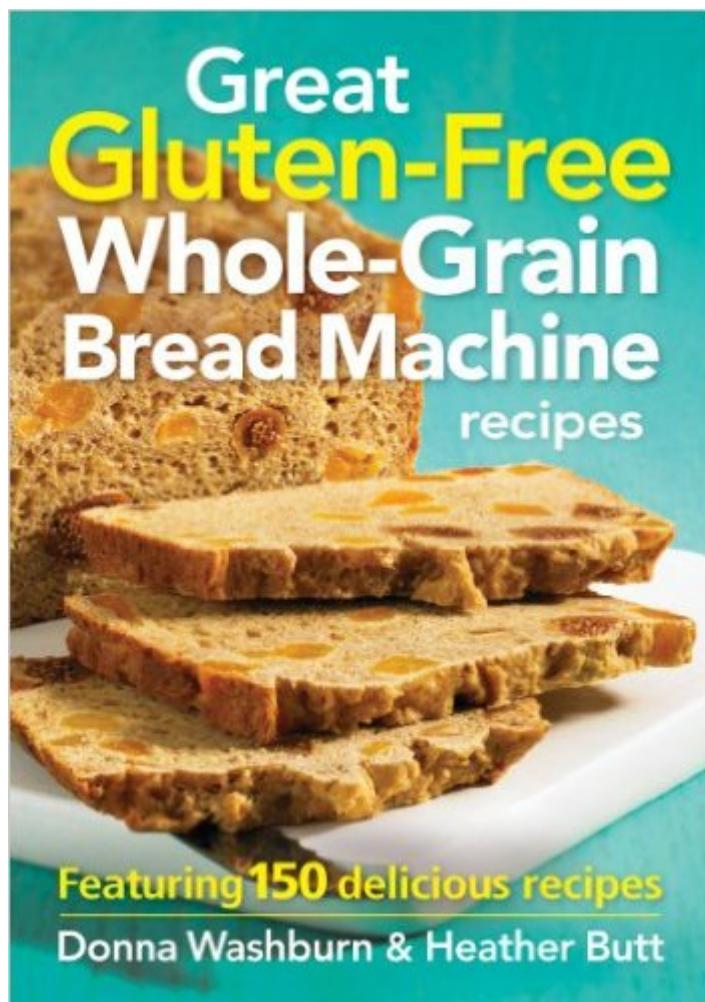


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Great Gluten-Free Whole-Grain Bread Machine Recipes: Featuring 150 Delicious Recipes



Synopsis

A bread machine makes it easier to prepare loaves from scratch, ensuring that the ingredients are gluten-free and first quality. The bestselling gluten-free author team of Donna Washburn and Heather Butt provides this all-new bread machine book, which focuses on whole grain breads and doughs. Many who are intolerant to the gluten found in wheat, rye, barley and oats don't realize that a wide variety of whole grain gluten-free flours is available. These flours include quinoa, teff, rice, buckwheat, millet and cornmeal, and they are used in these creative and delicious recipes. The results are outstanding and the wheat or other flour typically used will never be missed. Flavor and nutrition are the keys in all the recipes. Responding to extensive feedback from celiacs and the general public, there's also an egg-free chapter, as well as many nut-free and rice-free recipes. Since ease of baking is so important, there's a whole chapter devoted to nutritious mixes that can be prepared ahead of time. All are well organized for easy use and identification. The recipes include desserts: Artisan Breads: Asiago Herb Pan Rolls, Bacon Cheddar Mini Loaves, Sourdough Teff Loaf Egg Free (EF): EF Banana Raisin Bread, EF Honey Walnut Bread, EF Rich Dinner Rolls Hearty Whole Grains: Black Quinoa Bread, Buttermilk Buckwheat Bread, Wild Rice Loaf Quick 'n' Easy Mixes: The Six Loaf Nut-Free Creamy Bread Mix is the starter to Nut-Free Dinner Rolls, Nut-Free Rosemary Bread Sticks and Nut-Free Orange Chocolate Chip Loaf Seeds, Nuts & Fruits: Apricot Almond Loaf, Poppy Thyme Loaf, Seedy Sandwich Loaf The Classics: Cornbread, Hot Cross Buns, Mock Rye Loaf, French Baguette, Challah Wraps, Flatbread & Filled Breads: Teff Pizza, Black Olive Goat Cheese Ciabatta, Panini Sandwich Loaf The authors include a wealth of helpful hints and techniques for baking the perfect gluten-free loaf. The "Gluten-Free Bread Machine Pantry" provides information on all the ingredients needed to make that perfect loaf of healthy bread, for both the 1.5-lb and 2-lb machines.

Book Information

Paperback: 320 pages

Publisher: Robert Rose; First Edition edition (September 5, 2013)

Language: English

ISBN-10: 0778804631

ISBN-13: 978-0778804635

Product Dimensions: 7 x 0.7 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #531,894 in Books (See Top 100 in Books) #59 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Bread Machines #488 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #666 in Books > Cookbooks, Food & Wine > Special Diet > Allergies

Customer Reviews

I'm an experienced cook but hadn't tried to bake bread until my best friend was told to avoid wheat. As Manhattanites, we had always been able to buy superb bread at farmer's markets, specialty food shops, and famous bakeries, all within walking distance of our apartments. Loaf after loaf of the gluten-free "bread" that my friend had begun to buy at upscale markets had proven unpalatable, and I had never heard her complain so much about anything. I had to do something, so I bought a Zojirushi Mini and set to work. After nosing around on the internet and trying a few recipes (including the one in the manufacturer's manual), I began to suspect that many gluten-free bakers wanted to replicate "light" supermarket breads. There were several gluten-free bread cookbooks in print that seemed to be very popular, including one by this author, but I decided to skip them and buy this one instead. I believed that it might produce loaves that were more to our taste. Washburn provides a great deal of information about ingredients that will be useful to anyone who is new to gluten-free baking, and my reading gives me confidence that there may be many great recipes in this book. That having been said, most of the recipes seem to have been created specifically for bread machines that are larger than the Mini and that have elaborate menus of settings. I assume that some of these can't be executed using simpler machines, and it is possible that some can't be scaled down in size. She tells us that each recipe has been tested in eight different machines that have produced different results, but she doesn't share with us what she has learned about the peculiarities of these machines. (We are advised to figure these out for ourselves.

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