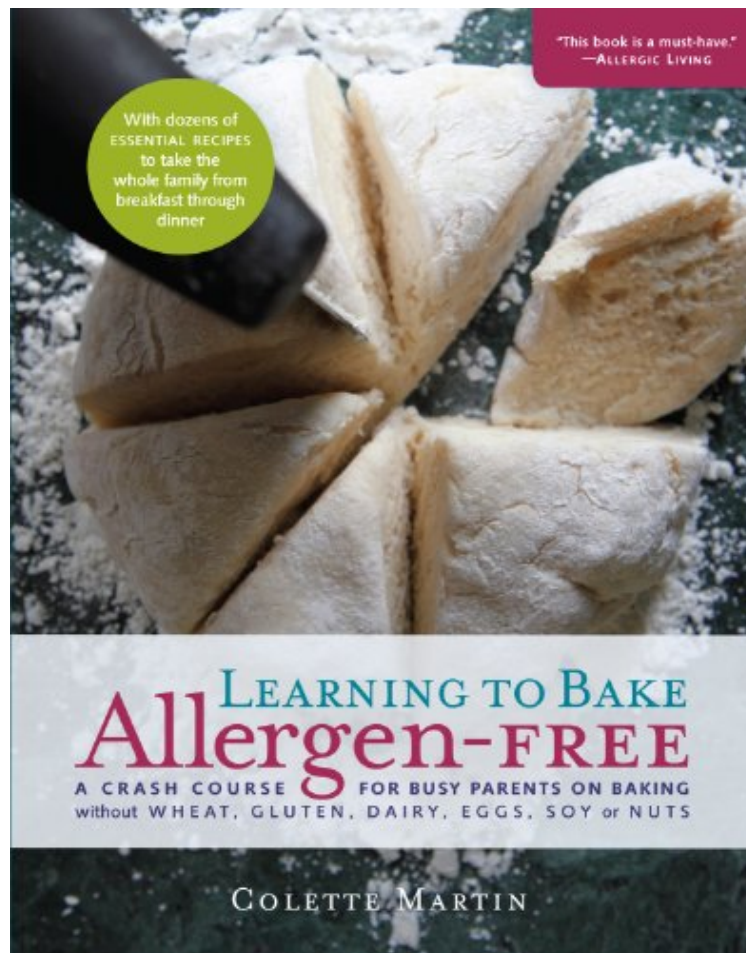


[Free] Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts

Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts

Colette Martin

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Colette Martin : Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts before purchasing it in order to gage whether or not it would be worth my time, and all praised Learning to Bake Allergen-Free: A Crash Course for Busy Parents on Baking without Wheat, Gluten, Dairy, Eggs, Soy or Nuts:

9 of 9 people found the following review helpful. Such great information By Christy Converse Although I knew a lot of the information the author presents (eg. about crosscontamination), the information on cooking without eggs has been invaluable. So far every recipe I have used from this book has been delicious and none of my 3 children (10, 8, and 5) even noticed that anything was different. I am the one with the allergen issues and I have thoroughly enjoyed each of the recipes as well. So easy to follow with great tips on 'experimenting' to make sure your recipe comes out yum. 7 of 7

people found the following review helpful. Detail Analysis on what to use whenBy ShopperI'm a type of person that needs to understand why I'm substituting or adding or changing the recipe. Once I "get it" the recipe makes sense and then I can adjust the ingredients to suit my taste bud. I love the detail explanations. I would recommend this book trying to learn how to bake allergen-free.2 of 2 people found the following review helpful. So much infoBy SGoble13We recently found out that my son has a number of food allergies and I was a little lost trying to figure out what to feed him because so many recipes called for his allergens, but this not only gives you some recipes, but product info for alternatives which is huge for me. I can't wait to try out some of these recipes.

Has your child been diagnosed with food allergies? If so, help is here! Colette Martin has been there too: When her son Patrick was diagnosed with multiple food allergies in 2001, she had to learn all-new ways to feed him—and especially to make baked goods that he both could and would eat. *Learning to Bake Allergen-Free* is the book Colette Martin wishes she had back then. She ingeniously presents a dozen manageable lessons that will arm parents to prepare allergen-free baked goods the entire family can enjoy together. The book features:

- More than 70 recipes (including variations) sure to become family staples—for muffins, rolls, breads, cookies, bars, scones, cakes, tarts, pizza, and pies— starting with the easiest techniques and adding new skills along the way
- Clear explanations of the most common allergens and gluten, with all the details you need on which substitutions work, and why
- Hundreds of simple tips for adapting recipes and troubleshooting as you go
- Detailed guidelines and more than 15 recipes for making allergen-free treats from packaged gluten-free baking mixes
- Special crash courses focused on key ingredients and techniques, including sweetening options, decorating a cake simply but superbly, kicking everyday recipes up a notch, and much more!

