



Healthy Gluten-Free Cooking: 150 Recipes for Food Lovers

Darina Allen, Rosemary Kearney

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Introduction by Elaine Monarch, president and founder of the Celiac Disease Foundation

Unable to digest gluten, a protein found in wheat and other grains, people with celiac disease resign themselves to life without bread or pasta-not to mention cheese soufflé, lasagna, chicken pot pie, pancakes, chocolate gâteau, and panzanella. But now, with *Healthy Gluten-Free Cooking*, all of these once-taboo foods, and many more, are available to the estimated two million Americans with this incurable condition.

Here Darina Allen, founder of Ireland's renowned Ballymaloe Cookery School, and Rosemary Kearney, a nutrition expert who has celiac disease, present delicious, gluten-free transformations of 157 recipes from appetizers and salads to main courses and desserts, including Irish soda bread, fritters, scones, pork en croute, and Yorkshire pudding. Also featured is essential advice on selecting gluten-free ingredients. In this book the authors achieve the ultimate in healthy cooking: a cuisine for a special need that is sensational enough for everyone to enjoy. AUTHOR BIO: Darina Allen is an internationally recognized culinary expert and the author of several books on Irish cuisine. In 1983, she founded Ballymaloe Cookery School in Ireland. Rosemary Kearney, who has celiac disease, is a graduate chef from Ballymaloe Cookery School. She runs her own catering business, Rosemary and Thyme, in Ireland.

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