

The Intolerant Gourmet

Professional pastry chef Fran Costigan shares her secrets on how to give desserts that special flair with this collection of dairy- and egg-free recipes. Using natural, unrefined, and wholesome ingredients, these decadent and mouth-watering delicacies are perfect for those who are lactose intolerant, need to watch their cholesterol, or simply love their desserts to be healthful.

"Do you suffer from lactose intolerance?" "Are you even sure you have lactose intolerance?" "Are you looking for a treatment for your Lactose Intolerance?" This Practical Guide Is Designed For Those That Might Not Really Understand Lactose Intolerance And Those That Are Looking To Relieve Themselves Of This Uncomfortable Condition. Believe it or not, there are only a handful of fundamental elements of lactose intolerance you must fully understand and grasp to eliminate this condition. And I give them all to you within this guide. You'll will learn how to

finally: Conquer hypolactasia (fancy term for this condition) and do so through healthy avenues. You can't heal a condition before you understand it and know the exact solution to treat it. The secret to your success will be how well you apply what you discover in this guide. Discover the lactose intolerant symptoms, apply the ideal lactose intolerant diet and be well on your way to feeling 100% better. More Things You'll Learn about Conquering Lactose Intolerance. In this guide you will uncover more of the following: *

- * Identify if you truly have lactose intolerance.
- * If you are at risk.
- * What the real symptoms are.
- * Proven methods to fix the problem.
- * The challenges with a lactose free life.
- * Lactose free recipes.
- * And much more...

Lactose intolerance is caused by a few main factors. Gaining the knowledge of these factors and applying a sound lactose intolerance treatment will have you on your way to eliminating this condition once and for all from your life!.

ABOUT THIS BOOK This is a gourmet cookbook that is safe and enjoyable for

persons with celiac disease and glucose intolerance. Most of the recipes are high in complex carbohydrates and have low glycemic index. Coconut sugar, a natural sweetener, is lowest in glycemic index and safe for the diabetic. I use olive oil, no cow milk, and all natural ingredients, and no gluten flours or grains. Many recipes are vegan and dairy-free and vegetarian and full of flavor. I have included a complete nutritional evaluation of every grain, flour, sweetener, and most of the ingredients that are in all the recipes. The recipes include breads, pizza crusts, waffles, and pancakes, Jewish holiday foods, ethnic dishes, main dishes, pies, and cakes.

Offers those allergic to the gluten in wheat, oats, barley, and rye recipes for pasta, pizza, breads, cakes, cookies, pies, and casseroles that feature safe flours.

Food for Friends

**The Gluten-Free Gourmet Bakes Bread
Vegan Italiano**

**Living Well Without Dairy Products
The Joy of Gluten-Free, Sugar-Free
Baking**

**Your Essential Cookbook for Everyday
Meals, Snacks, and Sweets**

Delicious Dining Without Wheat

From the author of The Gluten-free Gourmet, the best selling cookbook for the millions who are gluten-intolerant or allergic to wheat, here are 267 tasty, gluten-free dishes Bette Hagman's second book offers more recipes for baked goods as well as a smorgasbord of recipes for international dishes in "safe" versions -- a lovely variety of meat, poultry, seafood, rice, bean and pasta dishes with a distinctive flair. For those who wonder how to achieve a flavorful, exotic and gluten-free meal, this book has all the answers, from curries to tempuras and from quiches to Mexican mole. Also, this book provides more recipes for some traditional dishes such as casseroles, vegetables, soups and tasty treats for celiac children and adults alike. With updated, expanded lists of suppliers and celiac organizations, this indispensable book also includes an introduction by Betty Bernard, M.D., associate professor of pediatrics at the University of Southern California, who says, "More from the Gluten-free Gourmet is a superb guidebook to fine dining and the best of health for gluten-sensitive individuals."

