presents easy-to-use recipes and techniques for baking everyday basics like bread and cookies as well as classic treats like brownies and biscuits. Sample delights include Multi-Grain Artisan Bread, Hazelnut Cake, and Old-Fashioned Buttermilk Doughnuts. These recipes use precise mixes of non-wheat-based, gluten-free flours that only the baker need know are allergy safe. *Gluten-Free Baking Classics* is designed for all skills levels, from beginner to seasoned, and the book is especially useful for novices since it contains detailed instructions on how to get started, as well as timeless baking techniques and guidelines to assure success. Also included are tips on how to incorporate gluten-free baking into a busy weekly schedule, and the book explains why baking wholesome and delicious breads, muffins, cakes, and other items is so important for emotional and physical well-being.

## Book Information

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## Customer Reviews

Gluten-Free Baking Classics contains a recipe for chocolate chip cookies that Gourmet magazine claimed were "perfect" and dared anyone to detect that they weren't made with traditional wheat flour. I took the challenge and tried a test recipe on chocolate chip cookie-lovers; only to find that Gourmet was right and I didn't have enough taste samples to keep up with their enthusiastic appetites. •Sue Ade, Morris News Service

[Roberts's] kitchen tested recipes make her baked goods lighter, and fluffier than

the rest.â •#151;Donna Gray, Calgary Herald&#147;We were captivated by these perfect chocolate chip cookies, [with their] crisp yet yielding texture, and we dare anyone to detect they werenâ™t made with traditional wheat flour&#133;[the] rich but light&#133;cake loses nothing from the absence of white flour.â •#151;Gourmet &#147;This remarkable cookbook contains mouthwatering recipes, the directions are easy to follow and the hints are a welcome extra bonus.â •#151; Elaine Monarch, Executive Director, Celiac Disease Foundation&#147;This wonderful book by Annalise Roberts is very readable, and the recipes taste great!â •#151;Peter H.R. Green, M.D. and Anne R. Lee, R.D., Celiac Disease Center, Columbia&#147;An excellent cookbook. This is rare. I've seen some absolutely dreadful gluten-freecookbooks....As far as the dishes, YUM! Not a single flop so far and that's saying a lot.â • #151;C. Allison, CookingHelpWeb

My philosophy about gluten-free baking is that it should be simple. Most gf bakers I know don't want to reach for six different flours every time they bake- and neither do I.Â Wheat bakers use only two flours- all purpose for cakes, pies, muffins and cookies, and bread flour for bread. I do the same: I have an all-purpose brown rice flour mix (extra finely ground brown rice flour, potato starch and tapioca starch) for my all purpose flour and the bread flour mixÂ (millet, sorghum, potato starch, tapioca starch and corn starch)Â in this book for my breads.Â Â It is easy- and it increases your learning curve. If you use a different combination of flours each time you bake, how will you know what goes wrong- or right? Baking pros don't do this; that is how they become skilled in their craft.Â Moreover, wheat bakers enhance the taste and texture of their breads with other added flours (whole wheat, rye, etc.) and so do I. I recommend using whole grain teff and ground oatmeal (my favorites), Montina, amaranth, or quinoa. I give recommendations as to how to do this in the book.Â

This cookbook was recommended by a friend. The only thing I don't love about it are the pictures- there aren't many and they are in black and white. However, the recipes are so delicious, it doesn't matter. And there are a lot of tips and tricks included as well. I LOVE this cookbook- it is great for easy to make cakes, breads, etc. Everything I've tried has been really really good. I have already bought another copy for a gift for a fellow celiac. This is by far my favorite GF cookbook!

