

Easy Gluten-Free Baking

by Elizabeth Barbone

"Gluten-free baking can be overwhelming,

I wrote this book to make it easy," says Elizabeth Barbone, the founder of www.GlutenFreeBaking.com. Barbone, a Culinary Institute of America graduate with a specialty in baking and pastry arts, creates gluten-free recipes that taste as good, if not better, than their wheat counterparts. Now, in **Easy Gluten-Free Baking** (Lake Isle Press; April 2009; \$24.95, spiral), she shares recipes that show that living gluten-free doesn't mean giving up the foods you love most.

Recent studies show that 1 in 100 Americans have celiac disease and about 95% remain undiagnosed. As more people become aware of the disease and more gluten-free products flood the market, Barbone's book sets itself apart with its foolproof recipes that can be trusted to be 100% gluten-free. You won't find any expensive or hard-to-find ingredients here—Barbone makes stocking your gluten-free pantry easy and affordable. Avoiding off-tasting bean flours, her flour blends are customized for each recipe, ensuring the best taste and texture whether you're whipping up a decadent chocolate cake for a birthday party or making thin-crust pizzas for the whole family. No need for overpriced store-bought mixes and flour blends—**Easy Gluten-Free Baking** shows you how easy it is to make your own.

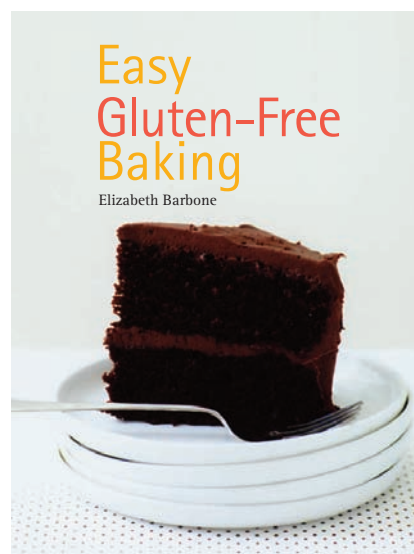
Having suffered from severe food allergies since she was a child, Barbone has lived her life knowing how difficult it can be to eat worry-free. She has spent endless hours testing her recipes—from buttermilk pancakes to gooey brownies—using real butter, sugar, eggs, milk, and cream. The only ingredient missing is gluten—and no one will know the difference!

In **Easy Gluten-Free Baking**, you'll find recipes for day-to-day use, special occasions, parties, gifts, and bake sales. Start the day off with Barbone's gingerbread pancakes, sour

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"Mmmmm...these baked goodies are DELISH!"

—Rachel Ray, author; host of *The Rachel Ray Show*;
Food Network star



cream coffee cake, and Blue Ribbon banana bread; barbecue with homemade hot dog and hamburger buns; have a family dinner with thin-crust pizza and cheesecake brownies for dessert. Barbone

has a gluten-free answer to all of your cravings. In the "Tastes Like" section, Barbone has expertly created gluten-free recipes for everything from Oreos, Twinkies, and Honey Maid Graham Crackers to Girl Scout Cookies and Ritz Crackers. Indulge in your favorite guilty pleasures and never feel left out again.

Barbone's **Easy Gluten-Free Baking** includes invaluable baking tips and techniques that will make your time in the kitchen easier and more enjoyable. See all the rave reviews from readers on Amazon.com.

Elizabeth Barbone is the founder of GlutenFreeBaking.com and an alumna of the Culinary Institute of America. With her solid professional baking background, Barbone is known for creating gluten-free recipes that taste "just like" their wheat counterparts. In addition to creating recipes for GlutenFreeBaking.com, Barbone travels the country speaking to celiac groups and teaching gluten-free baking classes. She lives in Troy, NY.

Elizabeth Barbone's **Easy** Gluten-Free Baking



Awareness of celiac disease and gluten intolerance is more relevant than ever:

According to new research, 1 in 100 people are affected by celiac disease, an immune system intolerance to gluten, a protein found in everything from bread to pasta to beer.

Celiac disease is now more than four times more common than it was 50 years ago. One-third of the affected population remains undiagnosed.

With these startling statistics and the growing interest in gluten-free diets, the food industry has taken notice:

- Industry heavyweight General Mills released a gluten-free version of its Chex cereal a year ago and plans to launch 50 more products in the next year, including a recently announced line of gluten-free cake, cookie, and brownie mixes from its Betty Crocker brand.
- Marketers estimate that 15% to 25% of consumers desire gluten-free products, although only 1% of the US population suffers from celiac.
- More and more supermarkets, like Whole Foods and Wegmans, are creating exclusively gluten-free aisles—while most retailers are cutting back on inventory, the number of gluten-free products is expanding.
- From 2004 to 2008, the market for gluten-free food products has grown 28% and is expected to reach \$2.6 billion in sales by 2012.
- More than 225 marketers introduced new gluten-free products to the market in 2008 to meet consumer demand.