From the leading expert in gluten-free

cooking, a new book with more than two hundred recipes for delicious cakes, cookies, pies, and other desserts. Bette Hagman's four cookbooks have sold more than 220,000 copies and established her as the leading expert in the ever growing market of gluten-free cooking. She is the premier creator of recipes for those intolerant to gluten and for those allergic to wheat. In the latest addition to the Gluten-free Gourmet series, Hagman turns her hand to that most loved part of the meal, dessert. At the core of this book are more than two hundred easy-to-follow recipes for delicious cakes, pies, cookies, puddings, and other sweets, including Chocolate Peanuty Cupcakes, Raspberry Bars, and Gingersnaps. The nutritional information and dietary exchanges that accompany each recipe will make these desserts fit easily into any diet. Hagman also answers common questions about gluten-free baking and provides a list of sources for gluten-free baking products you can order by mail. With The Gluten-free Gourmet Makes Dessert no meal will have to end without dessert again. Also Available: The Gluten-free Gourmet, Revised Edition 0-8050-6484-2 o \$18.00/\$27.00 CAN More from the Gluten-free Gourmet 0-8050-6524-5 o \$18.00/\$27.00 CAN The Gluten-free Gourmet Cooks Fast and

Healthy 0-8050-6525-3 o \$18.00/\$27.00 CAN

The Gluten-free Gourmet Bakes Bread

0-8050-6078-2 o \$18.00/\$27.00 CAN

Provides recipes free of milk, eggs, wheat, soy, peanuts, tree nuts, fish, and shellfish, and includes such dishes as cherry dijon pork chops, Greek salad, lemon quinoa, soft pretzels, and orange zucchini bread.

100% free from gluten, dairy, eggs, soy and yeast. = More simple and healthy recipes from The Intolerant Gourmet. Food writer and cook Pippa Kendrick returns with over 120 brand new recipes that prove that free from cooking can be as quick, easy and delicious as traditional methods. While at university, Pippa became seriously ill with complications that stemmed from undiagnosed food allergies. It became a life-threatening situation and was a turning point in her life. Unable to find the information she needed and driven by a love of good food, Pippa began to develop her own recipes. Pippa firmly believes that eating should be a pleasure, one to be shared, and celebrated, no matter what restrictions you have in your diet. Food sensitivities need not get in your way. This second book is packed with food for all the family; food for anytime of the day, any day of the week and everyday of the year. Using fresh, "real" ingredients, Pippa shows you

how to make easy, simple meals that are all entirely free from wheat, yeast, egg, dairy and gluten, and almost all entirely free from nuts. So whether you're looking for a delicious breakfast treat like maple syrup scones, a simple al fresco lunch like caramelised onion quiche, a honey and blueberry drizzle cake to warm you on a lazy afternoon, or spaghetti and meatballs that will please all the family, Pippa can show you how to effortlessly pull off recipes that anyone can eat. It might be that gooey chocolate pudding you've been craving for months (or the lemon tart, or the apple pie and ice cream), or the chicken nuggets you know your children would love, or perhaps you've got friends coming round for a weekend feast. Whatever the meal, or the situation, there are multiple ways to cook the foods you love without missing out. In this book Pippa shows you just how easy that can be.

The Ultimate Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living

The Corn-free Cookbook & Survival Guide Living Gluten and Dairy-Free with French Gourmet Food

**Free-from Food for Family and Friends
Gluten Free, Low Glycemic Index Friendly
Nutritional Information of Grains and Flours**

and Tested Recipes
Wheat-Free and Gluten-Free with Less Fuss
and Less Fat
Microwave Gourmet

Gathers recipes for soups featuring vegetables, poultry, meat, peas, beans, and seafood, and offers advice on making stocks, noodles, dumplings, and meatballs

It's dangerous to play around with the idea of India, but a new breed of intolerant Indians is doing just that. Far too many Indians today do not seem to appreciate the idea of pluralist tolerance, which forms the structural framework of Indian democracy. They see pluralism as phony and tolerant secularism as hypocritical or irrelevant to an existence centered on narrow religious, regional or ethnic identities. Extremist religious ideologies as well as violent politics of mindless forces on the right and the left have often overshadowed the idea of a tolerant society that our founding fathers dreamed of, where many views would compete for public attention and where the motto 'live and let live' would be the nation's guiding philosophy. This essay is a plea for the restoration of reason in public life. It is written from the point of view of a liberal-secular democrat, who also happens to be an agnostic.

Offers advice on cooking without milk, butter, cream, or cheese, and shares recipes for appetizers, soups, fish, meat, poultry, sauces, beans, pasta, eggs, pancakes, vegetables, rice, salads, breads, cakes, cookies, and desserts.

