

# [PDF] The Gloriously Gluten-Free Cookbook: Spicing Up Life With Italian, Asian, And Mexican Recipes

**Vanessa Maltin - pdf download free book**

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**Books Details:**

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Author: Vanessa Maltin

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**Description:**

**From Publishers Weekly** The latest addition to the rapidly expanding universe of gluten-free cookbooks is a breezy, friendly, and straightforward volume from the food and lifestyle editor at *Delight Gluten-Free Magazine*. It's full of no-nonsense advice (cheating on the diet is not an option and can lead to long-term complications, so resist temptation to cheat!) and—better yet—flavor. Divided into four sections, the book covers an array of recipes in the Italian, Asian, and Mexican genres, plus desserts. It's not for food snobs (the note at the start of the Italian section comes from

the executive chef of the Maggiano's chain), but it does have a lot of accessible, tasty options. Italian dishes include creamy crab and green pea risotto, chicken marsala, and spinach gnocchi with gorgonzola cream sauce. (Note: The food is gluten-free, decidedly not fat-free). In the Asian section, there are shrimp and mint summer rolls; pineapple fried rice; and chicken with cashews. Papaya-cilantro salmon with coconut rice and strip steak with black beans, corn, and cilantro represent Mexico. Desserts range from bananas foster (easy to make sans gluten) to a more complex chocolate fudge cake. With this book, following a gluten-free diet is a fairly sweet prospect. (*Apr.*)

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### **From the Back Cover Give up the gluten, not the flavor!**

You may have Celiac Disease, but that doesn't mean you can't spice up your meals every day of the week. In *The Gloriously Gluten-Free Cookbook*, Vanessa Maltin—with the help of three renowned chefs—gives you 125 Italian, Asian, and Mexican recipes that cut out the gluten without skimping on taste.

- Keith Brunel of Maggiano's Little Italy offers Celiac-safe suggestions for approaching Italian cooking in a restaurant. In this chapter, you'll find all your favorite Italian staples, including creamy risottos, pastas, Chicken Parmesan, and even pizza, calzones, and breadsticks.
- 2. Katie Chin of Thai Kitchen and coauthor of *Everyday Chinese Cooking* presents an overview of Asian cuisine and staple ingredients. Then, she offers familiar Asian classics like Crunchy Vietnamese Spring Rolls, Shrimp Fried Rice, peanutty Pad Thai, sushi, and crispy tempuras.
- 3. Edgar Steele of Café Atlantico demystifies the flavors of Mexico and provides a variety of alternatives for gluten-free cooking. Then, he includes recipes for traditional Mexican dishes like Corn Tortilla Soup, sizzling Chicken Fajitas, empanadas, and—of course—tacos, as well as modern main dishes like Grilled Chicken with Avocado Salsa.

In addition to these recipes, you'll find handy lists of foods for stocking your gluten-free pantry, plenty of vegetarian and dairy-free options, and powerful resources and advice for living the good life without the gluten. With *The Gloriously Gluten-Free Cookbook*, exciting, flavorful meals are no longer off limits!

Recipes Include:

- Asian Noodle Soup
- 2. Baked Ziti with Sausage
- 3. Calzones
- 4. Cheddar Risotto
- 5. Chicken Lettuce Wraps
- 6. Chicken with Cashew Nuts
- 7. Coconut-Ginger Soup
- 8. Crispy Chicken Drumsticks

9. Fresh Peach Salsa
10. Garden Vegetable Risotto
11. Gluten-Free Potstickers
12. Gnocchi with Vodka Sauce
13. Golden Fried Tofu
14. Guacamole
15. Italian Breadsticks
16. Mango-Avocado Salsa
17. Mango Fried Rice
18. Marinara Sauce
19. Meat Sauce
20. Pad Thai
21. Peanut Noodles
22. Pineapple Fried Rice
23. Pizza Crust
24. Red Curry Vegetable Rice
25. Rosemary-Beer Sauce
26. Sauteéd Calamari
27. Seafood Soup

Foreword by Heidi Collins, Former CNN Newsroom Anchor

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