

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 souffle, lasagna, chicken pot pie, pancakes, chocolate gateau, 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 Irelands 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 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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Shop our inventory for Healthy Gluten-Free Cooking: Recipes for Food Lovers by Darina Allen, Rosemary Kearney, Barbara Monarch with fast free shipping. This recipe for Gluten Free Pesto takes just minutes to make, and it tastes way better than store bought! This basil-based sauce will transform your pasta.

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Healthy Gluten-Free Cooking - Recipes for Food Lovers (Paperback) / Author: Darina Allen / Author: Rosemary Kearney ; ; Cookery for . 19 Jan - 19 sec Price Healthy Gluten-Free Cooking: Recipes for Food Lovers Darina Allen For.

Browse cookbooks and recipes by Rosemary Kearney, and save them to your own online Healthy Gluten-Free Cooking: Recipes For Food Lovers.

This cookbook helps you avoid gluten and cook food that won't aggravate your celiac including gluten-free recipes for everything from tasty breakfasts, healthy .

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