300 gluten- and dairy-free recipes from popular food blogger Audrey Roberts to reset your eating habits to live a healthier life. Millions of people now suffer from celiac disease and food sensitivity. But switching to a diet without gluten or dairy not only benefits those with gluten sensitivity or lactose

intolerance, but benefits anyone who needs more energy, wants to lose weight, or simply craves a much healthier lifestyle. And now cooking without them is simple! You no longer need to give up the foods you love because with easy substitutions, some creative cooking, and the recipes in this book, you will still enjoy all your favorite foods. The Everything Gluten-Free & Dairy-Free Cookbook includes 300 gluten- and dairy-free recipes that your whole family will enjoy—from eggs benedict casserole to coconut cream pie. These easy and delicious recipes make it painless to start living a healthier life and feel better. Audrey Roberts, founder of the popular food blog Mama Knows Gluten Free, teaches you how to make the most satisfying recipes from breakfast to dinner and snacks in between meals. The Everything Gluten-Free & Dairy-Free Cookbook makes it easy to meet your family ' s dietary needs while keeping them happy and healthy.

Complete Gluten-Free Cookbook

Over 250 Recipes for People with Lactose Intolerance Or Milk Allergy

The United States of Arugula

Pasta Reinvented

The Gluten-free Gourmet Makes Dessert

The Intolerant Gourmet

The Everything Gluten-Free & Dairy-Free Cookbook

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are

confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, *Go Dairy Free* is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside:

- More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings
- A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more
- Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips
- A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health
- An in-depth health section outlining the signs

and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition • Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

The first gluten-free baking book from legendary bread maker and James Beard Award-winning author Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugar dieters. The first gluten-free baking book from legendary bread maker and James Beard Award-winning author Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugar dieters. Amazing, easy-to-make recipes that revolutionize baking for wheat sensitive, diabetic, and low-carb/low-sugar cooks. After more than two decades of research into gluten-free baking, bestselling author and legendary bread maker Peter Reinhart and his

baking partner Denene Wallace deliver more than eighty world-class recipes for delicious breads, pastries, cookies, cakes, and more in *The Joy of Gluten-Free, Sugar-Free Baking*. Carefully crafted for anyone who is gluten sensitive, diabetic, or needs to reduce carbs to prevent illness or lose weight, these forgiving recipes taste just as good as the original wheat versions—and are easier to bake than traditional breads. By using readily available or home-ground nut and seed flours and alternative and natural sweeteners as the foundation for their groundbreaking style of baking, Reinhart and Wallace avoid the carb-heavy starch products commonly found in gluten-free baking. Additionally, each recipe can easily be made vegan by following the dairy and egg substitution guidelines. Bakers of all skill levels will have no trouble creating incredibly flavorful baked goods, such as:

- Toasting Bread, Banana Bread, Nutty Zucchini Bread, and many styles of pizza and focaccia
- Cheddar Cheese and Pecan Crackers, Herb Crackers, Garlic Breadsticks, and pretzels
- Blueberry-Hazelnut Muffins, Lemon and Poppy Seed Scones, and pancakes and waffles
- Coconut-Pecan Cookies, Lemon Drop Cookies, Biscotti, and Peanut Butter Cup Cookies
- Brownies and Blondies, Cinnamon-Raisin

Coffee Cake, Pound Cake with Crumb Topping, and Carrot Cake with Cream Cheese Frosting

- Apple Crumble Pie, Pumpkin Pie, Berry Pie, and Vanilla, Chocolate, or Banana Cream Pie

With Reinhart and Wallace's careful attention to ingredients and balancing of flavors, these delicious gluten-free baked goods with a glycemic load of nearly zero will satisfy anyone's craving for warm bread or decadent cake.

Chef Braux demonstrates a vast knowledge of the gluten-free, casein-free diet, bringing together in one book not only how and why this diet works for both individuals on the Autism spectrum and for those diagnosed with Celiac disease, but also recipes, resources, and a concise shopping list. I highly recommend this book to anyone that would like to improve their health with the GFCF diet. - Kecia Johndrow. Vice President.

