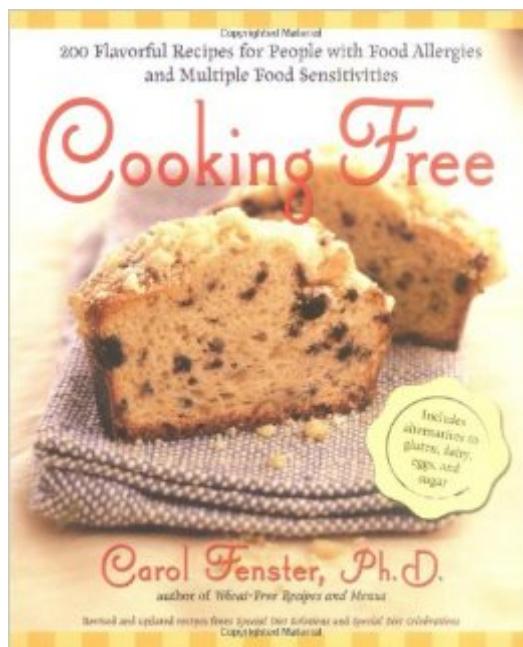


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# Cooking Free : 200 Flavorful Recipes For People With Food Allergies And Multiple Food Sensitivities



## Synopsis

Does wheat sensitivity keep you from eating hearty breads? Or lactose intolerance mean the end of ice cream? Not anymore! Nutrition expert Carol Fenster has spent years developing recipes free of the food allergens that wreak havoc on your health, but full of the flavors you love. Because so many of the 6 to 7 million Americans with food allergies have sensitivities to more than just one food, Fenster has created dishes that remove five of the most common allergens-gluten, dairy, eggs, and sugar-providing one book full of delicious recipes for you and your entire family, no matter what your individual dietary needs. Complete with tips on cooking without traditional ingredients and conversion tables that will show you how to substitute alternative ingredients in your own recipes, this book can help keep you healthy while allowing you to indulge in delectable breads, entrées, and desserts.

## Book Information

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## Customer Reviews

I have tried many allergy cookbooks and this one is by far my favorite. Every recipe that I have tried has been very good. My diet eliminates wheat, dairy, eggs and soy. Cooking Free has many, many recipes without these ingredients. Soy is used some but you can usually substitute something else. Once you gather up the different types of ingredients used you will be set to make many very good things. I was able to find everything at either my local health store or Co-op. I would highly suggest this book to anyone with restrictions in your diet.

This book, per its cover and introduction, aims to introduce recipes which are free of such allergens

as gluten, dairy, eggs, and sugar. Unable to eat gluten and dairy, I purchased this book in a bona fide effort to diversify my somewhat-restricted diet. In a blatant contradiction to its claims, almost every recipe in this cookbook calls for some type of dairy (milk, buttermilk, butter, margarine, and powdered milk), sugar, and/or eggs. There are only so many substitutions that can be made without altering the chemical make-up required to achieve an edible baked good. There are also only so many substitutions a consumer should be required to make when she expects to purchase a ready-to-use cookbook. (The recommended products with which to stock an allergen-free pantry also include dairy products and sugar.) I am in the process of returning this book.

I purchased 3 allergy cookbooks due my daughter's allergies to dairy, soy, eggs and nuts: "Cooking Free" by Carol Fenster, "The Whole Foods Allergy Cookbook" by Cybele Pascal, and "The Ultimate Food Allergy Cookbook and Survival Guide" by Nicolette, M. Dumke. Out of the three, my favorite by far is "The Whole Foods Allergy Cookbook." "Cooking Free" lists margarine and other soy containing products for many of its recipes. I know Fenster doesn't advertise that her recipes are soy-free but the U.S. Food and Drug Administration has designated soy as one of the most major allergens and her book is for people with "multiple food sensitivities." She describes how to substitute oil for margarine in her recipes, but after looking over her recipes I don't think her dishes will taste that great with oil (or with the amounts of oil called for). Even if my daughter didn't have allergies to soy, the recipes don't seem very inspirational, exciting, diverse or particularly healthy to me. I find Pascal's book more reader friendly and better organized. Fenster's stocking the pantry section isn't as complete as Pascal's.

This is a wonderful cookbook. I was a bit worried at first when I saw that some recipes called for gelatin. Vegetarians and people wanting to avoid exposure to mad cow disease probably would need to use something else, I thought. I made an item and substituted agar flakes. It turned out okay, not the greatest. I have since left the gelatin out and had great results, so do consider leaving this item out and experimenting if you don't wish to consume certain products. My favorites so far are the focaccia (best I've had), raisin bread (ditto, with Earth Balance is spectacular!), graham crackers, multigrain bread, French bread (makes great banana or pecan milk French toast), and my boyfriend's new favorite rice noodle dish (which actually surpassed a delicious Thai peanut-basil one) is the Thai noodle bowl, with a few veg modifications. The pretzels came out a bit gooey but I will tweak it next time to work. I definitely recommend this book for people who have allergies and intolerances and those who want to expand the types of grains they eat. I have found that of all of

the cookbooks I have (over 125), most call for whole-wheat flour, whole-wheat pastry, or unbleached white. Well, good health is dependent upon a variety of grains for the various nutrients they supply; Cooking Free is a way to achieve that.

This is a great resource for anyone who is "food challenged." It is, of course, filled with recipes made without gluten, eggs, dairy, or whatever your nemesis is. However, I found the information in the back even more useful. There is an entire section dealing with wheat-free flours. It describes each in terms of baking, color and flavor, general comments and storage. There is table that lists wheat flour equivalents for everything from rice flour to ground nuts and quinoa. There are even 7 different variations of a recipe for mixing your own all purpose flour. There are also sections on what to substitute for eggs, dairy, and sugar,. Another invaluable section deals with common sources for wheat, gluten,dairy, eggs, corn and soy. You'd be surprised where you find them lurking! When I first discovered my food sensitivities, getting rid of all grains, cheeses, yogurts and nuts seemed impossible. But the first time I tasted grain-free blueberry muffins made with bean flour, I realized I could do it. This book not only provided me with many good recipes, it gave me hope!

Cooking for those with multiple food sensitivities is difficult, especially since food sensitivity tends to run in families. Over 11 million Americans have sensitivities to more than one food, so Carol Fenster, founder of savory Palate, a resource for those with food allergies and special food needs, has developed dishes which omit four of the most common allergens. There's no diary, eggs, gluten or sugar in these dishes, yet breakfast cereal, homemade pizza, and granola bars are among the many dishes which can be produced without them. No color photos, but the easy recipes don't need them.Diane C. DonovanCalifornia Bookwatch

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