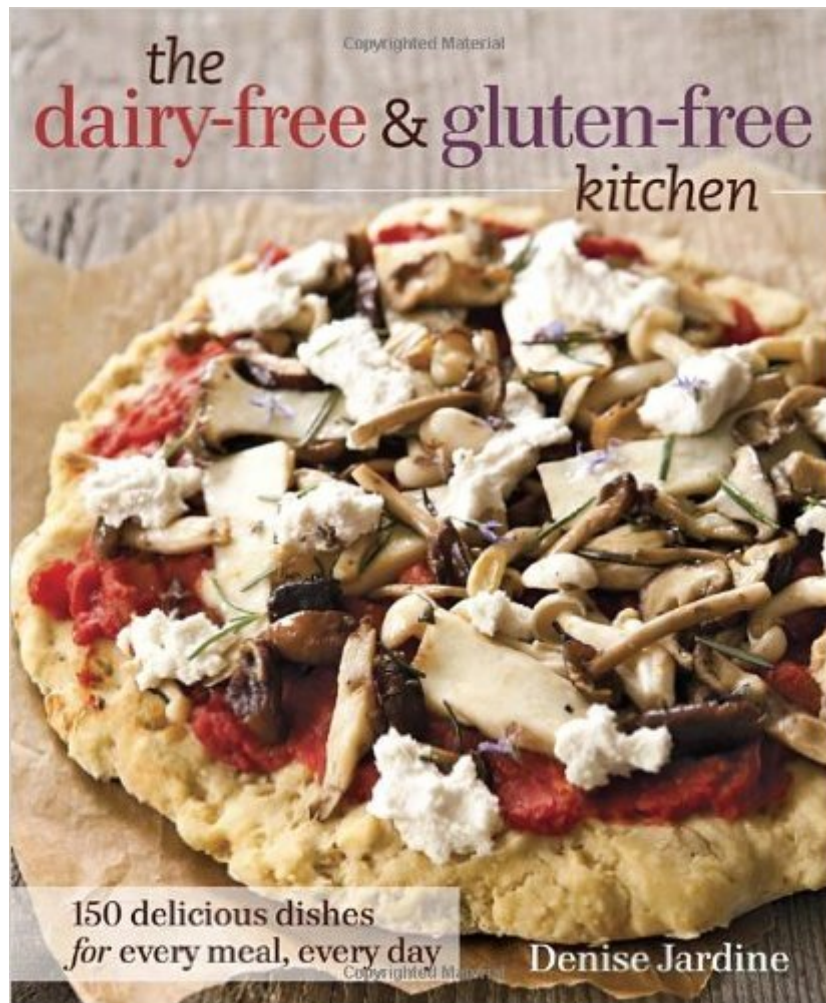


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# The Dairy-Free & Gluten-Free Kitchen



## Synopsis

Pizza, Pancakes, French Toast, Lasagna, Ice Cream, Brownies – you thought they were off-limits forever but now they’re back on the menu! The Dairy-Free & Gluten-Free Kitchen offers more than 150 flavor-packed recipes created especially for those who must avoid dairy and gluten in their diets – proving that you no longer have to abandon the foods you love, even when you do have to give up the dairy and gluten that doesn’t love you. Denise Jardine’s The Dairy-Free & Gluten-Free Kitchen addresses these issues and many more, demystifying the confusing and often conflicting data about what defines healthful eating. Along with a deliciously varied selection of dishes, Denise shares her –master– recipes, including her all-purpose Gluten-Free Flour Mix, Dairy Milk Alternative, Fiber-Rich Sandwich Bread, Creamy Macadamia Pine Nut Cheese, and Soy Velvet Whipped Cream – key staples that make Classic French Toast, Mushroom Kale Lasagna, Rustic Heirloom Pesto Pizza, and Pumpkin Cheesecake possible. In addition to being entirely dairy- and gluten-free, each recipe has been calibrated to reduce or eliminate the need for refined oil and sweeteners. And for those who must avoid eggs, nuts, and soy products, recipes that are free of these components are clearly labeled. So whether you’ve been diagnosed with a particular food intolerance or sensitivity, or you’re just trying to consume a less refined, more healthful diet, The Dairy-Free & Gluten-Free Kitchen has something for just about everyone!