Elizabeth Barbone, founder of GlutenFree-Baking.com and alumna of the Culinary Institute of America, has long been on the forefront of celiac awareness and education:

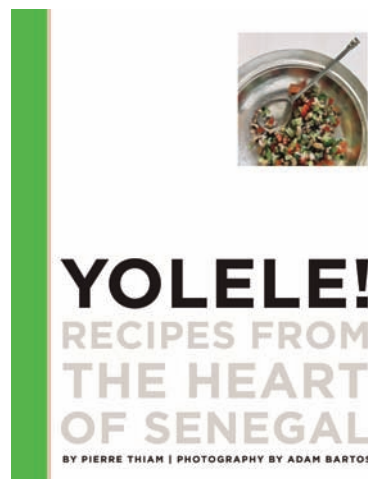
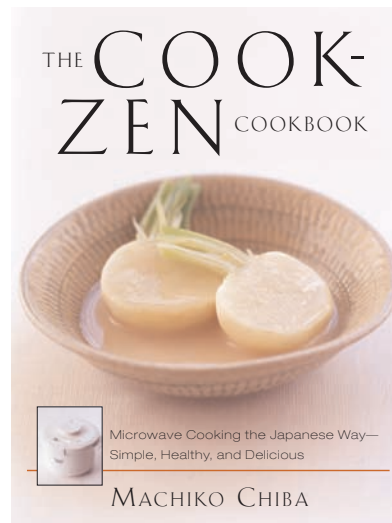
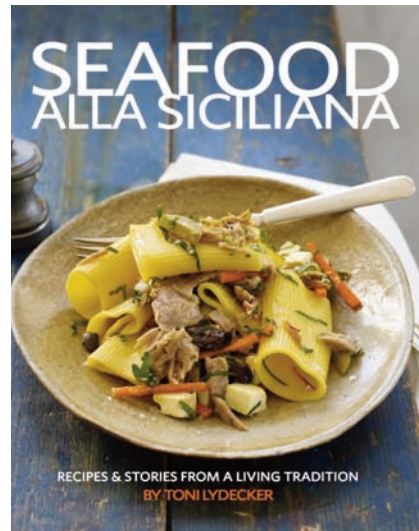
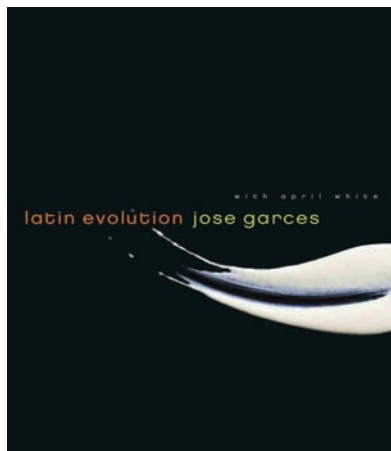
- Elizabeth regularly teaches gluten-free baking courses that consistently draw anywhere from 60 to 250 attendees.
- This fall, she will be participating in the coveted opening weekend of the Epcot International Food & Wine Festival at Disney World.
- In 2003, Elizabeth founded GlutenFreeBaking.com, a popular membership-only website dedicated to gluten-free baking and cooking.
- She makes regular television appearances, demoing her ever-popular gluten-free recipes.

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Established in 1990, Lake Isle Press publishes quality nonfiction, specializing in cooking, health, and art-related titles. Lake Isle Press has long been a distinguished publisher of award-winning cookbooks, written by some of the food industry's most well-known talents, including: Rachael Ray, 2009 James Beard award winner Jose Garces (*Latin Evolution*), Pierre Thiam (*YOLELE!*, IACP Julia Child award finalist), and Catherine Walters (*Raising the Salad Bar*, Ben Franklin Best Cookbook award finalist). Timely, user friendly, and culturally diverse, our books are designed for a popular audience. The quality and diversity of our bestselling titles are a testament to Lake Isle Press's dedication to publishing only the very best in nonfiction. Upcoming titles include Toni Lydecker's *Seafood alla Siciliana* and *The Cook-Zen Way to Eat* by Machiko Chiba.



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Classic Chocolate Chip Cookies

Chocolate chip cookies have limitless variations. This recipe is inspired by the classic chocolate chip cookies made famous by Toll House.

DRY INGREDIENTS

1¹/₄ cups white rice flour
1/2 cup sweet rice flour
1/4 cup cornstarch
1 teaspoon baking soda
1/2 teaspoon salt

WET INGREDIENTS

3/4 cup (1¹/₂ sticks) butter, softened
1/4 cup granulated sugar
3/4 cup packed dark brown sugar
2 large eggs
2 teaspoons vanilla extract
1 (12-ounce) bag chocolate chips

1. Preheat oven to 350°F. Line 2 cookie sheets with parchment paper.
2. Whisk together dry ingredients.
3. In a large bowl, cream together butter, sugar, and brown sugar until a thick paste forms, about 1 minute. (Use medium speed on a handheld and stand mixer.) Add eggs, 1 at a time, mixing well between each addition. Add dry ingredients and vanilla; mix until a dough forms. Stir in chocolate chips with a wooden spoon.
4. Drop rounded tablespoonfuls of dough onto cookie sheets, about 2 inches apart.
5. Bake first sheet for 10 to 12 minutes or until golden brown.
6. Remove sheet from oven and place on a wire rack to cool, 3 to 5 minutes, then transfer cookies directly onto rack to cool completely. While first sheet is cooling, bake the second sheet of cookies. Store cookies in an airtight container.

