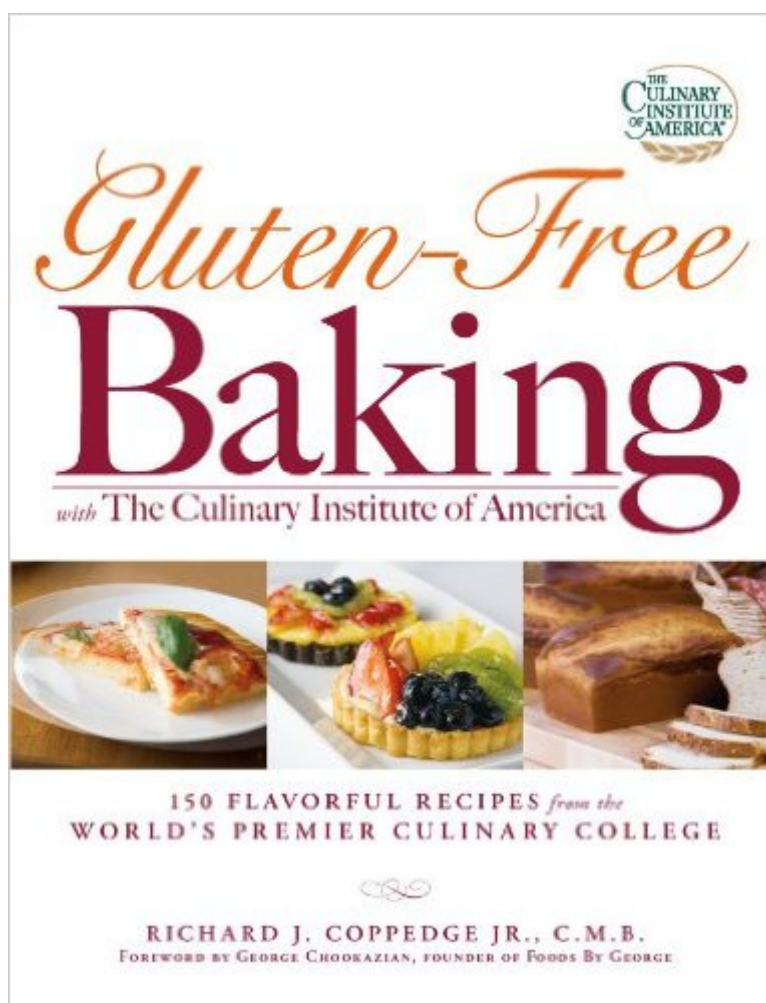


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Gluten-Free Baking With The Culinary Institute Of America: 150 Flavorful Recipes From The World's Premier Culinary College



Synopsis

Many gluten-sensitive people have only dreamed of eating gooey cinnamon buns, crusty French bread, savory pizza, and smear-worthy bagels. But now, thanks to Chef Richard J. Coppedge Jr. of the Culinary Institute of America, everyone can indulge. He shows readers how to use alternatives to gluten to bake delicious favorites: Maple Pecan Tart, Pineapple Upside-Down Cake, Cream Cheese Rugelach, Molten Chocolate Cake, Ham and Cheese Scones, Potato Leek Quiche, Black Bottom Cake with Cherry Compote. Whether first-time bakers or professional chefs, readers will find the baking techniques comprehensive and easy to master. Using a combination of Chef Coppedge's flour blends, readers will soon be creating pies and tarts, cookies and brownies, and savory and pastries to tempt any palate, gluten-sensitive or not.

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Customer Reviews

Got this book last week. I am a '77 graduate of the CIA so had GREAT HOPES for this book. The gluten free information is great. The recipes we have tried so far, however, are pretty bad. Here's what we think about the specific recipes we have tried so far. Remember, our rating is based upon what we have tried. We are very frustrated that so far we picked two very bad bread recipes. Did this guy test his recipes? I think not. Celiac sufferers need bread recipes. HELLO, are you listening? Please, if you have a great bread recipe would you please post it in your review of this book? My customers are desperate!

1. Soft Rolls - We made these into loaves just as the recipe indicated we could. They turned out to be more like popovers. They are NOT BREAD although they might be good to use for bread pudding. Rating = 02.

Lean Bread - This is really another large popover. It has

a tremendous puff in the oven. You prop open your oven for 5-7 minutes at the end, then you remove the bread at 200° F. After you do that you stand there and watch it deflate. Heart Breaking! It has no business being called BREAD. Thank goodness that I learned my lesson from the Soft Roll recipe last week and only had to throw out three loaves instead of the seven loaves we threw out of that particular recipe. Rating = 03. Shortbread- These are heavy and taste like cornmeal cookies. They are not crunchy like a shortbread should be and there is NO WAY anyone could roll this mushy dough out, even if chilled for two hours as suggested. We had to scoop these cookies out and then pat with a sugared tamp. Please pay attention here: these cookies need to be baked THIN.

I've read a lot of reviews of this book that say it lacks decent recipes for bread, pizza dough, etc. And while I do not know these reviewers or their experiences, I can say that from my experience, they must have done something wrong. I am a seasoned and highly-experienced gluten-free baker. I have tried nearly every GF cook book out there. I have attempted to make my own recipes. I can tell you this book contains hands down the best gluten free baking recipes you will find. Why? Because the pastry chefs at the CIA have created baking techniques designed to accommodate the lack of gluten and have done the experimenting to create consistent gluten-free flour blends that provide the stability of baking's ancient staple: white flour. I will not say I have not had some of these recipes fail on me. BUT I can say that it was when I did not follow the measurements and technique to the letter using high quality ingredients, that my recipes have failed. Each failed recipe I can trace the fault to be my own, I was sloppy with the wet ingredients, I didn't let the butter cool to the right temperature, I used too much flour to roll it out, I did not proof in a warm humid environment, I used a paddle not a whip attachment, I over mixed, etc. In my years of gluten-free baking, I have had more success with these recipes than ANY other gluten-free book or blog out there. As a seasoned gluten-free baker, I have tried too many poor gluten-free bread recipes to count. Those in Chef Coppedge's book, if well executed, are the best you will find. But caveat emptor! these recipes are based on technique.

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