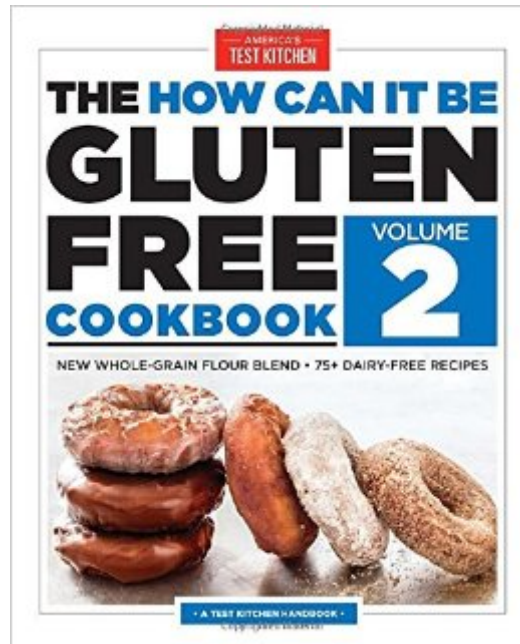


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# The How Can It Be Gluten-Free Cookbook Volume 2



## Synopsis

Our all-new collection of gluten-free recipes features a new whole-grain flour blend, more than 50 dairy-free recipes, and nutritional information for every recipe. Building on the best-selling success of *The How Can It Be Gluten-Free Cookbook*, we've gone back into the test kitchen to expand our repertoire of revolutionary gluten-free recipes, including developing a whole-grain flour blend that brings earthy flavor to a variety of baked goods such as sandwich bread, waffles, rustic walnut-cherry boule, chai spice bread, sesame crackers, and a free-form rustic tart dough used to make a stunning pear and cranberry tart. Throughout there are recipes that use the test kitchen's all-purpose flour blend, such as bagels, hamburger rolls, brioche, baguettes, and easy-to-make pan pizzas, as well as sweet treats like yeasted doughnuts, blondies, lemon layer cake, and Dutch apple pie. Also new to this book are nutritional information for every recipe and dairy-free versions of more than half the baked goods based on extensive testing done with alternative milks and yogurt and vegan cream cheese and butter. Innovative techniques and discoveries are explained throughout: a simple oven proofing method that helps gluten-free breads rise taller and more consistently, foil collars that ensure hamburger buns that are the right size, and a double-battering and double-frying method for fried fish with a crispy gluten-free coating. From breakfast foods, grains, and comfort foods to a whole range of baked goods, this new volume delivers groundbreaking recipes plus information on the best gluten-free breads and pastas on the market today and an essential resource section that is a road map for cooking and baking without gluten.

## Book Information

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## Customer Reviews

I reviewed the Volume 1 of this cook book. I have used that book as my go to for so much. ATK has very much perfected gluten-free baking. However, Volume 1 felt like a quickly patched together GF effort. There were many recipes, already gluten-free, from their other cookbooks. There were too many salads and other things that were too easily included and added little value. Not so with Volume 2!! I keep a running list of things I want GF (I am Celiac) but have had trouble duplicating in my home kitchen lab. Things like doughnuts, popovers, baguettes, crackers, and hearty whole grain breads are included. I feel ATK has now put the full force of their testing kitchens into Volume 2. The new whole grain flour mix is healthy and complex. The recipes take advantage of all the hearty flavors of this flour mix. Many of the recipes from Volume 1 have been greatly improved. The previous pizza crust was good. The new version is the best I have tasted yet.

Even better than volume 1! Greatly expands on the first volume which was a very good gluten free cookbook. I've yet to try the new whole grain flour formula but have used several of the recipes which use the original flour from volume 1. All turned out perfectly. I've also used the new method of rising and baking with the sandwich bread and pizza crust from volume 1. Spectacular improvement on already good recipes. ATK is my go to for gluten free baking because they've worked out the issues and document the recipe development so very well in the "why it works" for each recipe. Highly recommend this cookbook.

This book is chock-full of great recipes that have been adapted to be gluten free. My daughter has celiac disease, and as a result I have a GF kitchen; while I try to cook with whole foods as often as possible, there are occasions when we're all just craving "regular" food. I have loved America's Test Kitchen ever since I began teaching myself to cook over a decade and a half ago, and this book is a great addition to their library. I hosted a birthday party for my daughter last week, and prepared a full spread of GF foods for 14 people who do NOT eat GF, 4 vegetarians, and 1 person who conforms to both of those categories (most were adults, not kids). I made the mango, black bean & quinoa salad as a main vegetarian dish; the recipe made a substantial amount and was mostly gone by the end of the party, which shocked me because many of our guests have never tried quinoa, let alone pronounce it. The dressing was very spicy on its own, but when mixed with the grains and veggies it was tamed down and this was a knock-out dish that everyone enjoyed. The real hit of the night, though, was the chocolate angel pie. I'd never made a meringue before, let alone baked one as a crust, nor had I made a custard. There were quite a few steps to the process and this pie did take

awhile to bake and sit, but it was absolutely worth it. Everyone raved about it. I'm looking forward to trying more recipes from this book as time goes on!

Different techniques have been developed since Volume 1. This is not just a repeat but a significant refinement of methods. I made the pan pizza. It was fantastic and kid approved. Explanations of the reasons for the process are worthwhile and helpful for developing our own formulas.

If you have to eat a gluten free (or wheat free) diet, you **MUST** order this series of books. Instead of having crumbly, sandy bread I can make bread that has a crumb, springiness **AND** tastes like real bread. I am exceptionally happy with these cookbooks. They have brought the pleasure of baked items back into my life again.

They have done it **AGAIN**. In less than two weeks we've already made four recipes out of this book and they were all scrumptious. Chicken wings, coconut lime rice, NY-style coffee cake, and pan pizza. All delicious. Glad we pre-ordered it and it's made us check out some of the recipes in the first book we hadn't tried yet. Wins all around. Thanks ATK!

These recipes are spot on! I've made the herbed focaccia, chicken parmesan, baguettes, and brown sugar cookies already. All were fantastic! Test Kitchen's recipes are reliable and worth the effort. I love this book and can't wait to bake more during the holidays!

ATK does everything right. A few repeat recipes from their first GF cookbook (also a 5-star affair), but a staggering number of new things I can't wait to try. Starting with donuts. Not had a real-tasting donut in the three years since my celiac diagnosis, and can't wait!

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