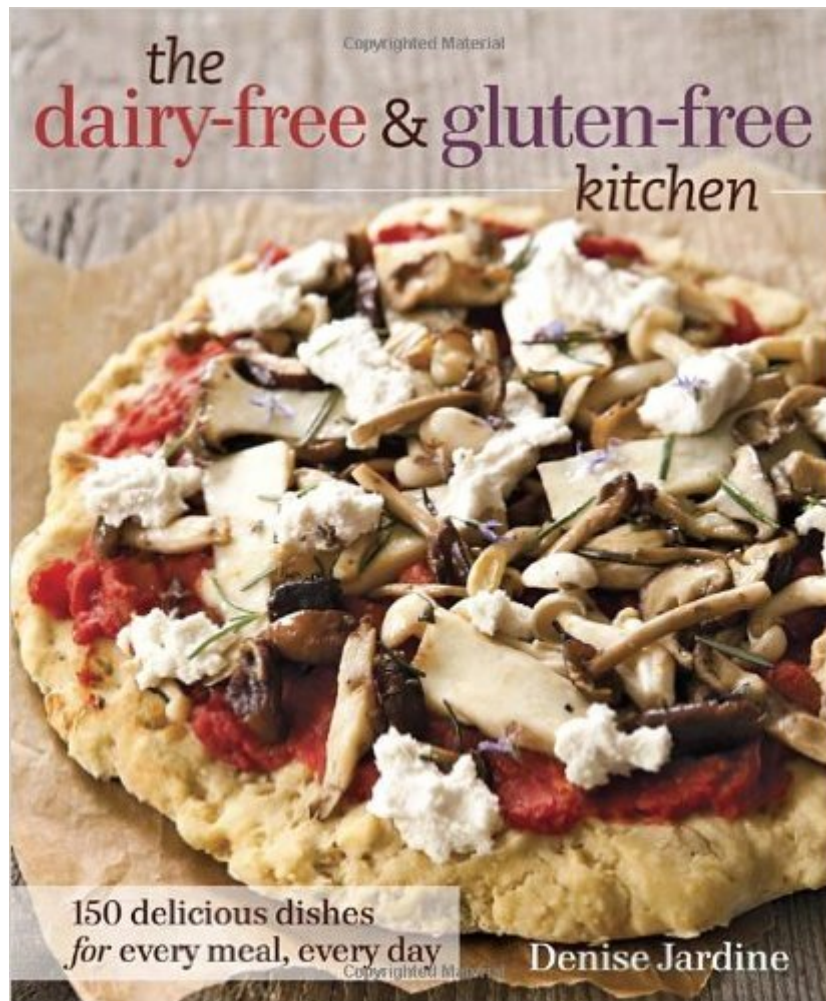


The book was found

# The Dairy-Free And Gluten-Free Kitchen: 150 Delicious Dishes For Every Meal, Every Day



## Synopsis

Pizza, Pancakes, French Toast, Lasagna, Ice Cream, Browniesâ ”you thought they were off-limits forever but now theyâ™re back on the menu! Â 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 dietsâ ”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 doesnâ™t love you. Denise Jardineâ™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 âœmasterâ• 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 Creamâ ”key staples that make Classic French Toast, Mushroom Kale Lasagna, Rustic Heirloom Pesto Pizza, and Pumpkin Cheesecake possible.Â 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 youâ™ve been diagnosed with a particular food intolerance or sensitivity, or youâ™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

Paperback: 208 pages

Publisher: Ten Speed Press; 1 edition (January 3, 2012)

Language: English

ISBN-10: 1607742241

ISBN-13: 978-1607742241

Product Dimensions: 7.4 x 0.6 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (77 customer reviews)

Best Sellers Rank: #35,456 in Books (See Top 100 in Books) #14 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #21 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #106 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## 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'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!

Best book ever I recommend this one over all the ones I have read and I have read at least 9 so far.

This is just what I was looking for! I am looking forward to trying out some of the recipes and also the substitutes for eggs which I am also not supposed to eat. Even though it is not a dairy product, I was tested as having a really bad problem with eggs. It is the protein that is the problem. Also, people who are lactose intolerant may not only be intolerant to the lactose. I am also intolerant to the whey and the caseine that people are not as conscious of. I cannot drink the International Delight's almond products because it has Caseine in it, which is a milk derivative. This book is very inclusive describing not only which ingredients to use for certain recipes, but why they are necessary and which items can possibly take their place. She defines all the different types of grains and flours and what they are used for.

Cooking gluten-free now? You might need some recipes, tips and otherwise strength as you make the transition. With this book I was able to make many people happy â “ mostly my own gut. I enjoyed the full color photos, and recipes with good instructions and details to be successful in my baking. Any needed supplies listed were easy to find and I felt that the instructions were adequate for the learning opportunities. It was fun to be able to see the different recipes I was able to create, enjoy, & then share with friends. Everything I created was so wonderful â “ I wanted to sit at the table surrounded by my cooking & baking before I took things around to share with my friends. Supplies listed were easy to find and I felt that the instructions were adequate for the recipes suggested by the photos. I truly wanted to make everything in the book!

[Download to continue reading...](#)

The Dairy-Free and Gluten-Free Kitchen: 150 Delicious Dishes for Every Meal, Every Day  
Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious  
Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a  
Budget Book 6) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100%  
Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance  
Book 2) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and  
Egg-Free Recipes! Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and  
Wheat-Free Diet (Over 100 Gluten-Free Recipes) Gluten Free: Vegan Cookbook: Nutritious and  
Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel  
Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Go Dairy Free: The Ultimate  
Guide To Going Dairy Free-How To Go Dairy Free Without Cutting The Cheese Vegan: High  
Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast  
Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Meal Prep: Amazing  
Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for  
Weight Loss & Meal Prep Recipes) The Essential Ketogenic Meal Prep Guide: Spend Less Time in  
the Kitchen and More Time Living Life (Ketogenic Diet Meal Plan, Meal Prep, Ketosis, Meal  
Preparation, Batch Cooking, Budget Cooking) The Gluten-Free Diet Cookbook: 101 Delicious  
Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) The  
Chinese Vegan Kitchen: More Than 225 Meat-free, Egg-free, Dairy-free Dishes from the Culinary  
Regions o f China The Mediterranean Vegan Kitchen: Meat-Free, Egg-Free, Dairy-Free Dishes from  
the Healthiest Region Under the Sun Yummy Yum for Everyone: A Childrens Allergy Cookbook  
(Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free  
Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb Recipes For Busy People (Slow  
Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb  
Cookbook Book 1) Gluten Free Every Day Cookbook: More than 100 Easy and Delicious Recipes  
from the Gluten-Free Chef Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are  
you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. GLUTEN  
FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That  
Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) WHEAT BELLY  
DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight  
Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1)  
The Gluten Free Geek's No Tricks Just Treats: Gluten-Free Goodies for Your Halloween

Happenings (The Gluten-Free Geek's Guides)

[Dmca](#)