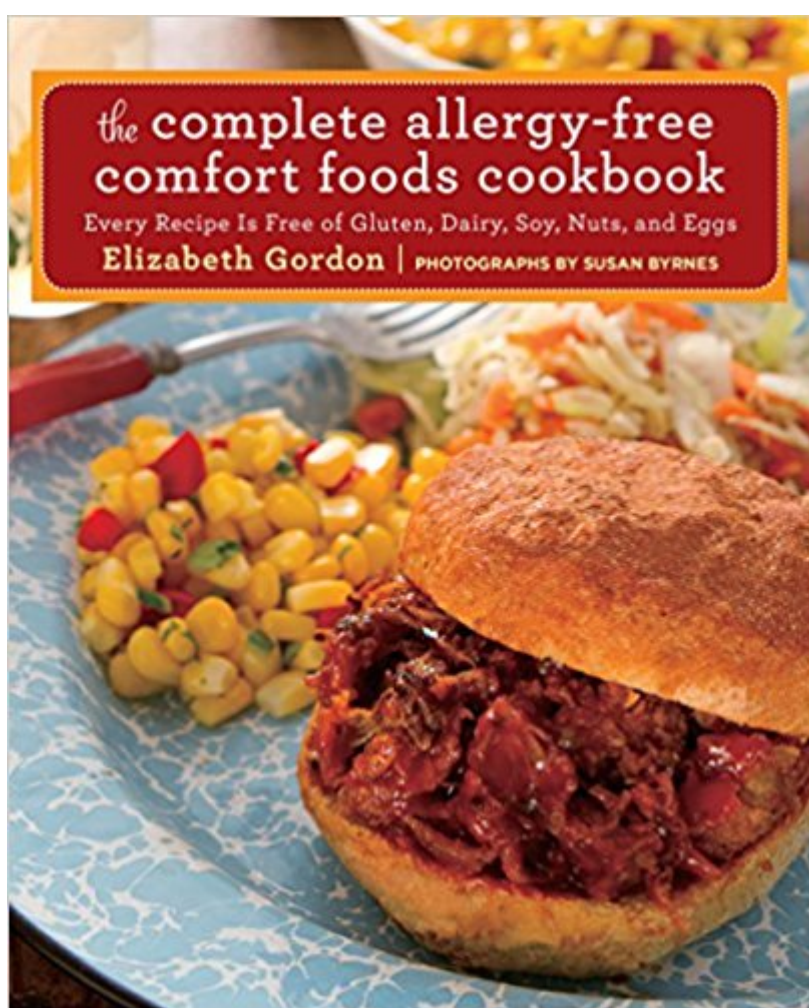


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# Complete Allergy-Free Comfort Foods Cookbook: Every Recipe Is Free Of Gluten, Dairy, Soy, Nuts, And Eggs



## Book Information

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## Customer Reviews

"Allergy-free and comforting? Deliciously, yes. Elizabeth Gordon shows you how to cook food that's both safe and scrumptious for your entire family. We especially appreciate that the recipes are tasty--it can be tough to create great flavors when navigating food allergies.

Elizabeth's instructions and insights are educational, entertaining and enticing." --Dan Hofland, VP of Marketing, SunButter "This book is an absolute 'must-have' for anyone who has a food allergy. We keep it in our nutrition library as it's packed with delicious recipes that provide options for those who have food restrictions and it makes it fun, easy and enjoyable to eat again!" --The Nutrition Twins®, Lyssie Lakatos & Tammy Lakatos Shames, Registered Dietitians, Personal Trainers, and authors of *The Secret to Skinny*

This book brings time-honored foods and flavors back into the lives of those with the most common food allergies and sensitivities--those with celiac disease or lactose and/or soy intolerance, and those following a gluten-free or casein-free diet, as well as those allergic to eggs and/or nuts. Its more than 100 delicious recipes are easy enough to make any night of the week. They include: Banana Bread, Chicken Soft Tacos, Rosemary Smashed Potatoes, Whoopie Pies, and Chocolate Chip Cookies.

Here is my attempt at deconstructing *The Complete Allergy-Free Comfort Foods Cookbook*, which

