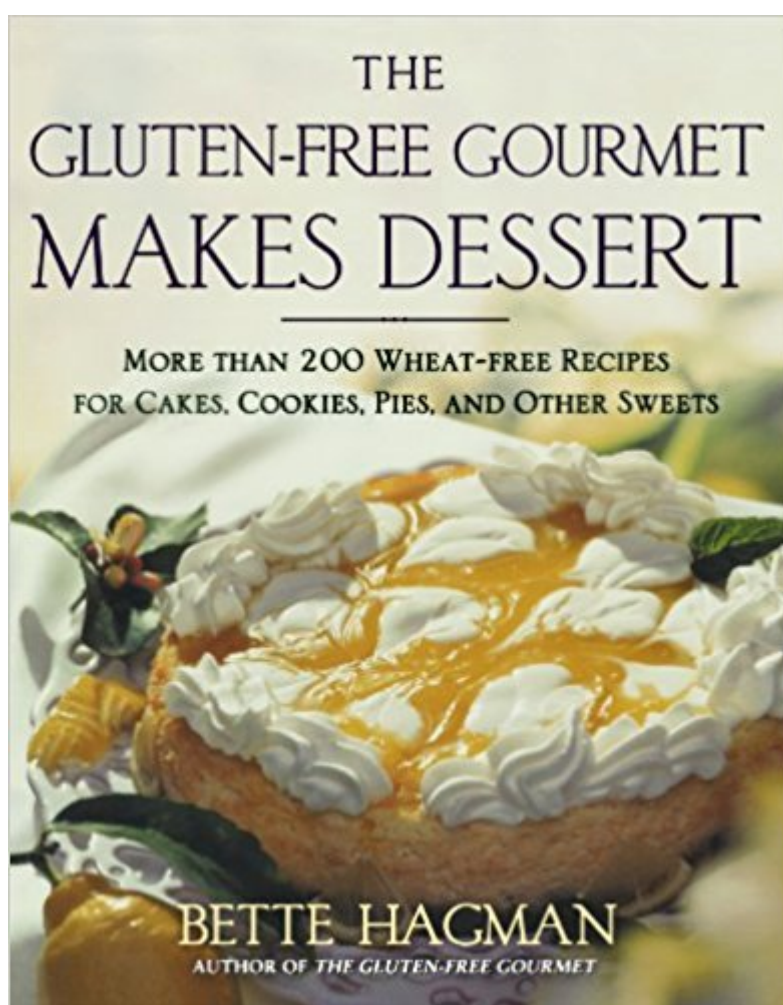


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# The Gluten-free Gourmet Makes Dessert: More Than 200 Wheat-free Recipes For Cakes, Cookies, Pies And Other Sweets



## Synopsis

From the leading expert in gluten-free cooking, more than two hundred recipes for delicious cakes, cookies, pies, and other desserts Bette Hagman's four cookbooks have sold more than 220,000 copies and established her as the leading expert in the ever growing market of gluten-free cooking. She is the premier creator of recipes for those intolerant to gluten and for those allergic to wheat. In the latest addition to the Gluten-free Gourmet series, Hagman turns her hand to that most loved part of the meal, dessert. At the core of this book are more than two hundred easy-to-follow recipes for delicious cakes, pies, cookies, puddings, and other sweets, including Chocolate Peanuty Cupcakes, Raspberry Bars, and Gingersnaps. The nutritional information and dietary exchanges that accompany each recipe will make these desserts fit easily into any diet. Hagman also answers common questions about gluten-free baking and provides a list of sources for gluten-free baking products you can order by mail. With *The Gluten-free Gourmet Makes Dessert* no meal will have to end without dessert again.

## Book Information

Paperback: 368 pages

Publisher: Holt Paperbacks (January 1, 2003)

Language: English

ISBN-10: 0805072764

ISBN-13: 978-0805072761

Product Dimensions: 7.5 x 0.8 x 235 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 46 customer reviews

Best Sellers Rank: #661,179 in Books (See Top 100 in Books) #106 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free](#) #178 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#) #234 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free](#)

## Customer Reviews

With four previous books on the topic to her credit, Hagman is the authority on cooking for those with celiac disease and others allergic to wheat. This time she provides more than 200 recipes for sweet baked goods, from Lemon Spice Cake to Mock Oreos (for Oreo-deprived kids) to Mud Pie. Some of the recipes are appropriate for those with other dietary restrictions as well, and there's also a separate chapter of recipes that require no special ingredients (such as the special flours, xanthan

gum, etc., with which many gluten-free baked goods are made). Sure to be in demand, this is highly recommended. Reilly, host of the PBS series *New England Cooking*, is a former chef who trained at the esteemed *Le Netre Petissier* in Paris. She first started preparing wheat-free recipes for some of her catering clients and continued when her son was found to have many food allergies. Her book includes both savory recipes, such as Spinach and Pepper Quiche, and sweet ones, from Walnut Orange Biscotti to Tarte Tatin. Reilly writes well, and she offers invaluable information on baking techniques, along with somewhat more sophisticated recipes than Hagman's. Her book, too, is highly recommended for subject collections. Copyright 2001 Reed Business Information, Inc. --This text refers to the Hardcover edition.

