



The Wheat-Free Cook

Jacqueline Mallorca

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The Wheat-Free Cook is the definitive cookbook on living and eating well without wheat. Veteran food writer Jacqueline Mallorca outlines the differences between wheat allergies and celiac disease, provides lists of resources and a guide to gluten-free grains, and offers tip on how and where to shop for gluten-free ingredients. On top of that, Jacqueline offers recipes for quick, modern gluten-free meals that are sure to appeal to the health-conscious cook, whether gluten-sensitive or not—after all, it's just as easy to thicken a comforting stew with rice flour or cornstarch as it is with all-purpose flour, and sautéed chicken breasts taste much better when coated with a mixture of ground hazelnuts and Parmesan than stale breadcrumbs. All the formerly off limits favorites are here, from breakfast treats such as pancakes and muffins, to comforting pasta dishes like macaroni and cheese, and decadent desserts including cookies, cakes, tarts, and pies. With *The Wheat-Free Cook*, Jacqueline Mallorca proves that there is a world beyond wheat.

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