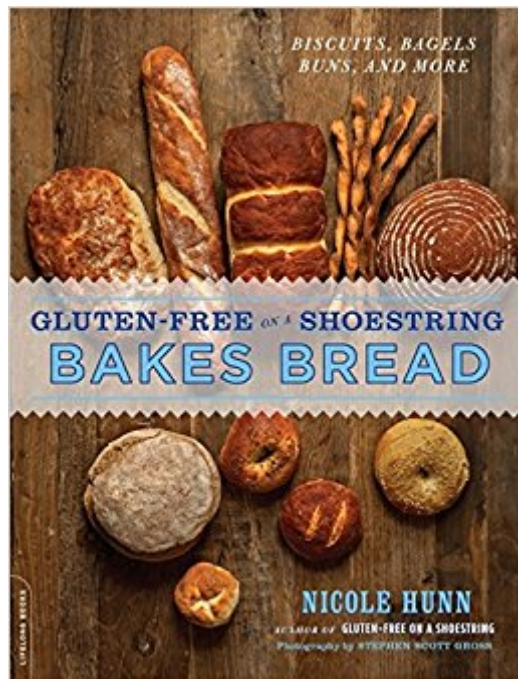




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# Gluten-Free On A Shoestring Bakes Bread: (Biscuits, Bagels, Buns, And More)



## Synopsis

If you're eating gluten-free, you know the challenges of bread. You probably know where to get the packaged stuff; and you know the exorbitant cost. Maybe you've bought mixes and bread makers in a vain attempt to avoid the mystery of how to bake gluten-free at home altogether. Now, thanks to Nicole Hunn, you don't have to settle for the high price of packaged, frozen loaves. Welcome to easy, budget-friendly, delicious recipes for all your favorites, from shaped breads to flatbreads, biscuits, scones, and muffins. You'll learn to master lean crusty white bread, hearty whole-grain, fragrant cinnamon swirl, decadent cheese bread, not to mention a wild yeast starter you'll use to make everything imaginable, including a real no-rye "rye" bread. And you won't need a bread machine or any fancy supplies. Nicole covers all the essentials, including: recipes from a bread flour that makes it all work, all-purpose flour blends, a whole-grain blend, and a pastry flour; key techniques; the secrets to working ably with gluten-free dough; and even a whole section on troubleshooting, in case things go off the rails a bit. *Gluten-Free on a Shoestring Bakes Bread* tells you everything you need to know to make the artisan-style bread you've been missing; and at a fraction of the cost.

## Book Information

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## Customer Reviews

Living Without, February/March 2014; [Nicole is] a maven of gluten-free economy. •

Nicole Hunn is the author of the *Gluten-Free on a Shoestring* series and blog, which has been

featured in the New York Times and MSN Money. She has appeared in Living Without and Easy Eats, and on Sirius/XM Radio and ABC News, among others. She lives in Westchester County, New York. Gluten-Free on a Shoestring Bakes Bread is her third cookbook.

This is a great book, easy, clear instructions. I have been gluten-free for 6 months and what I really missed is rye bread until I bought this book. It truly is like regular rye bread. I have made it almost every week since I got the book, the last time I made it I proofed it and was supposed to put in refrig. for 12 hrs, but, forgot and went ahead and shaped it and baked it. It came out higher, lighter. A good mistake which I will be making from now on. All the breads I have made so far from the book have been excellent. Although the ingredients are a bit pricey it's worth it. I made my first batch mixing up the various flours, then I sent away for the "Better Batter" flour blend which I would recommend doing both for convenience sake and for better results. Also, the whey protein isolate can be purchased in health food stores in the body building section.

If you love bread and have had to switch to a gluten - free diet this is a must have. OK maybe not 'must' but it will make your gluten - free life more enjoyable. At first I didn't think I'd like the method of having to put the dough in the icebox overnight but now it's my favorite. If they ever come up with a cure for celiac and I can go back to using regular wheat flour I would still use this method. We all know waiting on dough to rise is a pain especially if you're trying to time it to come out with a meal. This method lets the dough rise overnight and then you just do a short rise while you work on the rest of the meal and the oven preheats. The recipes are easy to follow and Nicole has a very long 'companion' Q&A / FAQ post on her blog that answers pretty much every question you can have about baking from the book. I think it's a great book for new and experienced bread bakers. I've purchased 3 books already including one I gave away on my blog. I can't say enough good things about the book or Nicole.

Our granddaughter recently got diagnosed with celiac. I babysit our grandchildren full time and thus have to prepare meals and snacks regularly for her. In support of our granddaughter, I have chosen to go gluten free to experience what she has to experience. I purchased three of Nicole's cookbooks. I liked them so much that I purchased copies for my daughter too. Each one has a couple of chapters with tips and information to get the best results when preparing gluten free meals and snacks. I highly recommend Gluten-Free on a Shoestring Bakes Bread. Our biggest challenge with going gluten-free has been bread. (PS... some of these cookbooks had negative reviews

because of the "unneeded" information in the beginning chapters of the cookbooks. Being new to the gluten-free lifestyle, those chapters have been very useful and needed for us.)

I have made 3 of the recipes already and they were all very good. I like that the breads are closer to the texture of gluten-filled bread than the usual almond/coconut flour loaves I've made before. I'm eager to try more, especially the sour-dough. I am glad that Nicole includes several alternatives for the ingredients for those who have allergies. I love that Nicole includes volume measurements (cup, tablespoon, etc.) as well as weight (grams) and percentage. Professional bakers and cooks use weight measurements for accuracy. Nicole gives you the choice. Yes, the basic ingredients can be expensive, but if you plan to make a lot of GF bread, buying in bulk cuts down on the overall expense and goes a really long way. You can purchase everything on line and she lists resources. Yes, most of the recipes require 12-hours-plus proofing time in the refrigerator, but I'll gladly fit that time into my schedule for a better tasting/feeling product. It just requires planning ahead. Good job, Nicole. Quite thorough and lots of variety.

After searching for nine months for gluten free bread that tastes like bread, we have finally succeeded. I will say that I do not mix my own flour, I use better batter and add isolate and expandex. Those complaining about the fact that Nicole does the same thing obviously gave not read the introduction to this book. Do yourself a favor and buy a 25 pound box of BB while you do your other shopping. I will say the one downfall to this book is the third rise times. I have yet to have a recipe of anything in this book rise in the suggested amount of time....but it is worth the wait! Don't hurry the process! I have had more than one person shocked to discover the bread served was gluten free. These recipes do work very well...but be patient! And...get a food scale...absolutely essential!

We've been Gluten Free on a Shoestrings fans for years and have all the books. We've never been disappointed in any of the recipes. That being said - I'm not sure what happened with this one.

Ã Â ÂÂ We've tried 3 of the bread recipes so far, most recently, the cinnamon rolls. To put it bluntly, Ms Hunn's measurements are WAY off. It makes a heavy, brick like loaf that does not rise, and is impossible to fashion into cinnamon rolls, or anything else remotely edible. I hate writing this review, as we've loved her other books. This one is just bad. Don't buy it.

I've tried 2 recipes so far and the bread is way more tasty than the one I did before or bought in the

market. Once It's out of the oven, I can't stop eating it! Now, this book requires patience in the execution of every recipe. It is not easy to make gluten free bread. So if you like everything quick and easy, this may not be the book for you. I love baking, so I have some experience in the kitchen that helps me to go through each recipe with more confidence. Even though, there are some recipes in the book that I won't even dare to try because there are too complex. Anyway, knowing how to bake at least 5 different gluten free breads and having at hand even more options to try in the future, it is an important success in my gluten free diet.

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