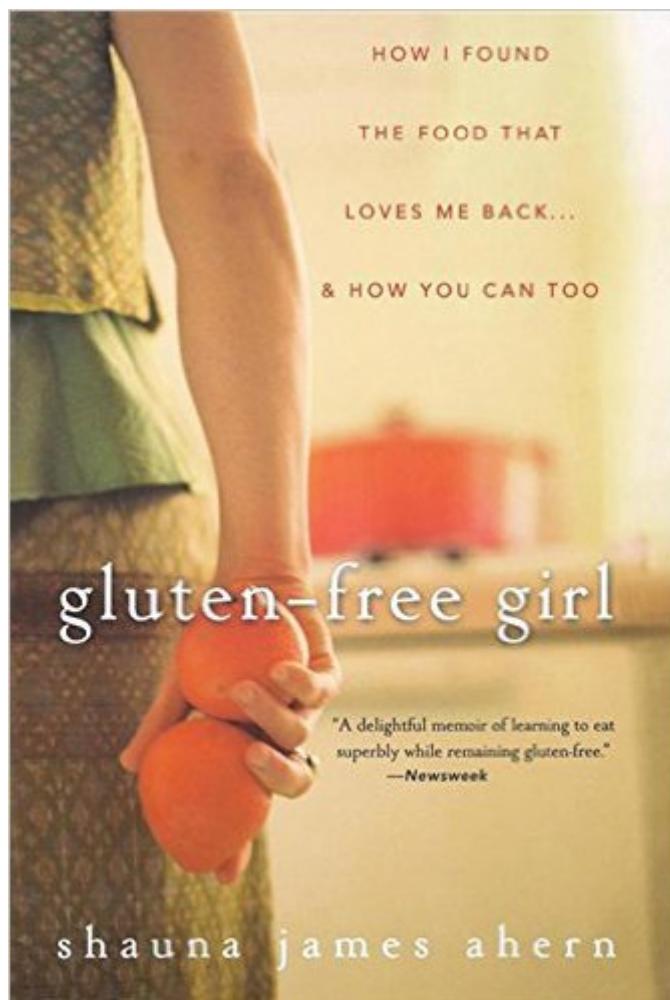


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Gluten-Free Girl: How I Found The Food That Loves Me Back...And How You Can Too



Synopsis

A delightful memoir of learning to eat superbly while remaining gluten free. "Newsweek magazine" "Give yourself a treat! Gluten-Free Girl offers delectable tips on dining and living with zest." "gluten-free. This is a story for anyone who is interested in changing his or her life from the inside out!" "Alice Bast, executive director National Foundation for Celiac Awareness" "Shauna's food, the ignition of healthy with delicious, explodes with flavor" "proof positive that people who choose to eat gluten-free can do it with passion, perfection, and power." "John La Puma, MD, New York Times bestselling co-author of The RealAge Diet and Cooking the RealAge Way" "A breakthrough first book by a gifted writer not at all what I expected from a story about living with celiac disease. Foodies everywhere will love this book. Celiacs will make it their bible." "Linda Carucci, author of Cooking School Secrets for Real World Cooks and IACP Cooking Teacher of the Year, 2002" An entire generation was raised to believe that cooking meant opening a box, ripping off the plastic wrap, adding water, or popping it in the microwave. Gluten-Free Girl, with its gluten-free healthful approach, seeks to bring a love of eating back to our diets. Living gluten-free means having to give up traditional bread, beer, pasta, as well as the foods where gluten likes to hide" such as store-bought ice cream, chocolate bars, even nuts that might have been dusted with flour. However, Gluten-Free Girl shows readers how to say yes to the foods they can eat. Written by award-winning blogger Shauna James, who became interested in food once she was diagnosed with celiac disease and went gluten-free, Gluten-Free Girl is filled with funny accounts of the author's own life including wholesome, delicious recipes, this book will guide readers to the simple pleasures of real, healthful food. Includes dozens of recipes like salmon with blackberry sauce, sorghum bread, and lemon olive oil cookies as well as resources for those living gluten-free.

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Customer Reviews

This is a good read for someone who is already a fan of the Gluten-Free Girl blog and enjoys reading about her personal experiences, life and food philosophy, and positive outlook on Celiac Disease. Although I like the blog and the author's literary persona, I'm afraid this book did not satisfy my desire for a gourmet gluten-free cookbook. There are some recipes sprinkled throughout the book, and many of them sound (and probably are) quite good. However, the true test of a gluten-free chef is really their bread products. There are only a few baked carbohydrate recipes in this book, including a sorghum bread, pizza, and pie crust. Tonight I tried the promising recipe for Crusty Sorghum Bread in the hopes that quality of recipe would replace quantity and I could enjoy a great gluten-free artisan's bread recipe. Halfway through making the recipe, I was a bit astonished to find that the main liquid ingredient in the recipe, club soda, had no quantity listed. The instructions just said to add "as much as is needed to wet all the ingredients completely." Further, at that point the dough should be "soft and firm, like a baby's bottom." Descriptive and lyrical though that is, I had no idea exactly HOW wet the dough should be. I'm an experienced gluten-free baker, but gluten-free dough can have VERY different textures before being baked. Sometimes they are very wet, like cake batter, and other times the dough is much drier. And I can only imagine that the instructions would be even more confusing to someone NOT used to how weird gluten-free baking can be. I found several strange things about the recipe that in retrospect should have warned me that it might not be the kind of loaf I was hoping for.

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