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Gluten-Free Quick & Easy—
From Prep to Plate without the Fuss:
200+ Recipes for People with Food Sensitivities
by
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"Finally, a cookbook for busy people living gluten-free! This book is a must for those who want to eat healthy but have little time or patience to be in the kitchen for hours."— Cynthia Kupper, RD, CD, Executive Director, Gluten Intolerance Group®

Part I: Living Gluten-Free

Chapter 1: The Principles of Quick & Easy Gluten-Free Cooking

Carol introduces her 3 main principles for quick and easy meals:

- Minimize Ingredients – use flavor-intensive ingredients instead.
- Maximize Effort – use homemade mixes and appliances wisely.
- Maximize Meals – cook ahead, plan ahead, and stick to a plan

Chapter 2: The Gluten-Free Lifestyle in Perspective

Carol defines gluten, discusses the incidence of gluten intolerance, reviews the benefits of home-cooked meals

Chapter 3: Stocking Your Gluten-Free Pantry

This chapter stresses the importance of reading labels, choosing appropriate staples, using shopping lists, and organizing your pantry

Chapter 4: Saving Time in the Gluten-Free Kitchen

Carol stresses the importance of time-saving appliances and mindful menu planning so portions of these meals can be reincarnated into future meals in the days ahead.

Chapter 5: Cooking the Quick & Easy Way

Carol discusses some of the basic techniques underlying gluten-free cooking, which pans and appliances to use, and the basics of food preparation. Using Carol's Flour Blend to make homemade mixes saves time.

Part II: Recipes for Every Day

Chapter 6: Main Dishes

These recipes are divided into the categories of beef and veal, pork and ham, poultry, and fish and seafood. Each category is further subdivided into sections; for example, beef is divided into ground meat, roasts, and steaks and chops so the busy cook can see at a glance what to prepare with a certain cut of meat.

This chapter also contains an 8-week menu plan designed to guide busy cooks through the importance steps of meal planning and then inspire them to create menu plans of their own.

Chapter 7: Breads

Carol's homemade yeast bread mix serve as the basis for many delightful breads such as sandwich breads, French bread, and breadsticks.

Chapter 8: Breakfast

Carol's homemade quick bread/muffin mixes serve as the foundation for corn bread and a variety of savory and sweet muffins. A pancake/waffle mix makes it extremely easy to whip up morning treats. Egg casseroles are extra-simple. Cooking whole grains overnight in a slow cooker makes it easy to eat nutritiously.

Chapter 9: Desserts

Carol's easy homemade mixes for cookies and for cakes makes desserts a breeze. Easy puddings—including super-simple instant puddings—are offered as well as cheesecakes, pies (made with an amazingly fail-proof pastry crust), and fruit cobblers round the list.

Chapter 10: Side Dishes—Beans, Pasta, Potatoes, and Rice

A wide variety of side dishes are offered to accompany the main dishes.

Chapter 11: Make Your Own Gluten-Free Ingredients

There are always some ingredients that you either can't find or prefer to make yourself for safety reasons. This chapter offers seasoning blends and broth.

Resources

Gluten-Free Grains

Substitutes for Wheat as a Thickener

Baking with Dairy Substitutes

Associations and Resources

Mail Order & Online Sources for Gluten-Free Ingredients and Products

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