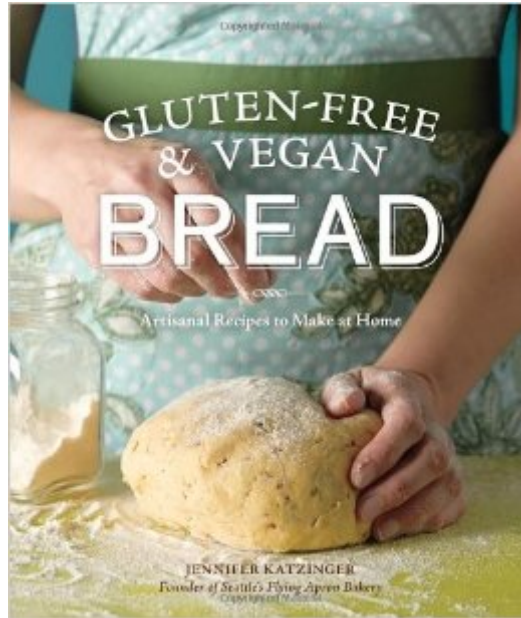


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Gluten-Free And Vegan Bread: Artisanal Recipes To Make At Home



Synopsis

Make delicious gluten-free and vegan bread at home! Here are 65 simple recipes for yeasted breads, fougasse, flatbreads, sweet breads, sourdough, quick breads, savory breads, and sandwich breads. If you're on a gluten-free and vegan diet, bakery bread isn't an option and until now it's been hard to make at home. Jennifer Katzinger, a highly regarded gluten-free and vegan cookbook author and founder of Seattle's Flying Apron Bakery has spent years perfecting her recipes for gluten-free and vegan breads. Each of the 65 breads in this book is made without egg, dairy, gluten, or soy and uses whole grains and alternative natural sweeteners. You'll soon be enjoying delicious gluten-free and vegan breads including Country Baguette, Cinnamon Pecan Rolls, Kalamata Olive Bread, Simple Focaccia, Quinoa Crackers, Matzo Flatbread, Walnut Wild Rice Bread, Quick Anadama Bread, Irish Soda Bread, Cranberry Pecan Bread, and more.

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Customer Reviews

I have made bread from scratch for almost 20 years. When my husband was diagnosed with a gluten intolerance 3 years ago I knew that my bread baking had to be completely rethought. I mean, when making regular wheat based bread you often add MORE gluten to help with the rise and texture of the bread. I started with prepackaged mixes and although with time I figured out how to make a nice light loaf with a few tweaks, I was not too happy about the lack of nutritional value for these breads. My husband eats toast or an sandwich almost everyday so this is an important issue. My husband cannot have dairy either so most of the other bread books call for alot of milk products so I was VERY excited to receive this Vegan Bread book. (I also noticed that the author

had issued corrections and duly noted them before I started baking.) I started with the wild mother started breads and the starter behaved exactly as planned but the first loaf (Teff Baton) was a disaster. I followed the recipe to the letter (except for the authors corrections) and while the loaf had a great flavor, I would be surprised if it rose 1/8 inch. Next loaf was another sourdough (House Batard) and this time the loaf didn't rise at all. Into the trash. Next was the Soft Quinoa Sourdough, this was marginally better with the rise, maybe 1/4 inch, and tasted good but still like a lead brick. Ok, so by now I am thinking the Mother Starter is just not working at all. So I wanted to try the soft millet Sandwich Bread which was supposed to be one of the lightest yeasted breads in the book. I even bought new yeast to make sure that there would be no problems.

My husband ordered this for me the week it was due to be released, and I'm absolutely thrilled to have it in my GF collection. I was pretty confident that the book would be a good one before it arrived, as I already have (and use with a great deal of joy) Jennifer Katzinger's other 2 excellent cookbooks (Gluten-Free and Vegan Holidays: Celebrating the Year with Simple, Satisfying Recipes and Menus and Flying Apron's Gluten-Free & Vegan Baking Book in pride of place on my shelves. Well... more 'covered with bits of various GF flour dusts, sticky fingerprints, bristling with neon booktabs & notes, within easy grabbing reach on the tiny patch of kitchen counter reserved for my "Look Here First"'s... but "Shelf" sounds like there is a chance I don't have a messy & cluttered kitchen. (Which, alas... I do. But it's also a happy one full of lovely smells, so it works for my family.) I was totally correct in my positive beliefs as well. Now, to be completely fair & honest - there ARE some snags. A few recipes that missed one final proofread before being published and have either a misprinted ingredient amount (the arepas have too much water) or times & temps are a bit off. So if you are a completely new baker, someone totally unfamiliar with GF baking, or are in search of only the standard white breads and want only recipes that will be done in 30-minutes or less and have only a half dozen ingredients in each recipe...

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