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Small Plates And Sweet Treats: My Family's Journey To Gluten-Free Cooking, From The Creator Of Cannelle Et Vanille



Synopsis

Trained pastry chef, blogger, and mother of two Aran Goyoaga turned to gluten-free cooking when she and her children were diagnosed with gluten intolerance. Combining the flavors of her childhood in Bilbao, Spain, with unique artistry and the informal elegance of small-plate dining, Aran has sacrificed nothing. Dishes range from soups and salads to savory tarts and stews to her signature desserts. With delicate, flavorful, and naturally gluten-free recipes arranged by season, and the author's gorgeously sun-filled food photography throughout, *SMALL PLATES AND SWEET TREATS* will bring the magic of Aran's home to yours. Fans of *Cannelle et Vanille*, those with gluten allergies, and cookbook enthusiasts looking for something new and special will all be attracted to this breathtaking book.

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Customer Reviews

I was so excited to get this book. I read it front to back and bookmarked all the recipes i wanted to make. And then i started making them. How disappointing! They were rather bland for the most part, and had that heavy "typical gluten free ugh" about the ones that used flour. I am a very experienced gluten free cook and i expected better of someone with her cooking background. Second time i've been deceived by a gf book with pretty pictures. Her stories are interesting and her photos are beautiful, but if you want good recipes that are tasty and not bland, don't buy this book. I tried 6-7 recipes and not one was a winner. They were just so-so. I wasn't the only one who thought so, unfortunately.

I first discovered Aran's work about 4 years ago through her Cannelle Vanille blog. Initially, I was attracted to her work because of her food styling and photography. I quickly became a bigger fan when I started reading her beautiful stories from her hometown in Basque and then trying her recipes for my own family. I now have her book and I'm amazed. I've pored over every page and her book does not disappoint. Aran has been at the forefront of gluten-free cooking and baking. She is one of the leaders that has taken on the unenviable task of figuring out how different flours work WELL together to make recipes that have health benefits, but are also full on flavor. Chocolate & Sweet Potato Doughnuts, Roasted Pumpkin Ice Cream Sundaes, Glazed Apple and Chestnut Bundt Cakes, the list goes on with her elegant, but healthful recipes. This will make it easier for future pastry chefs and home cooks to come up with innovative recipes with different flours. While I don't have a completely gluten-free home and I've just recently been experimenting with this type of baking for my own family, I have made some simple and healthy changes in my home since buying this book. The book has inspired me and it is fun experimenting with all of these new flours I had never used before. the photography is stunning, to boot. And her stories, as always, transform me to her hometown in the Basque Country, Spain. It's a BIG book filled with guidance, and so, so much inspiration. This is already a staple cookbook and stand-out in my very-filled cookbook collection.-Amy Atlas

I was very happy to win this book. What I thought I would receive is a gluten free cook book full of recipes that normally would contain gluten but in this version do not. In other words recipes that if you eat real fast taste sort of like their gluten laden cousins. I would have been happy with this. What I received was this amazingly beautiful cookbook filled with mouth watering recipes written by a very accomplished chef. Last night was grapefruit risotto with shrimp (unbelievably good)tomorrow night is root vegetable Panzanella Salad with Chorizo. As the title states these recipes are gluten free and there is an array of various gluten free flours that can be used for this purpose. I have no dietary concerns with gluten so I am working my way through the recipes simply because they are delicious. If you are actually on a gluten free diet then this book will be a great addition to your cookbook collection, as it is to mine. Bon appÃ©tit

Excellent cookbook. Had everything from the basics to how to mix your own flour combinations for cakes, desserts, batters, etc... I bought 2 of these cookbooks as Christmas gifts for friends who have Celiac disease. They loved them!!!

This book is a real gem for anyone who likes to cook, not just those who follow a gluten-free diet (which I don't). It is beautifully photographed, well organized and the recipes are easy to follow. Just looking at it makes me want to race to the kitchen and start cooking/baking. The ingredients can sometimes be on the exotic side but there are plenty of recipes with more widely available ingredients and for the more unique ones the author often suggests substitutes. I like that all the ingredients are listed in both volume and weight measurements. As to the recipes themselves, I have made about a half dozen things and they have all been delicious. Salmon cakes with pea shoot mayonnaise and the beet, chocolate and almond butter molten cakes received rave reviews from friends and family. Can't wait to try more of Aran's recipes!

I was first drawn to this book after seeing Aran's beautiful work on her blog. Her photography, recipes and writing all make her the package deal. Her recipes look complicated but they are not. I was terrified of making a tart until seeing the recipes and helpful hints in this book. Her food is elegant yet simple to make and derives its beauty and taste from all natural/whole ingredients which is important to me. I will definitely be picking up a few extra copies to give to friends for the holiday season.

Great book with some incredible recipes, only problem is the prohibitive cost of the ingredients. As someone who cooks GF (fiance is celiac), I'm very accustomed to the increased cost of ingredients for most GF recipes, but the breadth of different specialty ingredients used in this cookbook though makes it very expensive to actually cook a lot of recipes. However as GF recipes go, I don't know that I've ever read a better cookbook. The author's pastry background and GF cooking practices makes for some desert recipes especially that come out so fantastically tasty and well-textured you'd be shocked they didn't come from a professional bakery.

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