



Complete Gluten-Free Cookbook: 150 Gluten-Free, Lactose-Free Recipes, Many with Egg-Free Variations

Donna Washburn, Heather Butt

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Enjoy the sensational food that is typically avoided in gluten-free diets.

Gluten-free foods needn't be plain or unappetizing. When there's a food allergy such as celiac disease, wheat intolerance or lactose intolerance, that usually means cooking two separate meals. That's no longer the case, however, thanks to the imaginative recipes in **Complete Gluten-Free Cookbook**. Everyone can enjoy these tantalizing recipes, which include everything from baked goods, pasta dishes, appetizers and family meals to mouthwatering desserts. Here is a sampling of the inspired gluten-free recipes, most of which have an egg-free variation:

- Asparagus risotto
- Wild rice latkes
- Skillet cornbread
- Bacon and tomato biscuits
- Coconut shrimp
- Curried beef with rice noodles
- Date orange streusel cake
- Cherry almond biscotti
- Pear hazelnut tart
- Shirley's old-fashioned donuts.

In addition to the 150 recipes, there is extensive information about various gluten-free flours, legumes and rices. Also included are tips and techniques for baking lactose-free and egg-free products, making the book helpful for those with other allergies.

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Karen McCarthy:

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