



# The Gloriously Gluten-Free Cookbook: Spicing Up Life with Italian, Asian, and Mexican Recipes

*Vanessa Maltin*

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## **The Gloriously Gluten-Free Cookbook: Spicing Up Life with Italian, Asian, and Mexican Recipes**

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Thrilling recipes from around the world that prove you can give up the gluten without giving up the flavor

For sufferers of celiac disease, the necessary diet limitations can seem like a culinary curse. With the right information and a great cookbook, you can still eat most of the foods you love while maintaining a healthy, well-balanced diet. In *The Gloriously Gluten-Free Cookbook*, Vanessa Maltin compiles Italian, Asian, and Mexican recipes that are safe for a gluten-free diet but taste so good you can't tell the difference. With the help of chefs Edgar Steele of Cafe Atlantico, Katie Chin of Thai Kitchen, and Keith Brunell of Maggiano's Little Italy, Maltin proves that celiac sufferers will never have to eat another boring rice cake.

Living gluten-free isn't as tough as you think-corn tortillas are a simple substitute for flour in Latin cooking, gluten-free flours are perfect for great tasting pizzas and calzones, and rice noodles and gluten-free soy sauce make Asian food perfectly safe and delicious.

- Includes breakdowns of safe and unsafe foods, tips on maintaining a gluten-free kitchen, and firsthand advice from the author on dealing with family, friends, and restaurant workers who just don't get it
- Features Italian sauces, starters, risottos, pastas, and main dishes; Asian soups, salads, starters, noodles, sushi, and main dishes; and Mexican starters, salsas, staples, and main dishes
- Also includes delightful gluten-free desserts and a listing of helpful gluten-free resources

With *The Gloriously Gluten-Free Cookbook*, a diet without gluten won't be an obstacle to your enjoyment of the good life-and the great food that goes with it.

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