National Autism Association of Central Texas Chef Alain Braux has done it again! This book will take you on a sweet escape: an escape to gluten and dairy-free heaven! His recipes, witty writing and clever tips will help you make a stress-free transition to the gluten and dairy-free lifestyle. This book is full of easy-to-read educational materials and resources to help you feel better. Whether you are newly

diagnosed or have been gluten-free for 30 years, you will find yourself referring this book time and time again. - Jessica Meyer, Owner and Chef of ATX Gluten-Free

In the sumptuous style of classic Italian cuisine, this collection of delectably authentic recipes reinvents vegan. Mouth-watering dishes burst with fresh fruits, vegetables, whole grains, nuts, and healthy fats like olive oil - all within an animal-free diet, ideal for lactose-intolerant eaters and vegetarians, too. Delicious Italian food was made for bountiful and flavor-filled variations, not weak substitutions - which is why none of these recipes calls for tofu, soy milk, or other ingredients that mimic meat, dairy, and eggs. Now readers can treat themselves to something scrumptious - even if they can't make it to Italy this year.

Delicious Allergy-Friendly Recipes Everyone Can Enjoy

A Way of Life

Dairy-free Cookbook

The Whole Foods Allergy Cookbook

The Milk-Free Kitchen

More Than 200 Wheat-free Recipes for Cakes, Cookies, Pies and Other Sweets

From Everyday to Gourmet

A breakthrough bread book by the unchallenged

expert in gluten-free and wheat-free cooking. In Bette Hagman's three earlier cookbooks, she worked with gluten-free flours that are safe for celiacs (those who are intolerant to gluten) and for those with wheat allergies, to create recipes that actually taste good. Knowing from her own hard-won experience that bread is the greatest loss for the wheat, oats, rye, or barley intolerant, she has experimented with exciting new bean-based flours and now devotes an entire book to breads. Here are yeast breads, yeast-free breads, muffins, rolls, buns, breakfast breads, and crackers—a veritable cornucopia to be made in the oven or the bread machine for people who cannot buy breads at a bakery or supermarket but must rely on their own kitchens to provide the staff of life. Along with dozens of great recipes comes a medical foreword by Peter H. R. Green, M.D., of the College of Physicians and Surgeons of Columbia University; a beginner's guide to understanding and cooking with gluten-free flours; answers to commonly asked questions about baking with these flours; and a source list of where to buy gluten-free baking supplies. The *Gluten-Free Gourmet Bakes Bread* joins Hagman's three previous books, each recognized as the best in this special diet category. The wickedly entertaining, hunger-inducing, behind-the-scenes story of the revolution in American food that has made exotic ingredients, celebrity chefs,

rarefied cooking tools, and destination restaurants familiar aspects of our everyday lives. Amazingly enough, just twenty years ago eating sushi was a daring novelty and many Americans had never even heard of salsa. Today, we don't bat an eye at a construction worker dipping a croissant into robust specialty coffee, city dwellers buying just-picked farmstand produce, or suburbanites stocking up on artisanal cheeses and extra virgin oils at supermarkets. The United States of Arugula is a rollicking, revealing stew of culinary innovation, food politics, and kitchen confidences chronicling how gourmet eating in America went from obscure to pervasive—and became the cultural success story of our era.

Food writer and cook Pippa Kendrick revolutionises allergy-friendly food with an inspired collection of delicious recipes for everyone to make, share and enjoy — and just happen to be free from wheat, gluten, yeast, egg, dairy and soya. The Intolerant Gourmet is a cookbook that will appeal to everyone; from those that want delicious food but suffer food allergy or intolerance to those who simply want great home cooking that can be served to all their friends and family no matter what they can or can't eat. Each year, more and more people are diagnosed with food intolerance or find that avoiding certain products makes them feel better, happier, and more energetic; but for too long