Whether you already love to bake or are a kitchen novice, *Learning to Bake Allergen-Free* will give you the knowledge, skills, recipes, and confidence to make food that your family can safely eat—and that they'll love!

“Parents of children with food allergies will appreciate this practical book.”—Library Journal “I love how this book really breaks down baking with alternate ingredients. Cooking from *Learning to Bake Allergen-Free* is like having a baking guru alongside you in your kitchen.” —Delight Gluten-Free “This might just be the most comprehensive allergen-free baking guide we've ever seen.”—VegNews “You will learn a mountain from [Colette] Martin's lessons and recipes, whether you're a novice or more experienced baker. She gives brilliant guidance on egg replacers, explains mysteries such as why more baking powder is used when there are no wheat or eggs, and even helps you figure out when your gluten-free baking is done. . . . There are more than 70 allergy-friendly recipes and page after page of invaluable baking advice. This book is a must-have.” —Allergic Living “This book will give you the depth of knowledge you need to be a successful allergen-free baker.” —Chef Ming Tsai, chef and owner of Blue Ginger and national spokesperson for the Food Allergy Anaphylaxis Network “This amazing collection of lessons and recipes will fast-forward the learning curve for anyone new to cooking with food allergies. Speaking with the voice of experience, Colette Martin offers in-depth but approachable chapters on replacing key ingredients, even seemingly integral baking ingredients like eggs. Her ‘Crash Course’ subchapters cover everything from using baking soda and baking powder, to proofing yeast breads, to how to tell when the darn thing is done! *Learning to Bake Allergen-Free* will be a companion you will want to keep close by in your kitchen for frequent reference.” —Jules Shepard, author of *Free For All Cooking* and *The First Year: Celiac Disease and Living Gluten Free* “Colette Martin's book will be a great resource for the home baker hesitant to venture ‘out of the box.’ Her use of a variety of name-brand gluten-free flours and mixes makes for easy adaptation.” —Chef Richard J. Coppedge, Jr., CMB, professor of baking and pastry arts “A fabulous education in a cookbook! *Learning to Bake Allergen-Free* will move you right to the head of the baking class thanks to Colette Martin's thorough and easy-to-understand lessons about allergens, ingredients, and substitutions. Colette's recipes are poised to become staples in your repertoire, so happy baking, and enjoy your new discoveries!” —Lori Sandler, founder of Divvies and author of *The Divvies Bakery Cookbook—No Nuts, No Eggs, No Dairy—Just Delicious!* “*Learning to Bake Allergen-Free* is the guide that I sought for years, and a positively beautiful book. Colette Martin presents all of her secrets, from the most reliable egg substitutes to the best gluten-free baking mixes, and her masterful recipe collection is the icing on the cake!” —Alisa Fleming, author of *Go Dairy Free: The Guide and Cookbook* and founder of *GoDairyFree.org* “As a practicing allergy and asthma specialist, I see patients every day who have multiple food allergies, but the diagnosis is just the first step. These families need to modify their diets to avoid wheat, milk, eggs, peanuts, nuts, soy, and other common food allergens. *Learning to Bake Allergen-Free* is exactly the book these families need when they leave my office. It's jam-packed with practical advice, simple baking techniques, and easy recipes that the whole family can enjoy! It will, for sure, bring smiles to many, for years to come.” —Dr. Atul N. Shah, Medical Director, *Center4AsthmaAllergy.com*, and author of the *AmazingAllergist's Awesome Series for Children*, *AmazingAllergist.com* “Colette Martin shares her favorite, creative recipes and her love of baking with you so you will come to love gluten-free, dairy-free, egg-free, nut-free baking, too.” —Lynda Mitchell, President, *Kids With Food Allergies Foundation* “Colette Martin's *Learning to Bake Allergen-Free* is a welcome addition to the world of allergen-free cooking. Martin's approach to the challenge is masterful and complete. This is

more than a cookbook; this is a resource book for families struggling to feed a family member with multiple food allergies. She guides the way, teaching us how to adapt recipes for results that the whole family will enjoy. Kudos to Colette Martin for tackling this challenge head-on and providing families with a much-needed resource.” —Wendy Book, President, American Partnership for Eosinophilic Disorders