

Table of Contents

Gluten-Free 101: The Essential Beginner's Guide to Easy Gluten-Free Cooking offers 175 recipes for your dining pleasure. It can be upsetting and overwhelming to learn that you or someone you love can't eat gluten, but ***Gluten-Free 101*** is the guide to help you make a simple and positive transition. It explains how to select and work with the best "g-free" foods from a now extensive (and sometimes confusing) product shelf, how to continue eating healthfully, and how to master basic g-free cooking techniques, such as baking delicious g-free bread or rolling g-free pizza dough. There are 175 recipes for everyday favorites like pancakes, muffins, fried chicken, banana bread, and cupcakes, with more than 25 beautiful photos by photographer Jason Wyche.

Introduction

An overview of the book's contents, including a Gluten-Free Survival Guide which offers suggestions for what to eat for Breakfast, Lunch, and Dinner—especially helpful for the newly-diagnosed.

Gluten: A Real Pain in the Gut

Who must avoid gluten and why, plus Carol's philosophical perspective on how to live well despite food sensitivities—such as "make small changes first." Plus, a list of medical resources for in-depth help.

Going Against the Grain

A thorough discussion of each of the gluten-free flours available on the market, how to use them to their advantage and a very useful chart on how to use substitute for wheat flour as a thickener. Includes her Gluten-Free Flour Blend, which forms the foundation for most of her recipes. Plus, how to store flours.

The Gluten-Free Kitchen

How to measure accurately, how to stock the kitchen pantry with the right ingredients for gluten-free cooking, how to use ingredients to achieve the best results in baking, a glossary of culinary terms, and how to choose and use bread machines. Plus, how the book uses dairy-free substitutes and two gums: xanthan gum and guar gum. An extensive guide to baking bread, including using a bread machine.

RECIPES

Breakfast & Brunch

Everything you need for delicious breakfasts, including Waffles, Pancakes, French Toast, CoffeeCake, Breakfast Casseroles, and Quiche Lorraine. Plus a handy chart for cooking whole grains too make hot cereal for breakfast.

Small Bites

Perfect for when you want just a bite, not a full meal. Try Panini, Lettuce Wraps, Crostini, Prosciutto-Wrapped Breadsticks, and French Fried Onions. Use these recipes as appetizers or small meals.

Soups & Salads

Soups' thickeners often contain wheat; enjoy non-wheat-thickened Beef Stew or Lentil Soup, or Chicken Soup with Dumpling. Or, hearty salads like Whole Grain Sorghum Salad or those made with white beans, lentils, or pasta.

Main Dishes

All-American cooking, many from Carol's childhood. Basics such as Chicken-Fried Steak with Gravy, Chicken Potpie, Meat Loaf, Pizza, Spaghetti & Meatballs, Tuna-Noodle Casserole. Several slow-cooker meals, one-pan dishes; casseroles....featuring easy, time-saving techniques. All of your favorites are here.

Bread

For many of us, the most important chapter in the book! You don't have to give up bread with dinner, or toast for breakfast, or sandwiches for lunch. Recipes for quick breads and yeast breads, savory and sweet... such as Bagels, Breadsticks, Corn Bread, Dinner Rolls, Focaccia, French Bread, Hot Dog Buns and Hamburger Buns, Popovers, Raisin Bread...and many more. Breakfast breads, too...Bagels, Biscuits, Cinnamon Rolls, Muffins, and Scones. Carol also offers a thorough discussion of how to bake yeast breads successfully. Plus, how to use a "cold-oven" start to have certain breads on the table, pronto!

Dessert

If your philosophy is "Eat dessert first; life is uncertain" then you'll love this chapter. Your favorites are here...Brownies, Cakes, Cookies, Bars (including Lemon Bars), Frostings, and so on. A Carrot Cake to die for, Chocolate Brownies that melt in your mouth, Whoopies, and a Flourless Chocolate Cake that is Carol's "go-to" dessert for guests. This will be one of your favorite chapters in the book.