Anyone suffering from celiac disease already knows Bette Hagman's previous cookbooks. Her latest, *The Gluten-Free Gourmet Makes Dessert*, brings her to the meal's final course. For the celiac, exposure to gluten, a principal protein in wheat, can be a life-threatening experience. And avoiding gluten is nearly impossible in most cooking. Wheat flour and bread are nearly ubiquitous, offering real obstacles to those condemned to avoid them. Hagman, a celiac sufferer herself, offers dozens of gluten-free recipes for desserts, from cakes and pies to cookies and puddings. Many of the recipes call for food substitutes generally available in health food stores. For those not fortunate to have a specialized store close by, Hagman has a section of simpler recipes for cookies, etc., that call for only common baking ingredients. Expect demand for this book if Hagman's previous volumes have proved popular. Mark Knoblauch Copyright © American Library Association. All rights reserved --This text refers to the Hardcover edition.

1/2 my household is gluten free which always makes cooking interesting but this book helps also make it fun for my gluten-free child. The recipes can be complex but the taste is delightful and I frequently make small alterations to make it faster or sugar free and have found her recipes stand the pressure of a bit of change here and there without losing their basic good taste. I recently used one of her pie crust recipes to make a blackberry pie from another recipe and had my gluten free 13 year old dancing around the house chanting that she loved pie. Definitely a household must. :)

I have this book for a month now and tried only 3 recipes. They were all great, by the way! HOWEVER, IF you are new to cooking Gluten Free such as myself this book is a little overwhelming. If you are an experienced GF cook than you will love it. My toddler is celiac and I suspect my husband and baby are too. So we decided the whole family will be gluten free. I needed

cook books and Hangman were recommended to me by another celiac mom. I like the books very much but there are several things I wish were different:-Updated! They were written at least 7-8 years ago. Several recipes call for things that substitute what we have today such as GF oatmeal. I'm not a pro so I don't know how to change the recipe using the GF oatmeal.-Easy to go through the recipes. You kind of have to read like a book or you may be a little lost. In my opinion, I wish it was easier to go through it and find recipes.-No pictures :( ! So it's hard to think of the end product or desire to cook it.-Most of the food is for adults not for kids. My son is also autistic so cooking is a challenge.-All recipes ask for several ingredients I never used before. It frustrates me that I need to go shopping before cooking something out of the book. I guess I can't expect to be easy to be GF. I mostly wanted a simple and easy book to cook for my little kids. I like this book and I know I will cook a lot of her recipes specially as my children gets older and less fussy. Overall, the only 3 recipes I tried took me a long time since I'm brand new to GF cooking but my family enjoyed them very much!

The blend of flours works very well, better than the rice flour blends which tend to be gritty and/or fall apart. I sub xylitol for sugar and the desserts come out well, not quite as sweet if used measure for measure but still a treat for those of us who are addressing life long sweet tooth.

I have celiac disease, which is essentially an allergy to wheat protein, and I've been GF for 5 years now. (Why does that sound like I'm at an AA meeting?) Bette Hagman's books are the first couple of books that I got, and I still use them every day. "Dessert" is one of the best for the extra information it includes. While all of the books have the GF mixes, this book has a great table of the protein, fat, carb, and fiber content of many of our "funny flours" (p26-7). It's fantastic for figuring out what flours to try substituting with if you're trying to increase the protein or fiber content of a recipe. It also has an example of how to take an ordinary cake recipe and make it GF, and suggestions for how much xanthum to use (p30-1). There's also a great troubleshooting chapter that starts on page 33. The "cakes from mixes" chapter is less than exciting. It's where you take a GF cake mix and then add so much stuff to it that you could've started from scratch. Steer clear of the brownie recipe on page 138. It was rock hard on the edges and underbaked in the middle, and it didn't have nearly enough chocolate in it. I just use a regular recipe and, with the help of the guidelines on page 33, make good cocoa brownies. Favorite recipes: Pumpkin cake p64 Banana cake p61 (These are both like really good breads.) Toll House cookies p157 Chocolate Mousse cake p282 (One of the better flourless choc cakes I've had) TK Kenyon Author of *Ã Â Rabid: A Novel* *Ã Â* and *Ã Â Callous: A Novel*

This is the third Gluten Free book from Bette Hagman that I have purchased. While I am not sensitive to gluten, many of our church members whom I bake for are and the myriad of recipes in this and her other books are loaded with recipes that my own family and I just love. My daughter has been told by her nutritionist to cut out gluten along with sugar, margarine and corn from her diet to lose weight. She has lost over 20 pounds in a few short weeks. These recipes are good enough to feed to her household of teenagers without any complaints.

There is so much good information plus good recipes, I am glad I bought it. Margaret W. I discovered a month ago that I needed to go on a gluten free. I went to the library to get information and cook books. The cook books that Betty Hagman wrote is the ones I checked out. She has so much information and describes every thing. I am so pleased that all of the hard work that Betty Hagman did years ago has made it easy now for me. Margaret W.

I appreciate this recipe book and others written by Bette Hagman. She was so instrumental in transforming gluten free options when the world had not caught up with this need. However, so many more ideas have been presented in the past few years and more options are available to both cook and bake gluten free but to purchase mixes and blends that are easy and satisfactory. Recipes in this book are still valuable and worth owning.

Some of my favorite recipes comes from this cookbook. I really enjoy this book, especially during the holidays.

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