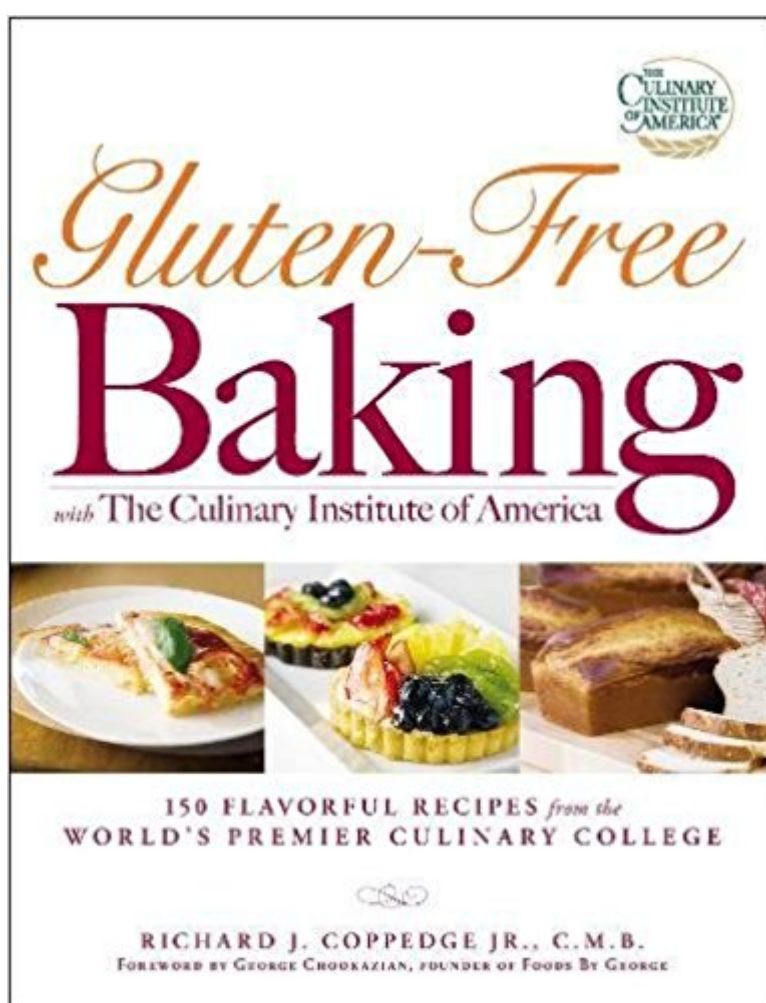


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# Gluten-Free Baking With The Culinary Institute Of America: 150 Flavorful Recipes From The World's Premier Culinary College



## Synopsis

Many gluten-sensitive people have only dreamed of eating gooey cinnamon buns, crusty French bread, savory pizza, and smear-worthy bagels. But now, thanks to Chef Richard J. Coppedge Jr. of the Culinary Institute of America, everyone can indulge. He shows readers how to use alternatives to gluten to bake delicious favorites: Maple Pecan Tart, Pineapple Upside-Down Cake, Cream Cheese Rugelach, Molten Chocolate Cake, Ham and Cheese Scones, Potato Leek Quiche, Black Bottom Cake with Cherry Compote. Whether first-time bakers or professional chefs, readers will find the baking techniques comprehensive and easy to master. Using a combination of Chef Coppedge's flour blends, readers will soon be creating pies and tarts, cookies and brownies, and savorys and pastries to tempt any palate, gluten-sensitive or not.

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## Customer Reviews

Richard J. Coppedge, Jr. CMB, is a professor of Baking and Pastry Arts at the CIA; he's taught how to bake enticing alternatives for people with celiac disease or wheat allergies for many years. A member of the Bread Bakers Guild of America, Chef Coppedge is the recipient of many baking and bread awards.