they've been forced to have separate meals or go without. Pippa puts an end to this with a cookbook that celebrates great food to be savoured by one and all, and won't leave anyone feeling unsatisfied. In this beautifully illustrated book - packed with stunning photographs - you'll find 120 doable recipes. All are entirely free from wheat, yeast, egg and dairy and almost all entirely free from gluten; but, most importantly, all are delicious. Pippa offers simple soups, snacks and salads, satisfying main courses including inspired versions of what you might find on a restaurant menu, tasty vegetarian meals and plenty of indulgent desserts and cakes. She also includes tried-and-tested basic recipes for breads, pastry and biscuits. Pippa's fresh, inclusive approach to -free from- cooking and her engaging personality shine through to make the recipe book that food intolerants have been crying out for: a beautiful modern-day cookery bible to cherish and share, and to turn to again and again. Recipes include: Smoked Chicken, Sweet Potato and Lentil Salad Falafel with Parsley and Tomato Salad Lamb Korma with Lemon and Cashew Rice Tomato Pesto-filled Pork Tenderloin Lamb Tagine with Dates and Peppers Spaghetti with Roasted Aubergine, Thyme and Chilli Sauce Masala Roast Chicken and Squash Vegetable Lasagne Bakewell Tart Treacle Tart with Custard Jam Tarts White Soda Bread Shortcrust

Pastry

This is the perfect book for those who must put together a gluten-free meal at the of the long working day. From the author of The Gluten-free Gourmet, 2nd edition, here are more than 275 recipes for gluten-free pasta, baking, and soup mixes that are as easy to use as anything from the grocery store. With new bean flours to add to the other gluten- free flours, there are also fantastic recipes for breads, cakes, cookies, pies, and pastries. Free-From Food for Family and Friends: Over a hundred delicious recipes, all gluten-free, dairy-free and egg-free

Over 150 Irresistible Recipes Without Wheat--from Crostini to Tiramisu

Living Well Without Wheat

A Practical Guide To Living A Healthy Lactose Free-Dairy Free Life

Delicious Allergy-Friendly Home Cooking for Everyone

Guilt-free Gourmet

Artisan Vegan Cheese

Food writer and cook Pippa Kendrick revolutionises allergy-friendly food with an inspired collection of delicious recipes for everyone to make, share and enjoy - and just happen to be free from wheat, gluten, yeast, egg, dairy and soya.

A noted food columnist, restaurant consultant, and cooking teacher, combines

theory and practice in more than two hundred recipes for homestyle dishes and gourmet creations that include dozens of impromptu preparations

Food writer and cook Pippa Kendrick revolutionises allergy-friendly food with this collection of delicious recipes for everyone to make, share and enjoy - free from wheat, gluten, yeast, egg, dairy and soya. The IACP and James Beard Award-winning author of Roasting presents a reference for people with lactose or glucose intolerance on how to eat pleurably and without deprivation, sharing 300 recipes that offer recommendations for how to achieve specific textures and flavors without milk and flour ingredients.

Gourmet Cookbook of Life

The Sun Dried, Cold Pressed, Dark Roasted, Extra Virgin Story of the American Food Revolution

80 Low-Carb Recipes that Offer Solutions for Celiac Disease, Diabetes, and Weight Loss For Your Cockatiel, Parrot, and Other Avian Companions

*The Gluten-free Gourmet, Second Edition
Sin-sational Sumptuous Treats*

The latest addition to the bestselling series of cookbooks that have sold more than 300,000 copies. Bette Hagman is the premier creator of recipes for those intolerant to gluten and for those allergic to wheat. In the latest addition to the Gluten-free Gourmet series, Hagman turns her hand to old favorites such as macaroni and cheese, chicken pot pie,

and lasagna that were once off-limits to anyone who is gluten intolerant. At the core of this book are more than two hundred all-new recipes for the mouth-watering comfort foods enjoyed by people everywhere. The nutritional information and dietary exchanges that accompany each recipe will make these hearty and delicious foods fit easily into any diet. Hagman also provides an introduction to new flours now available to the gluten-free cook and offers a list of sources for gluten-free baking products you can order by mail. With *The Gluten-free Gourmet Cooks Comfort Foods*, everyone can enjoy satisfying meals and snacks without gluten or wheat.

A collection of gluten-free versions of classic Italian dishes includes an assortment of pastas, sides and desserts while providing recommendations for gluten-free cooking, a glossary of alternative grains and flours and mail-order sources. Original.

150 recipes that can be enjoyed by anyone but can be eaten by people with food intolerances and allergies. Includes extensive information about gluten-free products, lactose-free baking and egg-free products.

This is a cookbook for people who really love their pet birds, and want to feed them healthy and delicious food. It's important to introduce variety into your bird's diet, and this cookbook will help you do just that. Sections include Breads and Pastries, Vegetable and Fruit Dishes, Potatoes and Eggs, Entrées for You and Your Bird and—of course—Treats.

