

**Wheat-Free Recipes & Menus:
Delicious, Healthful Eating for People with Food Sensitivities**

By Carol Fenster, Ph.D.
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“Carol Fenster, Ph.D. is a recognized expert regarding the gluten-free diet. Once again she was written an outstanding cookbook and guide for patients with celiac disease and dermatitis herpetiformis and for others who elect to follow the healthy, gluten-free lifestyle.”

—**Cynthia S. Rudert, M.D., F.A.C.P**

This book includes all of your old favorites from the original *Wheat-Free Recipes & Menus* (published in 1995) but with new recipes like a crusty French bread that’s ready in 1 hour! And a pie crust that rolls out like a dream! Plus, light and fluffy Biscuits that rise beautifully!

Food like this is not only possible, with this reincarnation of her Carol’s first cookbook—it’s downright easy! Carol uses the latest in gluten-free culinary techniques (e.g., bread baking that begins in a cold oven) and incorporates several shortcuts that minimize time in the kitchen.

Recipes use the newest flour blends and nutritious, “fiberful” flours (e.g., sorghum or almond flour) to produce recipes that delight the most discerning palates. Clear, easy-to-follow directions cater to beginning cooks or those who are new to the gluten-free diet.

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Introduction

An explanation of the gluten-free diet, a description of people who live on a gluten-free diet, and some statistics on the prevalence of conditions that require a gluten-free diet. Helpful tips on how to stock a pantry and making your own flour blends are included.

The Gluten-Free Bread Basket: Yeast Breads, Quick Breads, and Flatbreads

Everyone’s favorite breads are included such as French bread, Pumpernickel, Raisin, and of course Breadsticks, Muffins, and oh-so-easy Focaccia.

Pasta

Make it yourself with Carol’s easy, no-fail recipe—by hand or with an electric pasta machine—or use purchased pasta and made a cornucopia of pasta dishes for all occasions.

Grains & Beans

Lots of dishes are included for old standby's such as rice. But try some "new" grains such as quinoa, amaranth, or buckwheat. They provide important fiber and valuable nutrients and help you achieve your daily goal of 3 to 5 servings, as recommended by the Whole Grains Council.

Soups

Soups may sound innocent but they can be laden with wheat used as a thickener. Carol shows you how to make them thickeners that are safe for your diet.

Sauces & Salad Dressings

More than one gluten-free diner has been "tripped up" by innocent-looking sauces and salad dressings. Learn how to make them without the traditional wheat-flour thickeners

Vegetables

Recipes are included for those dishes that are ordinarily thickened or creamed with wheat flour such as creamed corn.

Main Dishes

Divided into sections on Poultry, Fish & Seafood, and Beef & Pork, this chapter offers up all the wonderful, succulent entrees you remember from your gluten days. But Carol transforms them into safe, delectable versions for everyone to enjoy.

Desserts

All of your favorite cakes, cookies, (even a no-fail pie crust) are offered here for your decadent dessert pleasure.

Breakfast Dishes

Waffles, muffins, pancakes, and biscuits—time to get rise and shine! Traditional breakfast fare to start your day right with lots of flavor and fiber.

Gluten-Free Menus

Carol offers a two-week "getting started" set of menus for the newly-diagnosed patient. But then she continues with 100 menus divided into meaningful categories to help with your meal planning.

Appendix

This section contains extremely helpful, easy-to-read charts on substitutes for wheat and dairy, plus sources for buying gluten-free products from mail-order companies. How to use substitutes for wheat as a thickener are offered, plus where to detect gluten lurking in commercial products and ingredients.