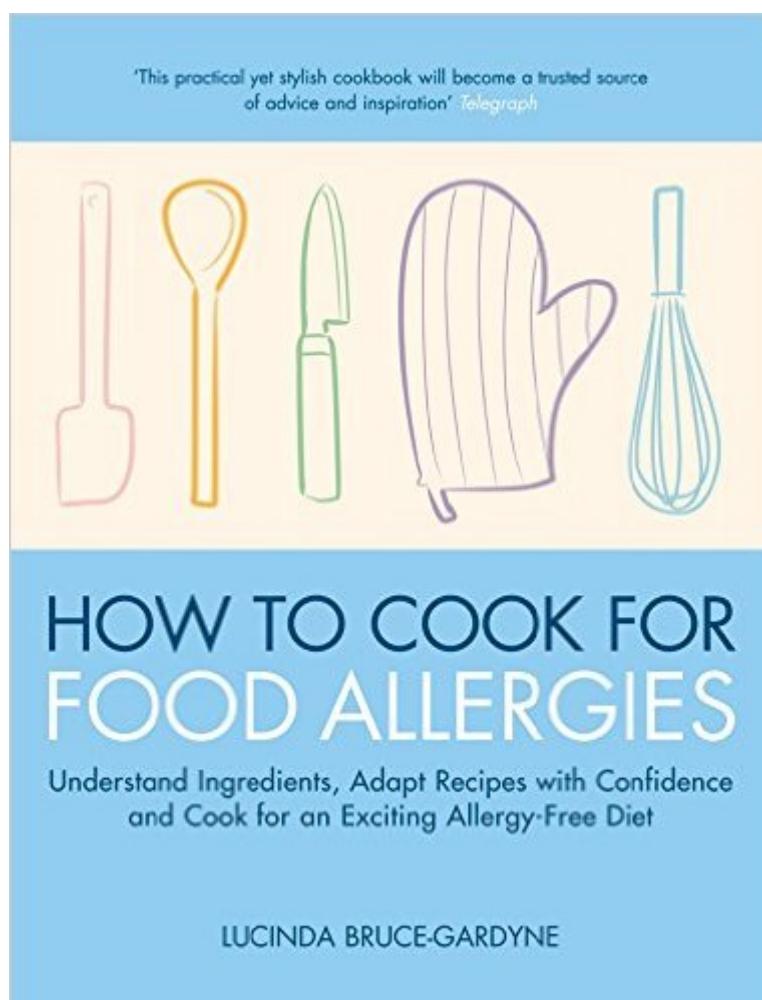


The book was found

# How To Cook For Food Allergies: Understand Ingredients, Adapt Recipes With Confidence And Cook For An Exciting Allergy-free Diet



## **Synopsis**

Most pre-prepared food cannot be eaten by food allergy sufferers so preparing meals can become a time-consuming struggle, especially for people without specialist cooking skills and knowledge of ingredients. *How to Cook for Food Allergies* explains why allergenic ingredients such as wheat, eggs and dairy products are so ubiquitous and how they are used, to help readers understand when and how to use substitute ingredients. This book will inspire readers to cook and eat a wider variety of foods than they ever thought possible. 'With more than 100 recipes, including sauces, pastry, bread, cakes, main courses and desserts, as well as food for babies and children, this practical yet stylish cookbook will become a trusted source of advice and inspiration.' The Telegraph

## **Book Information**

Paperback: 224 pages

Publisher: Rodale (October 17, 2008)

Language: English

ISBN-10: 1905744285

ISBN-13: 978-1905744282

Product Dimensions: 7.4 x 0.6 x 9.7 inches

Shipping Weight: 1.5 pounds

Average Customer Review: 4.7 out of 5 starsÂ  [See all reviewsÂ \(3 customer reviews\)](#)

Best Sellers Rank: #1,878,424 in Books (See Top 100 in Books) #307 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #18257 inÂ Books > Cookbooks, Food & Wine > Special Diet

## **Customer Reviews**

Written in simple terms so a non-cook could follow the recipe and be successful. Great list of substitutes. Very much agree with one meal for family and not different meals for those that have the allergies.

Love this book. As a trained Chef that specializes in teaching the preparation of food for the food challenged. I love the clear explanation of why a substitution works. I have yet to try any of the recipes within its pages but am looking forward in doing so soon. At home, I cook without milk, eggs, and soy. I use fresh, clean foods whenever possible.

Bought this book when I returned from Scotland ( who have great GF bread in the Grocery store).

One good brand (Genius) was from this author. Bread recipe in this book is the best so far without the funny GF taste. However, it is not the same bread that she sells in the grocery store and there are a few omissions in the recipe..... you must let the bread rise before baking, bake for 60 min instead of 45min, add less xanthum gum, use molasses instead of brown sugar for brown bread. Had to buy a new bread pan 7 1/2" x 3 1/2 from Magic Line, since it will rise better in the narrower pan. Please note that this is a book from Europe and you must weigh the ingredients. Also the recipe calls for Cornflour... this is Corn starch in the USA. Recipe calls for Potato flour... this is Potato Starch in the USA. I would rate this book a three if I could change it because the recipe needs changing.

[Download to continue reading...](#)

How to Cook for Food Allergies: Understand Ingredients, Adapt Recipes with Confidence and Cook for an Exciting Allergy-free Diet ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners 1) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Wheat and Gluten-Free Bread, Rolls, and Biscuits: 50 Exciting Recipes using Healthful and Inspiring Ingredients WHEAT FREE The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for Food Allergies and Recover Good Health WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Food Intolerance & Allergy Tracker with Blood Sugar Log: (A Food Journal/Diary for Diabetics to Track Food Intolerances and Allergies) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Raw

Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes, Caribbean Food Recipes, Food Processor Recipes,)

[Dmca](#)