The Intolerant Gourmet: Free-from Recipes for Everyone

Gluten-Free Italian

Creating Old Favorites with the New Flours

Lactose Intolerance

More from the Gluten-free Gourmet

Glorious Food Without Gluten & Lactose

For the Corn-intolerant and Corn-allergic

What's the one thing that plant-based, paleo, and several whole food diets all agree on? Eating dairy free! For millions of people, this one simple change—cutting out milk and other dairy products—has resolved most, if not all, of their adverse health symptoms and helps to reduce the risk of many common medical concerns, including allergies, skin conditions, and even cancer. And it's easier than you might think. Eat Dairy Free is the cookbook you've been craving to enjoy a dairy-free diet without special substitutes. Alisa Fleming, author of the bestselling dairy-free guide and cookbook Go Dairy Free, shares more than 100 recipes for satisfying yet nutritious dairy-free breakfasts, lunches, dinners, snacks, and healthier desserts that use regular ingredients. Completely free of milk-based ingredients, including casein, whey, and lactose, these recipes are safe for those with milk allergies and other dairy-related health issues. And for those with further special diet needs, every recipe has fully tested gluten-free and egg-free options, and most have soy- and nut-free preparations, too. Inside, discover delectable dishes such as:

- Mushroom-Pesto Pizza
- Shake & Bake Buttermilk Chicken
- Peanut Power Protein Bars
- Chocolate Banana Split Muffins
- Southwestern Sunrise Tacos
- Mylk Chocolate Cupcakes
- Cheesy Twice-Baked Potatoes
- Strawberry Cheeseshakes

Live well and eat dairy free!

At last—a cookbook of pleasure, not compromise, for those with food intolerances. It's estimated that nearly 1 in 3 North Americans is lactose-intolerant and that 1 in 133 is gluten-intolerant, although many of these people remain undiagnosed. For those who do find out, the resulting dietary adjustments have traditionally been about restriction, denial, and deprivation. All these compromises drain the pleasure from eating. Now, legendary food maven Barbara Kafka comes to the rescue with a complete soup-to-nuts cookbook full of great food that you can enjoy every day. Barbara's own intolerances, dormant since childhood, returned five years ago, and—as someone who was already intolerant of bad food, ersatz ingredients, and poor cooking—she rose to the challenge of being gluten- and lactose-intolerant with this collection of 300 recipes. They get you to crispy without resorting to breading or flour coatings, offer silkiness and richness without dairy, and feature luxurious textures in sauces and soups without flour or butter. Thanks to the creativity of Barbara Kafka, you can say good-bye to the blandest of diets and indulge in such delights as Chicken with Chervil Sauce, Roasted Salmon with Dill Sauce, Cannellini and Mushroom Soup, Corn Relish, and Asian Noodle Salad. The Intolerant Gourmet contains an enormous range of dishes that fit into many cherished culinary traditions (Asian, French, American, Italian, etc.). Each delicious recipe will satisfy anyone at the dinner table, whether intolerant or not. The book also features tools such as a guide to gluten-free pastas and a comprehensive section on starches—their assets and detriments, the basic methods for preparing them, and the best ways of serving them. All is presented with insight and irrepressible wit (of her Simple Rib Roast, for instance, Barbara writes, “My roast is rare, but no Saxon pillage”). The result is an indispensable reference tool, ideal for lovers of good food in search of an all-inclusive approach to cooking.

Provides instructions for seven hundred and fifty recipes that utilize vegetables, including tabbouleh with red and hot peppers, chard gratin, creamy carrot soup, and morels with rhubarb and asparagus.

The Intolerant Gourmet
Glorious Food Without Gluten & Lactose
Artisan Books

More Great Good Dairy-free Desserts Naturally

The Gluten-Free Gourmet Cooks Comfort Foods

The Intolerant Indian

Living with Food Intolerance

Meat-free, Egg-free, Dairy-free Dishes from Sun-Drenched Italy

Doctor Gourmet Diet for Coumadin Users

Gourmet Bird Food Recipes

Discusses lactose intolerance and the need for calcium in the diet, and shares recipes for appetizers, breads, soups, salads, meats, poultry, seafood, and frozen desserts

Identify troublesome foods and find the diet that suits you. Food intolerance is common and involves an adverse reaction to a particular food. Far more people suffer from food intolerance than they do from food allergy, and it's important to distinguish the two. This book will cover: our relationship with food - historical background; what food intolerance is and isn't; difference between intolerance and allergy; other problems with foods - aversions, phobias, food poisoning; types, symptoms and possible causes of intolerance; how to seek an accurate diagnosis; managing and living with your intolerance; preventing recurrences.

