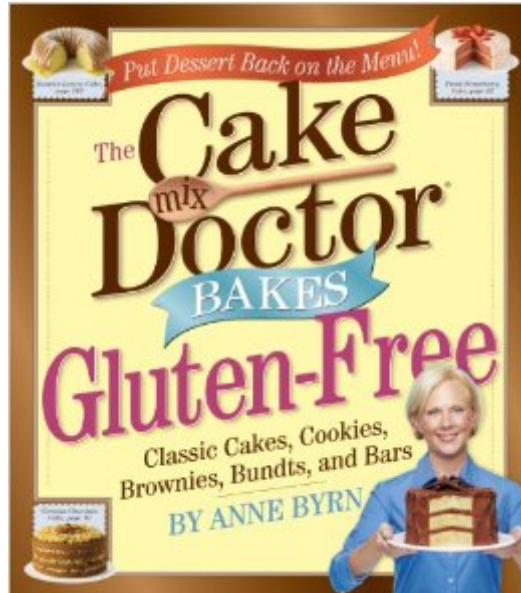


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The Cake Mix Doctor Bakes Gluten-Free



Synopsis

Thirty million Americans are gluten-intolerant or have a gluten sensitivity, eliminating it from their diets because gluten—a protein found in wheat, rye, and barley—has been implicated in health issues ranging from respiratory problems and abdominal discomfort to anemia, anxiety, and infertility. The food industry has bullishly taken notice. Gluten-free baking products, including cake mixes from Betty Crocker, King Arthur, Whole Foods, and others, have increased sevenfold on grocery shelves in recent years, and the number of other gluten-free products has grown as well—832 were introduced in 2008 alone. And gluten-free options are on the menu of national restaurants like Boston Market, Chili™s, Ruby Tuesday, Outback Steakhouse, and others. Now comes even sweeter news for people looking to cut gluten from their diets: Anne Byrn shows how to transform gluten-free cake mixes into 76 rich, decadent, easy-to-make, impossible-to-resist desserts. Performing the magic that™s made her a bestselling baking author with over 33 million copies of her books in print, she doctors mixes with additions like almond extract, fresh berries, cocoa powder, grated coconut, cinnamon, lime zest, and more—naturally, all gluten-free ingredients—and voil! : Tres Leches Cake with Whipped Cream and Summer Berries, Almond Cream Cheese Pound Cake, Chocolate Cupcakes with Milk Chocolate Ganache, Caramel Melted Ice Cream Cake, Warm Tarte Tatin Apple Cake, plus brownies, bars, muffins, and cookies. Dessert is back on the menu.

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Customer Reviews

First off, the mix business. Yes she uses mixes. Yes she adds enough stuff that you may wonder

why not to just bake from scratch. Here is why not. These cakes are idiot proof. Not all gluten free recipes for cakes, cookies etc are so forgiving! AND you don't need a shelf full of exotic flour to fix something fast on the spur of the moment. Which means if you are simply baking for a friend or family member, there is little need to invest in bags of rice, tapioca, mochi flour and industrial quantities of cornstarch to name the cheaper flours. Add in potato flour (expensive!) and exotic stuff like bean flours, sorghum, millet etc and we are talking expensive, plus this all takes up shelf space! Perhaps you are a celiac looking for a shortcut to a nice reliable dessert, and need something good tasting and fast for a company dessert (maybe you offered to bring something or you are having people over) and you don't want to go to a lot of effort, cost or have something people politely pick at, then for heaven's sake get this book, and flip thru it and pick something at random. It will turn out. Here are the 3 I tried and the non celiacs in the family keep begging for them.

Fresh Orange Bundt Cake page 113: This is why I bought the book! My sister in law made this for a family dinner last year and I had to have the recipe. I knew it was gluten free as my brother in law is celiac, but it tasted so GOOD! I made it 2 more times at home to rave reviews from family. I use the Celimix White cake mix because that is what is available here, and it turns out GREAT every single time. Just be sure to have a couple of nice oranges on hand plus the cake mix, and some butter (or margarine), eggs, sugar, and vanilla.

Bacardi Rum Cake page 146. I made it the first time without the pudding mix, using walnuts not the pecans, the white celimix not the yellow, and yogurt not sour cream because that is what I had on hand and it WORKED!!!! The second time I made it per the recipe (white celimix though) and it was a touch nicer yet, but honestly both cakes were to die for delicious. I am making it for our family New Years Eve celebration by popular demand!

For my son's birthday I fixed up the Chocolate Chip Amaretto Cake on Page 143 using rum instead of Amaretto since that is what I had on hand. I used Celimix chocolate cake mix, and the chocolate pudding and it is seriously the best chocolate cake any of us ever had and my bog standard has been a prize winning Taste of Home chocolate cake in my previous gluten containing life. This beat my old standard recipe!!!! These recipes are FLEXIBLE. If you don't have sour cream, use yogurt. So white cake mix in a very plain box is all you have, it works!!!! No amaretto, but some old rum in the cupboard left over from your trip to Cuba 10 years ago, slosh that in! If you like cooking and baking by the seat of your pants according to whatever wind blows thru your pantry this is your cookbook.