## Book Information

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## Customer Reviews

The problem with gluten free and dairy free cookbooks for me is that they generally rely heavily

upon other ingredients that I am also allergic to. I end up being only able to use one or two recipes out of a whole book. This book offered many different options that actually tasted good. While there were still things that I can't have, for the most part, those recipes look like I could easily make substitutions and still come up with a tasty end product. The information about dairy free and gluten free cooking was also easy to understand and consistent with the other literature available from other sources. If I had to give a criticism, I would say that I would have liked more photographs of the finished recipes.

I bought this book primarily for the dairy-free recipes. I don't have a problem with gluten but do appreciate the fact that the author gives so many gluten-free recipes, including an easy, gluten-free flour mix which I am sure I will use. The flour is needed for some of the recipes that are given. Recipes include breakfast items: buckwheat pancakes, potato pancakes, and french toast. There is another section on appetizers, one on salads and dressings, one on soups (just ONE of my favorites!), one with fish & shellfish, another on poultry & meat, and one on vegetarian & companion dishes, mostly packed with delicious vegetables. For the bread lovers among us, there are yeasted & quick breads, breadsticks, biscuits, cornbread, muffins, scones, and other yummy sounding recipes. An additional feature of this book that I really like is the little boxes at the top of each recipe that show foods the recipe DOESN'T use to help those who have problems with particular foods. Examples would be soy, eggs, nut, sugar, or oil. I can't forget dessert, for which the author gives delicious-sounding recipes including fruits, tarts, puddings, cake, ice cream, cheesecake, etc. She calls this section "Sweet Endings." I absolutely love the last section, which is on basics: recipes range from gluten-free flour mix, to dairy milk alternatives, yogurt, cheese, chicken stock, vegetable stock, recipes for tomatoes, beans, whole grain cooking, roasted & grilled vegetables & fruits, toast, bread crumbs, and recipes using nuts, as well as date & orange syrup. I haven't covered all the book's strengths, but this inexpensive cookbook is well worth its price. I highly recommend it.

I recently needed to go on the gluten and dairy free diet. This book is really helping me realize that it is not as hard as I thought it would be, nor is the diet tasteless. The recipes are very tasty and not too difficult to follow. Even my husband enjoys the gluten/dairy free dinners.

This cookbook has some awesome recipes. I have been diagnosed with celiac disease for 5 years and have had tree nut allergies for the same amount of time. Recently, I was also diagnosed with Dairy, Soy and Peanut allergies. I was desperate for cookbooks to help me deal with my new

restrictions. This one has been great. There are a ton of recipes I can't wait to try!

I highly recommend this book for anyone on restrictive diets who is looking for delicious and accessible recipes. At the top of each page there is a key that indicates whether the recipe is everything from vegan to soy free, which means that this isn't just a resource for us gluten and dairy-free "ers" out there. In particular, I really loved the pizza crust made with the master flour blend recipe. It was so easy to make and poured right onto a pizza stone for a nice, homemade, gluten-free crust. There's also a great dairy free "cheese" recipe in here for topping your pizza. All of the smoothies and main dishes look great and I have plans to make lots of them in the future! All in all, a great addition to my cookbook collection.

I really enjoy this book. I know that previous reviews show that it is for "big meals" but, really it isn't. It is great if you want to know all the options and even tells you how to make substitutes yourself! So great when you move and don't know where to go for the things that you used to know where to find! If you struggle with Lactose Intolerance and eating bland food all the time I highly suggest that you try this. Being lactose intolerant you can get stuck in a very boring diet of always eating the things that you know that will not hurt you. This helps you to eat a good version of all the normal foods people enjoy. (I am very lactose intolerant. I have only found one pill that works and that is the Milk Digestant from the big Nutrition Center). Good luck in your search!

I've made several recipes from this book three mushroom bisque, mushroom pizza, chicken and mushroom, beef/turkey stroganoff, mushroom sauce, portobello risotto, and a few more and they are delicious! I will admit the ingredients can get pricey BUT gluten free cooking is not as cheap as non gluten free cooking so I think the price difference is more of the consequence of the diet itself not the authors recipes. My dietician took a look at my meal plans that rely heavily on this book and said it was a very good naked gluten free diet which is much better on the body and budget than the highly processed gluten free processed/pre-packaged goods. My 4 year olds love this and I've even made some recipes for family visiting who are not on gluten free diets and they loved it. It's a big hit in my household!

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