The only pasta and noodle cookbook focused on healthy alternatives to wheat-based pasta-often gluten-free-and offering recipes for making pasta

doughs from scratch, as well as sauces and dishes to enjoy. Discover a world beyond traditional wheat-based pasta, and enjoy nutrient-packed alternative pastas made from a variety of grains, beans, nuts, and spiralized produce with Pasta Reinvented. Prepare dishes that will highlight-not hide-the flavors of your chickpea pasta, almond flour pappardelle, or shirataki noodles. Learn how to make and shape your own pasta doughs made from alternative flours, or buy ready-made, then exploit their unique flavours with recipes for interesting new taste pairings. Eighty protein- and fiber-packed recipes-many gluten free and vegetarian-offer you a new generation of dishes to go with the latest evolution of pasta and noodles. Gourmet restaurateur and vegan food expert Miyoko Schinner shares her secrets for making homemade nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts while incorporating nutritious nuts and plant-based milks. Miyoko shows how to tease artisan flavors out of unique combinations of ingredients, such as rejuvelac and nondairy yogurt, with minimal effort. The process of culturing and aging the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm. For readers who want to whip up something quick, Miyoko provides recipes for almost-instant ricotta and sliceable cheeses, in addition to a variety of tangy dairy substitutes, such as vegan sour cream, creme fraiche, and yogurt. For suggestions on how to incorporate vegan artisan cheeses into favorite recipes, Miyoko offers up delectable appetizers, entrees, and desserts, from caprese salad and classic mac and cheese to eggplant parmesan and her own

San Francisco cheesecake.

300 simple and satisfying recipes without gluten or dairy

Glorious Food without Gluten and Lactose

Soup

Go Dairy Free

More Than 200 Wheat-Free Recipes

The Gluten-Free Gourmet Cooks Fast and Healthy

150 Gluten-Free, Lactose-Free Recipes, Many with Egg-Free Variations

The standard guide to microwave cooking offers more than six hundred recipes for everything from Filet of Sole with Almonds to Baked Macaroni and Cheese, along with cooking techniques and a list of dishes best cooked in conventional ovens. Reprint. BAKER & TAYLOR

100% free from gluten, dairy, eggs, soy and yeast.

More simple and healthy recipes from The Intolerant Gourmet. Food writer and cook Pippa Kendrick returns with over 120 brand new recipes that prove that free from cooking can be as quick, easy and delicious as traditional methods.

The authors present more than 150 corn-free recipes with many variations for differences of taste. They also teach the survival skills people need when they must avoid corn, including how to read labels quickly, easily and accurately.

The Guilt-free Gourmet is for anyone who's trying to eat more fruit and vegetables and reduce their intake of sugar and saturated animal fats but isn't willing to compromise on the flavour and enjoyment of their food. This cookbook is not about denial; it's approach to cooking and eating simply swaps the 'bad for you' ingredients for natural and healthy alternatives that

achieve the same decadent results without the negative impact on our waistlines, energy levels, health and wellbeing. Recipes range from simple sharing plates to Foods from Afar such as Thai curry and fiery Korean noodles to Japanese tempura and Moroccan tagines. There are Light & Fresh dishes such as Globe Artichoke, Fennel & Rocket as well as Comfort Food recipes including Beetroot Burgers with Mustard Mayo and a velvety Aubergine & Tomato Gratin. With ideas for Home Baking and Sweet Treats, Jordan and Jessica Bourke combine their expertise as a chef and nutritional therapist to prove that you can have your cake and eat it. Indulgent recipes without wheat, dairy or cane sugar

Why We Must Rediscover A Liberal Space

Eat Dairy Free

Two Hundred Gourmet & Homestyle Recipes for the Food Allergic Family

Vegetable Love