



Learn to Cook Wheat, Gluten and Dairy Free: 100 Step-by-step Recipes

Antoinette Savill

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This book is aimed at the millions of people suffering from sensitivity to wheat, dairy products and gluten. If you are told that you must follow a wheat, gluten or dairy free diet, where do you begin to work out what you can eat safely? One thing is for sure you will have to start cooking for yourself at home since there are very few ready meals available that will be suitable for your restricted diet. The simplest and safest course is to prepare your own meals, that way you will know for certain that your food does not include any hidden ingredients that might trigger your allergy or intolerance. Many people find cooking becomes a tyranny if they have to make family meals and then a small portion of allergy free food for one person. Simpler by far to prepare recipes that are delicious for the entire family, but if you have been used to relying on ready prepared meals you may not be a confident cook or you may not have a repertoire of dishes to rely on. This book will help you build up your confidence and encourage you to cook so often that you will become a stress-free cook. The recipes are smart, modern, international and anything but depriving by using alternative ingredients such as coconut milk and rice flour. It provides recipes for all those meals, snacks, cakes and biscuits you have been used to picking up ready-made in the supermarket - soups, sauces, lasagne, macaroni cheese, fish pie, burgers, casseroles, muffins, cup cakes, Christmas cake, cheesecake, crumble, apple pie, sausage rolls, quiche, pitta bread as well as that much loved favourite sticky toffee pudding. There are also recipes for special occasions - from Christmas and birthdays to entertaining.

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