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Gluten-Free Quick and Easy: From Prep to Plate without the Fuss - 175 Recipes for People with Food Sensitivities (Paperback)

By Carol Fenster

Avery Publishing Group Inc., U.S., United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Wheat-free-cooking expert Carol Fenster reveals her time-saving tips and techniques to help cooks put homemade meals on the table in a flash. In Carol Fenster's gluten-free cooking classes, the most frequently asked question is How can I get a meal on the table in the least amount of time? So often, cooking gluten-free means spending hours in the kitchen-making everything from scratch. But now, Fenster reveals all her shortcuts, tips, and timesaving techniques from nearly twenty years as the gluten-free cooking authority. The Quick Easy principles in this book will get cooks in and out of the kitchen with less fuss than ever before. In Gluten-Free Quick Easy, a hot meal makes it to the table without a complicated ingredient list or a lengthy wait. Fenster emphasizes the necessity of planned-overs -not left-overs - that creatively use elements of one meal in the preparation of another, whether it becomes an ingredient the next day, the next week, or the next month. Recipes for make-ahead baking mixes and techniques to shorten baking times means cooks stay on track. And her comprehensive menu plans and...



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