So far I've baked the Linzer Cookies, Devil's Food Cake and brownies, with great results that exceeded all other recipes and pre-made box mixes, Except for the Devil's Food cake. The cookies came out tender and delicious and I'd be hard pressed to discern the difference between these and ones made with a gluten recipe. However, the recipe only makes about 10 sandwiches, so must be

doubled or quadrupled. I set aside a day and baked 4 different brownie recipes/mixes to compare the results. I baked a box mix from King Arthur Flour, box mix by Hodgson Mill, America Test Kitchen Brownie Recipe from their book "The How Can It Be Gluten Free Cookbook #1", and one from this book. By far the recipe from this book was the best. The brownies held together, had an excellent flavor and texture, and didn't gum up ('too fudgy'). The America's Test Kitchen recipe came in as a close second, and were easier to make because you only have one flour mixture to pre-make, but the flavor and texture weren't as good. The box mixes were both so bad, there is no comparison. I repeated efforts with the Devils food cake, but this recipe came in 3rd (and the cake size is 6 inches-what's up with that. First place was the Chocolate Layer Cake in America's Test Kitchen book mentioned above. Truly a delicious cake with great texture. 2nd place was a mix by King Arthur, and with frosting this would be an acceptable option (King Arthur Gluten Free Chocolate Cake Mix, 22 Oz) There are 5 flour mixtures in this book to pre-mix, and many recipes use a combination of the flour mixtures for each recipe. For example the brownies used 2 Tble of flour mixture #1 and 1/4C of flour mixture #4 ; the Linzer cookies only used flour mixture 2; the cake used flour mix #3 (1.75 oz) plus 1 Tble of Flour #1 (I substituted because it was used for dusting the pan). So there is an investment in making up the different flour mixtures, but I think it's worth it if I continue to get the results I have thus far. Very pleased.

Love this book. My husband is CD and we bought gluten free items at Whole Foods. It really bothered me that I was buying for most poor tasting very expensive items. This book changed all of the intimidation of cooking gluten free. It does take some organization and new pantry essentials. Once you get the baking blends arranged, cooking becomes easier with practice. I also took his class on Craftsby, he has different blends on the Craftsby site but I use the blends from the book.

I pre-ordered this and received it back in September when it first came out. My fridge is now filled with bins of the 5 different flour mixes and I've made several recipes. I do recommend this book but beware as I've found with most recipes either I love it, or I hate it, so be sure to take notes on what you've tried, what you liked etc. Recipes I've tried: Corn muffins (I made cornbread) - very rich and delicious - like Jiffy, made incredible cornbread stuffing and yummy on its own too - this recipe alone was worth my buying the cookbook Blueberry pie crumble - used a mixture of frozen berries w/ a Whole Foods frozen GF crust - very good but will try with less sugar next time Pizza Crust - good although a little on the rich side. Piping was a disaster - now I roll the dough between pieces of saran wrap or parchment Triple chocolate cookies- too rich (and I love chocolate) - won't make

againPancakes - inedible - way too rich and sweet. Blech. had to throw these out and it takes a lot for me to do thatSourdough - made good rolls but also very rich - still have a dozen or more in the freezer - when I tried to make a loaf, it expanded and dripped all over the oven - very messy. Also, this did not taste like sourdough at all - just a nice rich bread for sandwiches or jam/peanut butter - sort of reminds me of a very rich Kinickkinick hamburger bun consistency (kind of spongy)

The author of "Gluten Free Baking with The CIA" is an absolute genius! I have been gluten free for about 7 years now and have done a lot of testing of store bought and homemade gluten free foods. I live in an area that does not have access to freshly baked gluten free items and the result of that is processed gluten free food that is so dry it falls apart and you gag as you are trying to swallow it. I first borrowed this book from my local public library three years ago. After close examination of the book I decided to purchase this book. I committed to purchasing and making all of the flour blends and began working with the book. One measurement difference in this book is a cup is measured as 6 ounces. This is important when blending the flours and when working with a recipe. My flours, ingredients and my fresh baked goods are all stored in a large upright freezer. Freezing my finished product in single portions allows me to have several items in stock giving me as much variety as any person enjoys on a daily basis. Baking of any type relies on the accuracy of measuring ingredients regardless of the type of recipe being used. The key to successful results rely on understanding and following the techniques stated in each recipe. A lot of the techniques are advanced, but they are all explained in the book. If you do not follow the technique, then the results will not be as expected.

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