Wow! All the recipes I have tried have been fantastic! A.R.Clearly has tried and adjusted the recipes until they work. I bought this 2 months ago and have tried several recipes. I did order Authentic Foods flour, as suggested, and am very happy I did so, since the super-fine grind has clearly made

a difference. I have tried the basic sandwich bread and it has far exceeded any others I have bought or made from scratch or a mix (with the possible exception of Whole Foods brand Gluten-Free frozen bread). This week I sat at my desk at work and was eating a sandwich with this bread. A friend stopped by and did a double-take! She said "it's so unusual to see you eating such a yummy-looking sandwich!" I have also made the soft-pretzels, which were tasty, but I allowed them to rise too much, so the cooking was more difficult. The Blueberry muffins, and Pumpkin Bread look, taste, and have a crumb very much like they were made from wheat. The Walnut Bread was tasty, but crumbly, and may just need smaller walnut pieces added to help it keep its shape. The Almond Biscotti were very tasty and cooked up well - they passed muster with my gluten eating friends. The chocolate chip cookies were tasty, but were very dependant on the oven temperature being correct and my oven tends to run on the low end of temperature. The apple pie was very tasty, but there was too much crumb topping for me, but the rest of my family enjoyed it. I plan to try out several more recipes and I am looking forward to them. I agree with another person's review that there is a lot of refined sugar and fats - just like most wheat based cookbooks. However A. R. does provide some guidelines about how to make many items a more healthful with whole grains. Also, most things use Canola oil in this book, which tends to be more healthful than butter and creates better results with the GF flours. As a side note, the publisher or A. R. gets kudos for using what appear to be pictures of gluten-free products on the front and back covers (rather than stock pics of wheat-containing breads as other GF cookbooks have done).

Because this cookbook is really that good. I've never had a failure when cooking from these recipes. All the of sweets - cookies, cakes, brownies - are pretty indistinguishable from their wheat counterparts. This because (1) they have a lot of flavor that isn't a "wheat taste" and (2) their structure and rise doesn't need gluten anyway. The dinner rolls are fantastic. They don't taste \*exactly\* like wheat-based rolls but they have that yeast roll flavor that I love. I make them and then carefully freeze the extras. I think the breads are good too, but it's also a matter of expectations: the bread is not going to be just like wheat bread. I do find that the flour makes a huge difference. Although it is expensive, I often use the King Arthur Gluten Free flour with these recipes - it is \*not\* gritty and works very well. I suggest that anyone going gluten-free try a variety of flours; different brands have very different tastes and textures.

This book is the bible of gluten free baking. I love baking and have relied on this for years. The pie crust, the cookies, the pizza crust are all amazing. The only thing I've every felt "meh" about is the

crumble topping on the apple pie. I can't seem to get that one right. But everything else is seriously better than regular gluten recipes.

Thank goodness for Annalise Roberts' Gluten-Free Baking Classics! As a mom of a gluten sensitive child, I was thrilled to find this book with ample recipes which cover all of our family's favorite baked recipes we were missing. There is no "almost as good as" when baking from this book. She also instructs you how to make some essential GF flour blends which are easy and do-able and carefully describes how to make and store them so that everything you make from her book comes out excellently. I have made everything from cookies, cakes, muffins, quick breads, yeast breads, BAGELS, crepes, popovers to pancakes and waffles and have always been extremely happy with the results. It made my daughter's transition to gluten-free much easier and definitely happier. Her crepe recipe is a weekly dinner addition as we stuff it with our favorite fillings. The crepes are extremely easy and come out perfect every time. I am on my 20th or so batch by now and have never had a crepe fail. :) My favorite thing about her book is her excessive attention to detail with her directions. I honestly believe this author truly wants you to be able to re-create her prized recipes with the same success she has had and that her number one reason for the book is to help others so they can eat deliciously and not miss out on their favorites. I am so grateful to have found this book and that the positive reviews on helped me to select the right book for me to meet our need.

If you are a baker and have been diagnosed as gluten intolerant or have Celiac's disease this is the book to buy. My daughter, granddaughter and I have all been diagnosed as gluten intolerant and I just loved to bake. This book has the best bread recipe that we have tried. We all love it! I have made the tart shell...delicious! No one knew it was gluten-free! The chocolate chips cookies were gobbled up by all my grandchildren. Yummy! Every week I have been trying a new recipe from this book. And the best note is that you can order the flour mix already blended that is used in this book at Authentic Foods which really makes baking easier. The directions are easy to follow and the results are wonderful! Love this cookbook!

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