features some very unique, innovative recipes that are all free of gluten, dairy, soy, nuts, and eggs. Number of recipes: 112 Paper type/quality: The book is hardbound with a glossy dust jacket. The pages are glossy and of medium weight. Splatters seem to wipe off easily. Photography: There are medium to large full-color photos accompanying almost all of the recipes. Many are full page photos. Does the book lay flat without assistance: Yes General layout and design: Very straightforward and well organized into seven basic sections; Breakfast, Starters, Salads, Condiments, Dressings & Basics, Main Courses, Sides, and Desserts. Fonts and Colors: Clear, bold black font with a few dark blue and orange accents -Are the recipes easy to read?: Yes, very. -Is the typeface large enough?: Yes, it is nice and bold -Are the words and paragraphs spaced well so that it is easy to find the step you are on?: Yes, perfectly. The steps are numbered and everything is well spaced. Extra Inclusions: Dictionary of ingredients, substitution advice, a where to shop section. Index: Nicely organized- it is easy to find recipes by name, main ingredient, category and type. Allergen/Special diet notes: This is an allergy free cookbook, definitely NOT a vegan cookbook. There are many meat based recipes and some of the pastry crusts call for leaf lard. Nutritional Notes: This is not really a low calorie cookbook. The author is providing allergy free versions of comfort foods, many of which would be things that would be made on a very occasional basis...think once or twice a year as a special treat. There are some everyday recipes to be sure, but many are special and are intended to be viewed in that regard. Quite a few of the main dishes, salads and sides appear to be quite healthy though. Skill Level: Medium There are several recipes that involve frying, making pastry crusts and assembling dessert items beyond what the average cook might be used to. The instructions are clear and easy to follow, but some of the techniques might be unfamiliar to some. Special Ingredients: Coconut Milk Kefir, Leaf Lard, Lyle's Golden Syrup, French Lentils, Sorghum Beer, Specialty sanding sugars and sprinkles from India Tree. (Substitutions for difficult to find ingredients are suggested by the author) Lyles Golden Syrup 16.0 Fluid Oz Per Tin - Pack 2 Tins Special Equipment: Oil mister, Deep Fat Fryer (or a candy thermometer to keep track of the temperature of the oil in a skillet), Eclair pan, pastry bag, cookie cutters (to make animal crackers), food processor or blender. All of these items would be helpful to have in order to properly execute all of the recipes in the book, but most of them are not required. The fryer or thermometer would be the only one that would be required in order to make the fried recipes. There are seven recipes that require frying. Misto Gourmet Olive Oil Sprayer, Brushed Aluminum Do the recipes turn out?: So far yes, mostly. The baked beans recipe didn't turn out like the picture suggested it would. Do the recipes taste good? So far, they taste pretty good. I made the sloppy joes recipe last night as a special Valentine's Day Dinner for my husband and son. I think it was the best sloppy joe

I have ever had. The roasted chicken was excellent, and the baked beans were fair. \*Update\* The pasta salad was excellent. I have made it three-four times and I'll be making it a lot this summer. The roast chicken recipe is very good but the time stated in the recipe was not accurate. I had to keep it in the oven about 15-20 minutes longer than the recipe stated which may be due to size difference of the chicken. In Summary, after thoroughly looking through this cookbook and now having tried a few of the recipes I feel ready to give this cookbook a four star rating. That could change if some of the next few recipes I try are really great. My four star rating is based on the fact that quite a few of the recipes require frying and many require a special ingredient that might be hard to find. Yes, substitutions are provided for these items, but it is just another step to go through to figure out a substitution. The rating is also based on my two great experiences making the recipes so far and the number of really unique and interesting recipes included. I am so excited to try more of these! Some of the interesting and unique recipes are: Allergy-free versions of pop tarts, twinkies, animal crackers, thin mints, funnel cakes!, s'mores cookies, hush puppies, empanadas, mayo using cannellini beans, dolmades, pot stickers and jelly donuts.

If you have someone in your family that has a lot of allergies (In my case it's Egg, Milk, Wheat, and Cheese) than this is an incredible recipe book. It's not just filled with dorky recipes that use Daiya cheese to replace foods you may crave or love, but it has legitimate dinner recipes that will fill you up and are delicious. Of all the allergy free recipe books I've looked at recently this is my favorite and a great source for affordable and allergy free cooking!

Fantastic cookbook! The recipes are very tasty and easy to make. I especially loved the banana blueberry muffins. I missed bread, and to find a non wheat muffin recipe that was delicious was awesome!

This is an easy book for those who are dealing with food allergies and need something that just is "normal" to eat. I get to the point that I want something that is fun to eat. This book has great comfort food that are not that hard to make and make you want to eat them.

It's one of those purchases that I thought I would like it and when it came with other books, it was my least favorite of the handful. I keep trying to look through it for a recipe I want to try, and just haven't found one yet and I feel bad about it. I even brought it to work for our lounge/lunch area and it sits in the same spot as I left it, unmoved with dust on it. I think I just talked myself into grabbing it

back in an attempt to look through and trying something again. But it is a very nicely put together book. Great presentation.

I bought this for a friend who was recently diagnosed with Celiac's and has a granddaughter with severe allergies. She really needed some recipes to help her get started in the GF/allergy-free world. This did the trick. She is enjoying trying all the new recipes.

I found the book in the library and just had to have my own copy. All of the recipes I tried were good, especially the pancakes & the animal crackers were fun to make with my granddaughter. I was also able to find most of the ingredients in my local grocery store, and some at the health food store.

This book makes you feel better about cooking allergy-free, especially if you miss certain foods you can no longer eat. They are definitely comfort foods- a lot of the baking recipes call for white rice flour, which isn't the most nutritious flour, but the author doesn't make any apologies for that. She is very clear that the recipes are 'comfort-foods'. I have been happy with every recipe I have tried so far.

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