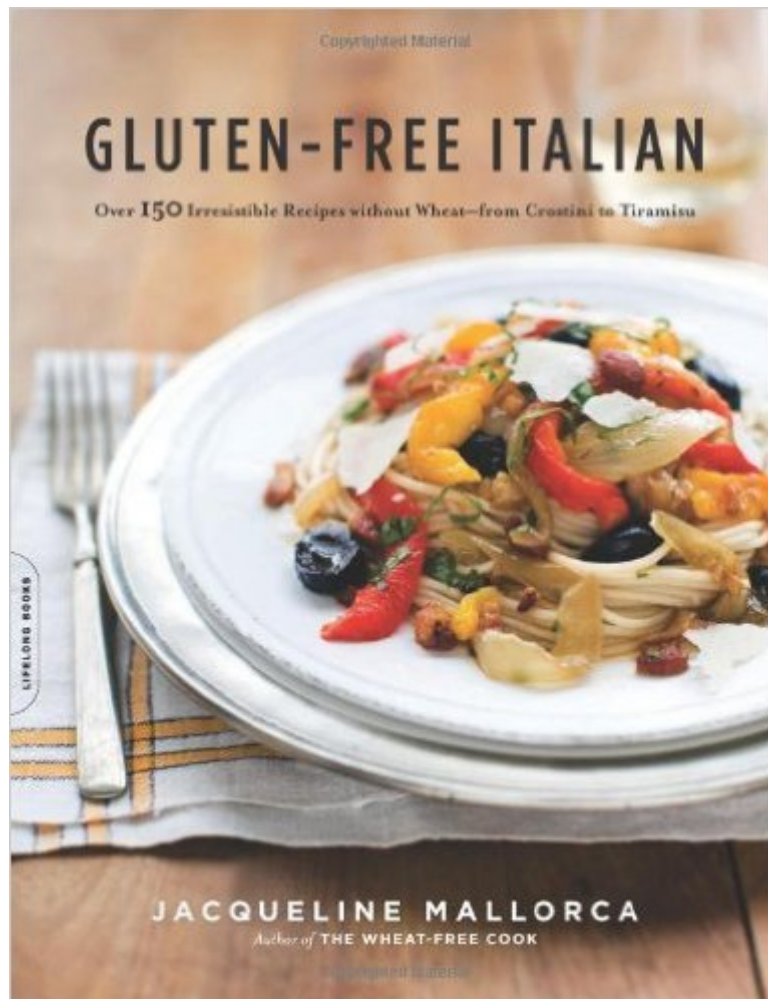


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# Gluten-Free Italian: Over 150 Irresistible Recipes Without Wheat--from Crostini To Tiramisu



## Synopsis

From the author of the *Wheat-Free Cook*, selected by Sara Moulton on Good Morning America as one of the top ten cookbooks of 2007, *Gluten-Free Italian* charts new territory. Many of Italy's best-loved foods—from ravioli to tiramisu—contain wheat flour, so they've been off limits to the gluten-intolerant. Until now. Jacqueline Mallorca creates gluten-free surprises like fresh pasta, rustic breads, delicious vegetable contorni (side dishes) that double as appetizers, and sensational regional desserts. Mallorca's easy-to-follow recipes make using fresh ingredients an inviting prospect. *Gluten-Free Italian* also includes a shopping guide, cooking tips, Italian pantry staples, a glossary of alternative grains and flours, mail-order sources, and celiac resources.

## Book Information

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## Customer Reviews

One of my closest friends is a hardcore "foodie" but has a horrible wheat allergy. She must take antihistamines in order to indulge in her favorite foods, which is fine for the rare opportunity when we dined at Perse but not something you want to take everyday. So, when I found *The Wheat-Free Cook*, I took it upon myself to prepare a meal for her from scratch. Now first off, I don't like to bake but I knew bread was going to be a big deal for her. I made the recipe on page 133 (quick flatbread) and found it not only easy but extremely delicious! Luckily, I doubled the recipe as the rest of the diners devoured it along with the delectable short ribs on page 119. This book offers classic cooking (a la Julia) and brings "gluten-free" out of the dark ages (nasty health food store selections, ugh). It's easy enough to use for the novice cook and innovative enough to inspire the toughest "foodies." I recommend it for ALL cooks-wheat free or not!

The Wheat Free Cook is a fabulous resource for the Gluten Free Community. It is thorough in describing the flours and ingredients available. The recipes are quite easy to make, the end product is absolutely delicious and the best thing about the book is that finally there are nutritious recipes to be made, something that is not seen in many gluten free cookbooks. I have had the book for more than 6 months and I would be truly lost without it. Thank you Ms. Mallorca for simplifying cooking and baking in a gluten free world where now everyone in my family is eating gluten free (they do not have to) but they are choosing to because they LOVE the meals I am preparing. Thank you for the humor. GREAT BOOK

For people who have wheat allergies and other food related conditions, e.g. lactose intolerance, check out this book. Diet does not mean deprivation; rather it means accommodating different needs in re food. This book has a good selection of wonderful recipes that are not just merely palatable. It brings gluten free into the sun of mainstream meals and out of the dark ages when gluten free meant drab and bland foods from specialty shops. You can cook wonderful dishes and nobody will be any the wiser that you are making inclusive meals that are gluten free. (Of course, if you wanted to, you might clue them in). I highly recommend this treasure for all cooks regardless of food needs.

A lot of the recipes in this book are just normal/good food, but that's important when faced with a restricted diet. When you find you can't have something, it's hard to think about what you CAN have. The Chocolate-Walnut Cake is practically worth the price of the book. I like that it's written by a seasoned food writer who just recently had to eliminate wheat, which sets it a world apart from life-long wheat-free cookbook authors who can't remember or don't know what really good pastry/crepes/etc taste like.

This book opened up my cooking to a whole world of delicious and creative meals. I thoroughly enjoyed getting to know how to use Quinoa, Amaranth and Buckwheat in interesting ways. The recipes are well written and not complex to prepare. The introductory comments at the beginning of each recipe are amusing and informative. Amazingly, I also found that I felt better and had more energy after eating more wheat-free meals. This book has been greatly appreciated by my celiac friends.

All I can say is thank you to Jacqueline Mallorca for her wonderful book. I'm allergic to wheat and

cow's milk products and I called Williams-Sonoma to ask her some questions and they reached her and she called me back with some great advice. Substitute goat's milk yogurt and goat's milk for regular cow's milk products. I have missed rye bread so much but if you make her rustic seed bread on page 140. You won't have to miss it. This week I'll be making pizza. Kudos to the author.

It was the reviews (even the negative one) that really made the decision for me to order this book over others. I love this book and I love Ms. Mallorca's approach to gluten-free cooking. Rarely (if ever) have I read where a chef sings the praises of gluten-free flours and talks about them as if they contribute to the success of a recipe, but that's exactly what Mallorca does. It makes gluten-free baking and cooking feel like a privilege, something positive, instead of a sacrifice or what us gluten-free people "have to get by on." I have tried three recipes already (I've only had the book for less than 2 weeks) and they were all fantastic. The chocolate walnut cake lived up to a previous reviewer's comment about it. The other two recipes were as pleasant of a surprise as I could have hoped to get in a gluten-free cookbook: Rice Bran Muffins (tastes like the bran muffins I used to enjoy) and Toasted Quinoa (I use oats) Muesli (something I seriously thought I would never have after going gluten-free). I would say the Muesli recipe is worth the price of the book alone and it is so simple! I look forward to trying all the bread recipes...they are so much simpler than previous recipes I've tried.

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