MORE SERIOUSLY if you struggle with dairy allergies (casein allergy is COMMON in celiacs) this darling author includes a dairy free option in almost all recipes. She warns you in the few that can't be done dairy free. And for those who can't do anything with bean flour or soy flour, this book is blessedly free of them. It does rely on eggs for structure as most cakes do so be aware

if eggs are an allergen for you, but for those avoiding eggs due to cholesterol, she says egg beaters which is an egg white only product will substitute. She just came out with a new gluten free recipe book "Unbelievably Gluten-Free: 128 Delicious Recipes: Dinner Dishes You Never Thought You'd Be Able to Eat Again" which I just got, and can hardly wait to start playing with. Once you embark on a gluten free life, there are very few cooking and baking shortcuts left. Embrace the ones that show up. This cookbook is one. Oh and one last comment, CeliMix cake mixes don't have any weird ingredients, no trans fats, no artificial flavour or colour and no chemical sounding names; just rice flour, sugar, g free baking powder and cellulose gum with a touch of salt and in the choco cake, g free cocoa. Not bad. No modified starch of any kind, no high fructose corn syrup solids or flavour enhancements. Just good plain ingredients. I don't get sugar overload symptoms when I eat these cakes. And they taste great. I think they are WAY better than the Betty Crocker mixes in the regular cake mix aisle both in ingredients, and flavour. HIGHLY RECOMMENDED!!!! Now one of the first books I'd recommend for a new celiac. The learning curve is steep enough, and Anne's way with mixes makes it convenient, safe, and less expensive to start baking again.

This is the first time I have felt so strongly about a product that I have left a review. Each recipe I have tried from this book has been so tasty that my family has eaten them as fast as I can bake them! It's wonderful to be able to bake something that I can enjoy WITH my family! Thank you!

Leave it to the very creative Anne Byrn to be right on top of food trends with her latest cookbook entry - The Cake Mix Doctor Bakes Gluten-Free. We love the layout of this book which is easy to read, contains a helpful recipe reminder panel on some recipe pages where you can jot down your own notes, and offers just plain old good advice, like how to prevent a bundt cake from sticking to the pan! Be sure to read the "Cake Mix Doctor Says" tips listed at the bottom of most recipes. Byrn proves that just because a dessert recipe is gluten-free doesn't mean it has to be dull. Among her more than 50 recipes is an Almond Cream Cheese Pound Cake, Caramel Melted Ice Cream Cake, German Chocolate Cake, Coconut Cake with Fluffy Marshmallow Frosting and even a Gluten-free Wedding Cake! Recipes cover layer cakes, bundts, sheet cakes and bars, brownies, cookies and cupcakes, too. Just browsing through this book has us ready to get out our mixing bowl and bundt pan.

I bought this book to help me make some deserts that we all can eat as a family. Everything I have made is delicious!! Since my son also needs to be dairy free I love that she puts how to make it

dairy free with each recipe!

As a gluten-intolerant pilgrim in a gluten-filled world, this book met a compelling need to be able to have treats again. Conventional gluten-free baking requires a panorama of flours, leavening and gums to create 'passable' baked goods. This book builds recipes from Betty Crocker Gluten Free Cake and Brownie mixes; modifying them with basic kitchen staples to create wonderful treats I thought I'd given up forever. The layout includes chapters on Cakes, Cookies, Brownies, Bars and Bundts. Each recipe includes pointers, options, and modifications for Dairy-free. The narrative for each recipe goes beyond construction to storage and presentation. There are columns adjacent to the recipe for one to record modifications and personal info for recipients. This book would be a great gift for a newly diagnosed gluten-intolerant individual as a reminder that life will go on. The recipes are simple, the pantry supplies are easily available and the results are outstanding. Sophisticated cooks will appreciate the GF(gluten-free) options to further enhance the basic recipes. What I appreciate most is that I no longer have to get out 8 different flours and additives to make a batch of cookies, and that my spouse reports that all of the recipes I've tried are 'very good'. (Believe me, it's like getting an Oscar.) This book has given me back my counter-tops!

I bought the kindle version without thinking it through first. While the recipes are wonderful- especially the buttercream frosting recipe which everyone who has tried it has loved (I made it four times in December alone)- I wish I had purchased the paper version of the book. The kindle version makes it hard to flip back and forth from the cake recipes to the frosting recipes, and since there is no table of contents you must search for each item and scan through pages of results before bringing the recipe you are looking for up on the screen. I find that to be quite a hassle. In addition, I don't really like having my kindle on the kitchen counter while I'm pouring wet ingredients. This is a great cookbook, especially if you have a family member who is gluten-intolerant as I do, but do yourself a favor and get the paper version.

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