Makes about 3 dozen cookies



Also pictured, Oatless Oatmeal Cookies

Baker's Note

As written, this recipe will make Toll House-style cookies that flatten and spread a little during baking. If you like a cookie that stays in a mound, chill the dough for fifteen minutes prior to baking, and keep dough in the refrigerator in between batches.

Q&A with Elizabeth Barbone

Q: Why bake gluten-free?

A: Gluten-free baking is a requirement for anyone diagnosed with celiac disease, an autoimmune disease that affects the small intestine. The only treatment for celiac disease is a gluten-free diet. The gluten-free diet is not a fad diet! It is required for those who have celiac disease or gluten sensitivity to heal and be healthy.

Q: How did your interest in gluten-free baking begin?

A: While I was a student at the Culinary Institute of America two things happened: First, I fell in love with food science. I had always wanted to know the “hows” and “whys” of baking. Second, my allergist mentioned celiac disease and asked if I knew anything about gluten-free baking. At the time I didn't!

After reading about celiac disease, I suddenly wanted to learn more about how to bake without gluten. Not only did I understand what it is like to live on a medically restricted diet— I have severe (anaphylactic) food allergies—I was fascinated by the science. Baking without gluten? It contradicted everything I'd learned up to that point. Bakers think of gluten as the backbone of baking. What would happen if you took the gluten away? I was intrigued.

Q: And what does happen if you take the gluten out of baking?

A: Gluten is a protein found in wheat, rye, barley, and sometimes oats that basically provides structure and texture to baked goods. The “chew” from a piece of wheat bread? That is gluten in action. Therefore, to avoid gluten, baking needs to happen without these grains.

Gluten-free flours don't have the same properties as wheat flour. Therefore, a blend of flours and starches is needed to create gluten-free baked goods with excellent taste and texture. If a gluten-free flour blend isn't right, a heavy, dense baked good will result. I work very hard at my flour blends to ensure they produce baked goods with a texture extremely similar to those made with wheat.

Q: If someone is following a recipe from your book, will the dough look different from a dough made with wheat?

A: It really depends! Most of the recipes produce dough, or batter, that looks identical to wheat batter. For instance, my chocolate chip cookie dough looks just like regular chocolate chip cookie dough. The color and consistency are the same. Gluten-free bread, however, is different. Traditional bread made with wheat really relies on gluten for its consistency.

Gluten-free bread dough is really like a very thick cake batter. You don't knead it with your hands. In fact, you don't even use a dough hook to make it. You need to use a paddle attachment because of the consistency.

Q: Would someone not on the gluten-free diet enjoy your recipes?

A: Oh yes! Most of my tasters, myself included, are not on the gluten-free diet! My standard is that my recipes must taste just like their wheat counterpart. In fact, I've had people tell me they prefer my baked goods to those traditionally made with wheat. It is important to me that someone on a gluten-free diet can share their treats with family or friends.

Q: What is your advice to someone just starting to bake gluten-free?

A: Get a good set of measuring cups and spoons. Like all baking, gluten-free baking is dependent on precise measuring. Then select a recipe that sounds really good to you. If you are in the mood for a chocolate chip cookie, make yourself a batch!

Q: Can people on a gluten-free diet enjoy foods like cookies, pizza, and bread?

A: Absolutely! It is a common misconception that if you are on the gluten-free diet, you can't eat cookies or bread. You can; they just need to be gluten-free! My book is filled with recipes for classic American favorites—chocolate chip cookies, lemon bars, bread, and foods that taste like brand name favorites!

Q: How did the “Tastes Like” chapter come about?

A: When I would teach classes, students would say, “You know what I really miss...” And it was always a brand-name favorite, like Twinkies or Oreos. After I created the recipe, even those not following a gluten-free diet would get excited about a homemade Twinkie!

Q: The book includes letters from readers. How did this come about?

A: I started teaching gluten-free cooking classes and students would bring me recipes with notes attached. The recipes were for foods they enjoyed prior to beginning a gluten-free diet. I would convert the recipes for them. As I did this more and more people started contacting me with their favorites and along with great recipes came great stories. I share some of those in the book.

Q: You convert recipes to gluten-free?

A: Yes, I do. All of my recipes are tested numerous times before they are published. For recipes that have been “converted” from a wheat recipe, it is not uncommon for me to test it 25-30 times to get the taste and texture just right. When I create a recipe from scratch, I average 30 attempts before I get it to a place where I am happy with it.