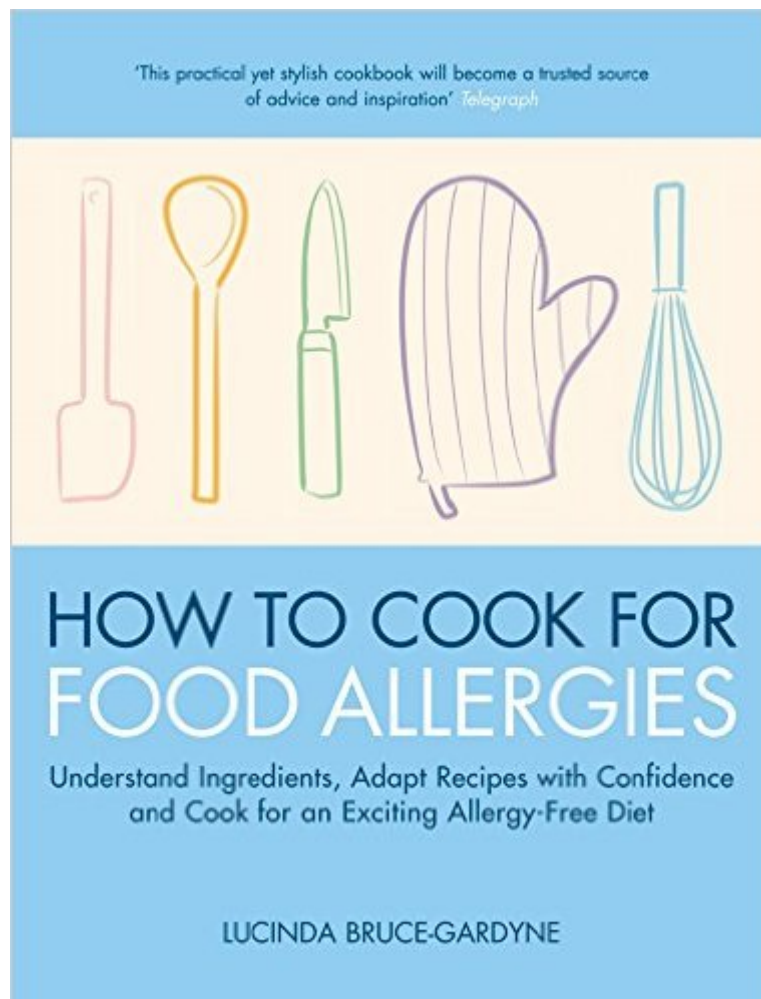


The book was found

# How To Cook For Food Allergies: Understand Ingredients, Adapt Recipes With Confidence And Cook For An Exciting Allergy-free Diet



## Synopsis

Most pre-prepared food cannot be eaten by food allergy sufferers so preparing meals can become a time-consuming struggle, especially for people without specialist cooking skills and knowledge of ingredients. *How to Cook for Food Allergies* explains why allergenic ingredients such as wheat, eggs and dairy products are so ubiquitous and how they are used, to help readers understand when and how to use substitute ingredients. This book will inspire readers to cook and eat a wider variety of foods than they ever thought possible. 'With more than 100 recipes, including sauces, pastry, bread, cakes, main courses and desserts, as well as food for babies and children, this practical yet stylish cookbook will become a trusted source of advice and inspiration.' *The Telegraph*

## Book Information

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## Customer Reviews

Written in simple terms so a non-cook could follow the recipe and be successful. Great list of substitutes. Very much agree with one meal for family and not different meals for those that have the allergies.

Love this book. As a trained Chef that specializes in teaching the preparation of food for the food challenged. I love the clear explanation of why a substitution works. I have yet to try any of the recipes within its pages but am looking forward in doing so soon. At home, I cook without milk, eggs, and soy. I use fresh, clean foods whenever possible.

Bought this book when I returned from Scotland ( who have great GF bread in the Grocery store).

One good brand (Genius) was from this author. Bread recipe in this book is the best so far without the funny GF taste. However, it is not the same bread that she sells in the grocery store and there are a few omissions in the recipe..... you must let the bread rise before baking, bake for 60 min instead of 45min, add less xanthum gum, use molasses instead of brown sugar for brown bread. Had to buy a new bread pan 7 1/2" x 3 1/2 from Magic Line, since it will rise better in the narrower pan. Please note that this is a book from Europe and you must weigh the ingredients. Also the recipe calls for Cornflour... this is Corn starch in the USA. Recipe calls for Potato flour... this is Potato Starch in the USA. I would rate this book a three if I could change it because the recipe needs changing.

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