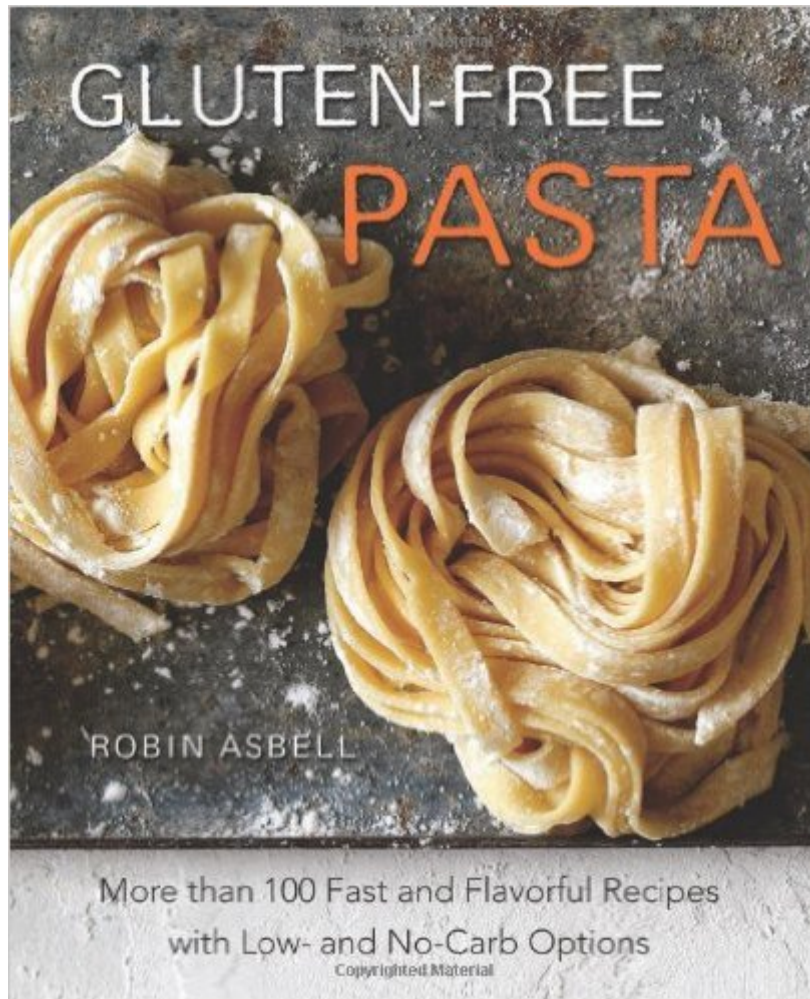


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# Gluten-Free Pasta: More Than 100 Fast And Flavorful Recipes With Low- And No-Carb Options



## Synopsis

When you cut out gluten, often you cut out your favorite pasta dishes, too, or find the store-bought gluten-free substitutes to be disappointing. But if itâ€™s pasta youâ€™re craving, thereâ€™s a whole world of noodles just waiting to be twirled around your fork: homemade fresh pastas, Asian rice-based noodles, and quick GF boxed brands that will satisfy. You WILL eat pasta again!

Gluten-Free Pasta approaches pasta three ways: with recipes for homemade fresh pastas, recommendations for store-bought brands, and also veggie &#147;pastasâ• that serve as guilt-free noodle stand-ins. Traditional Italian favorites are all well-represented, but Asian noodle soups, pasta bakes, and even wheat flour-free appetizers for entertaining. Expert chef Robin Asbell shows that eating a gluten-free diet can include delicious Potato Gnocchi, Cacio e Pepe, Spinach and ChÃvre-Filled Jumbo Tortellini, Kung Pao Chicken with Linguine, Fast Pho, Veggie Lasagna, and Spicy Kimchi-spiked Mac and Cheese. With this cookbook in hand, any pasta dish is possible, and all of them will be absolutely delicious.

## Book Information

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## Customer Reviews

I have been using and enjoying Tinkyada brown rice pasta for a bunch of years, really like it, and nobody in my family, nor any of my guests, have been able to tell it isn't normal wheat-based pasta. But it is expensive, and falls apart easily, and I was hoping to expand out with other flours, without having to rely on not-so-healthy Asian white rice noodles, bean threads, and sweet potato noodles. Since my library didn't carry this book, I had to guess if it would be what I was looking for. It is a nice

book, but not what I was hoping for. I am not only gluten-intolerant, but also must avoid products from cow's milk, and I'm trying to get rid of the gums as well. So I was sad to see that there are only 4 basic pasta recipes, all calling for these ingredients I need to avoid, and all using a higher percentage of highly processed GF flours than I want to use: Basic Fresh Pasta, using arrowroot, tapioca, glutinous rice, and millet; buckwheat pasta, much the same recipe as the basic, but adding some buckwheat instead of the millet; Easy Spaetzle, using potato starch, cornflour, and garbanzo flour; and Potato Gnocchi, using garbanzo flour and potato starch. I've mostly stopped using garbanzo flour because it doesn't seem to digest well for me. Three of these basic recipes call for whey powder or dry milk powder (3/4 c.). In the intro material, the author suggests substituting nut or coconut milk, if you have dairy problems (wet for dry?--or is this not for the pasta doughs, but only for the recipes you then make using the pasta doughs?). Multiple gums are used, and the amounts seem large enough to cause trouble, if you are sensitive to these. Eggs are called for also, in case you need to avoid them.

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