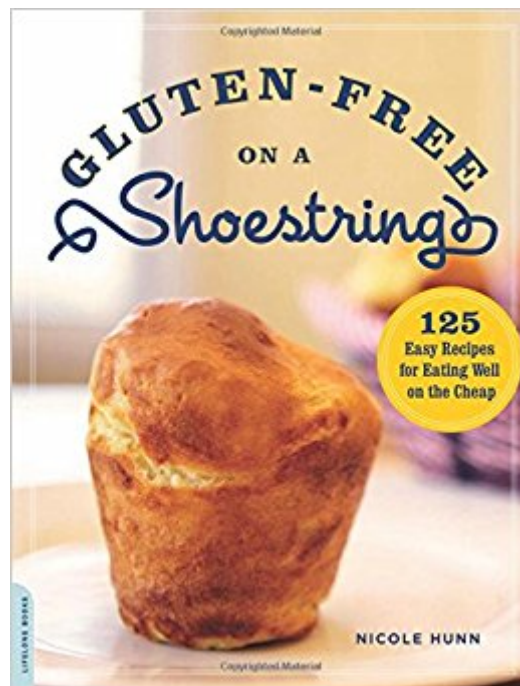




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Gluten-Free On A Shoestring: 125 Easy Recipes For Eating Well On The Cheap



Synopsis

Gluten-free cooking has never been this easy or affordable! Tired of spending three times as much (or more) on gluten-free prepared foods? If you're ready to slash the cost of your grocery bill, you've come to the right place. In *Gluten-Free on a Shoestring*, savvy mom Nicole Hunn shows how every gluten-free family can eat well without breaking the bank. Inside this comprehensive cookbook, you'll find 125 delicious and inexpensive gluten-free recipes for savory dinners, favorite desserts, comfort foods, and more, plus Nicole's top money-saving secrets. Recipes include: Apple-Cinnamon Toaster Pastries • Focaccia • Spinach Dip • Ricotta Gnocchi • Chicken Pot Pie • Szechuan Meatballs • Tortilla Soup • Baked Eggplant Parmesan • Never-Fail White Sandwich Bread • Banana Cream Pie with Graham Cracker Crust • Blueberry Muffins • Cinnamon Rolls • Perfect Chocolate Birthday Cake With advice on the best values and where to find them, meal planning strategies, and pantry-stocking tips, *Gluten-Free on a Shoestring* is your essential guide. Never fall victim to the overpriced, pre-packaged gluten-free aisle again. Roll on by happier, healthier, and wealthier.

Book Information

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Customer Reviews

I would give 3.5 stars if possible. It would be a 5 star except for the major con, listed and explained below:
Pros: - very, very good basic recipes (tortillas, bagels, naan, etc) - primer to gluten-free lifestyle - a few good medium-difficulty items
Cons: - inconsistent directions (see comments below) between cookbook and website, for the same or similar recipes
I love Nicole's website and have successfully made several recipes from it to date. Her basics are pretty good, and very easy, less

fussy versions of other recipes. For example, the bagel recipe doesn't have any eggs in it, so I have made two batches already and it's a VERY simple recipe. What I was looking for in a cookbook was a good collection of simple, straightforward, reliable gluten free recipes for the basics. Hers work. HOWEVER - and this is a big however - some of her technique and other commentary is inconsistent between the book and her blog. For example, on her pretzel recipe, she tells you to chill the dough and roll it out "with wet hands." However, when she makes pretzel bites on her website, which uses the same dough, she comments that the dough is "very wet," and so she tells you to add a little flour - and not to wet your hands, but flour them. I tried rolling out pretzel dough with wet hands and was very sad with the results; I checked the website, curious to see pictures, and found out I was doing it wrong even while following her directions. In the same recipe, she tells you to dip the pretzels in a baking soda bath; on the website, you boil them - which as I'm looking at my pretzel bites I just made (from the book), would have been a very helpful extra step as they did not brown very well.

Gluten Free on a Shoestring is both a guide to going gluten free on a budget, as well as a cookbook with 125 inexpensive but high quality gluten free recipes. Nicole Hunn is a well-known blogger and cook who focuses on reinventing well-loved recipes to be gluten free. The first two chapters of this book are dedicated to money-saving advice and tips for sourcing inexpensive gluten free ingredients and cooking in bulk to save time and money. These two chapters offer suggestions for food preparation and storage, how to stretch ingredients, and how to practice once a week cooking. Gluten Free on a Shoestring starts at the beginning, with kitchen basics such as stocks, dough and crusts, sauces and small bites. Recipes gradually become more specialized, with breakfast and brunch, vegetarian meals and sides, and comfort food main dishes. The cookbook tackles recipes that are traditionally gluten-filled and adapts them to mimic the originals without the gluten. This cookbook also offers an impressive selection of breads, baked goods, and desserts, with an entire chapter dedicated to bread recipes and one to desserts. Similar books I love: Wheat Free Cookbook: 100 Delicious Gluten Free and Wheat Free Recipes to Boost your Health and Energy

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