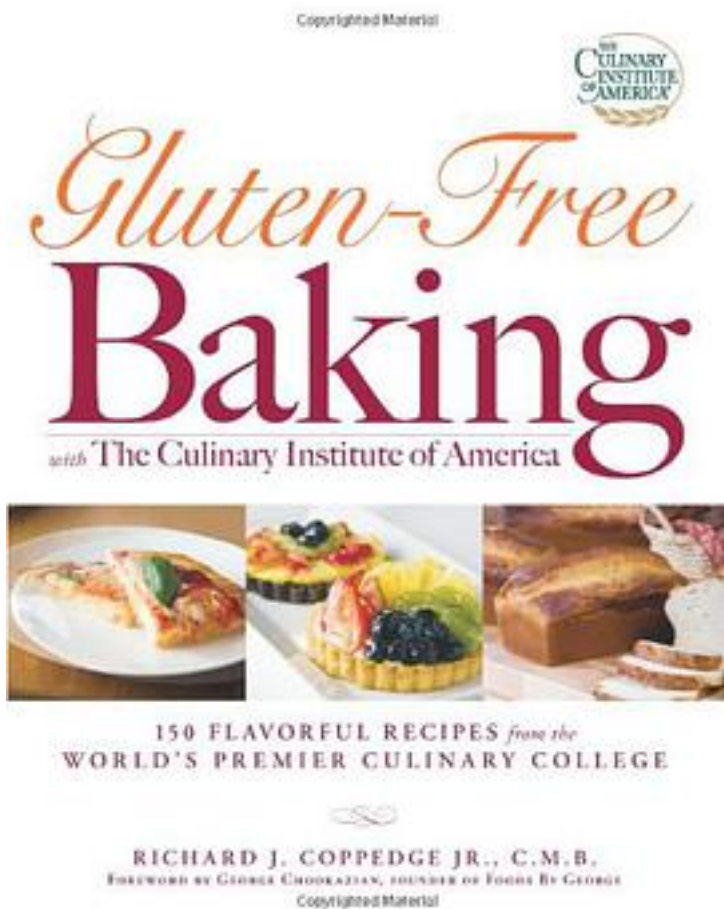


Gluten-Free Baking with the Culinary Institute of America



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At one time, those with celiac disease could not eat sticky buns, muffins, pancakes, or

pizza, lest they suffer fatigue, weakness, depression, infertility, osteoporosis, anemia, and a host of other ailments. That's no longer the case! "Gluten-Free Baking" will be their ultimate guide. This guide features information for understanding the requirements of gluten-free baking; with sidebars on gluten-free lifestyle, culinary techniques, preparation tips, and human interest anecdotes about people Chef Coppedge has helped. It also covers quick breads, yeast and flat breads, cookies, pies and tarts, and cakes, each recipe accompanied by preparation and serving information, ingredient lists, and nutritional analyses.

作者介绍:

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