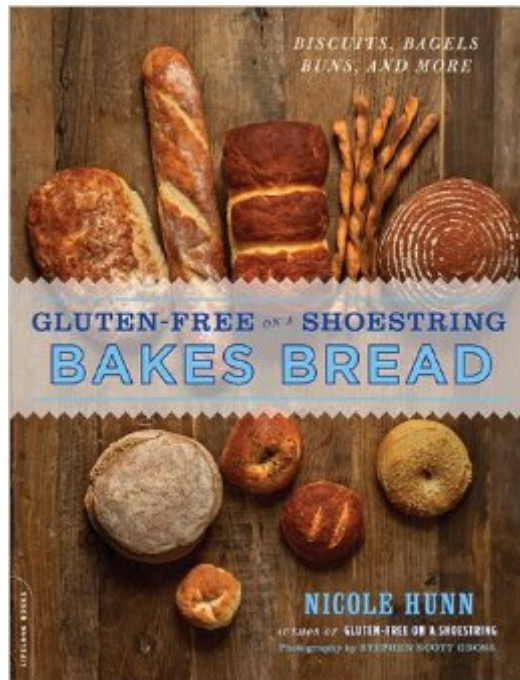


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# Gluten-Free On A Shoestring Bakes Bread: (Biscuits, Bagels, Buns, And More)



## Synopsis

If you're eating gluten-free, you know the challenges of bread. You probably know where to get the packaged stuff; and you know the exorbitant cost. Maybe you've bought mixes and bread makers in a vain attempt to avoid the mystery of how to bake gluten-free at home altogether. Now, thanks to Nicole Hunn, you don't have to settle for the high price of packaged, frozen loaves. Welcome to easy, budget-friendly, delicious recipes for all your favorites, from shaped breads to flatbreads, biscuits, scones, and muffins. You'll learn to master lean crusty white bread, hearty whole-grain, fragrant cinnamon swirl, decadent cheese bread, not to mention a wild yeast starter you'll use to make everything imaginable, including a real no-rye "rye" bread. And you won't need a bread machine or any fancy supplies. Nicole covers all the essentials, including: recipes from a bread flour that makes it all work, all-purpose flour blends, a whole-grain blend, and a pastry flour; key techniques; the secrets to working ably with gluten-free dough; and even a whole section on troubleshooting, in case things go off the rails a bit. *Gluten-Free on a Shoestring Bakes Bread* tells you everything you need to know to make the artisan-style bread you've been missing; and at a fraction of the cost.

## Book Information

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## Customer Reviews

I am rating this cookbook 5 stars. It is more involved than her previous 2 cookbooks but just as straightforward and easy to follow. One thing that jumped out at me is that the recipes in this cookbooks take time. For those of us who use her previous cookbook *Gluten-Free on a Shoestring*,

Quick and Easy: 100 Recipes for the Food You Love--Fast! that focused on quick and easy recipes that may be a shock. Good bread takes time. Many of the recipes in this cookbook are going to have a proofing time of 12 hours up to 5 days. Another major difference with this cookbook is that she uses more than just a basic all purpose gluten free flour in most her recipes in this cookbook. She several different blends of flour: gluten free bread flour, high quality all-purpose gluten-free flour, make it simpler all purpose gluten free flour, basic gum-free gluten free flour, whole grain gluten free flour, and gluten free pastry flour. These seem easy to mix with just a couple of things added to your basic all purpose gluten free flour. Which flour blend you use depends on the recipe you are making. This was slightly disappointing to me because I could not jump right in and start making some of the recipes. I need to order a couple of things in order to make the bread flour. There are some recipes towards the back of the cookbook that do use a basic all purpose gluten free flour. The cookbook is simple to follow with some photos. Each recipe does not have a photo but there are quite a few in the book. There are quite a few photos in the section of the book where she illustrates shaping the dough which I greatly appreciate.

First, if you are a fan of the author and thin-skinned, you may want to pass on this one. It's a very honest review based on my experience with the book, and that upsets some people. If you are open minded, read on. A lot has changed since I first wrote this, so I re-wrote it June 2014: I WAS a huge fan of Nicole's books, recipes, and blog, and was most excited to get this book. A new approach using whey protein isolate that makes GF yeast bread that's more like regular bread? Sign me up! Well, wait. The ingredients are pricey; can we substitute? No, the recipes might not work. When the book came out, the special whey protein and expandex were hard to find, and \$75 for both with shipping with shipping. So you'd spend \$75 to test, and that's if you already had all the other specialty ingredients you'd need (like pricy flour blend or pricier ingredients to make your own). Plus you'll need several proofing containers for the fridge rise. We know bread takes time; it's part of the mystique. But look at this: Mix one is your basic GF bread flour (you can buy it, min. \$3 per lb in bulk). You will use it to make secondary mixes, with associated storage containers and space, including space for leftover individual ingredients. Now you make dough that stays in the fridge for 1/2 to 5 days. This is the magic time, when it develops great flavor and you can use it at will with minimal wait. (I hope you have room in the fridge for gallon tubs.) Oh, don't forget the special expensive baking pans you'll need for best results. Par-bake your loaves, then take them out of the pan and bake again on a rimmed sheet. Cool completely and buy a bread box or special bags to store it in. We all love bread, but this is now real WORK!!

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