

Gloriously

Gluten Free

How To Cook Well And Eat Well
With Coeliac (Celiac) Disease



Annie Kaszina

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With Coeliac (Celiac) Disease

by

Annie Kaszina

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About the Author



Teacher, writer and coach Annie Kaszina is passionate about creating food that coaxes maximum flavour out of every ingredient.

Food preparation has been a constant interest for Annie, through the years and the different career directions.

It all started when her formidable Auntie Bessie caught the 9 year old Annie playing in the garden one balmy summer morning and told her mother that ‘the child should be set to work’. ‘The child’ duly was, and despite frequent early mishaps, Annie discovered a lifelong love of baking.

Later, other branches of cooking provided intellectual stimulation and an outlet for Annie’s creativity - as well as an endless supply of new and delicious experiences at the end of the day.

A Ph.D in Italian Literature coincided with research into bread making.

During her daughter’s early years, Annie worked part-time as an outside caterer, with a particular interest in all things chocolate. So much so that she and her daughter became known for miles around as “Mrs – and Little Miss – Chocolate”.

When she moved from catering into the Alexander Technique, Annie publicly confessed that ‘chocolate was not her flavour’ and vowed to hang up her oven gloves. But she never quite managed to do either. Friends and family still clamoured for her chocolate cakes and desserts and she could never resist the lure of a new area of cooking for long. (Some women can’t resist the latest fashion “must have”. Annie can’t resist exploring the next culinary trend.)

“Gloriously Gluten Free” came about by chance as a result of a conversation with Gina. Annie, an omnivore, had expected gluten-free eating to be a hardship and was surprised to find how much better she felt. She now believes that cutting out the automatic reliance on wheat products, creates the opportunity to develop a healthier, more nutritionally balanced diet.

When not in the kitchen, Annie is a Women’s Relationship Coach, who helps women throughout the English-speaking world to live fully, love well, and laugh wholeheartedly. She is the author of the ground-breaking: “The Woman You Want To Be” – specifically designed for women who want to rebuild their lives in the wake of an emotionally abusive relationship – and “How to Stop Waiting for a Jerk to Love You Back”. Passionate about helping women to have wonderful lives, she is currently hard at work on another book about how to create great relationships, from day 1 on. More information is available on her websites:

www.recoverfromemotionalabuse.com www.anniekaszina.com

Annie currently lives in leafy Hertfordshire with her partner, and Basil the Shih Tsu, who fondly imagines he has taught her all she knows... about food, Life, the Universe, and everything!

Companion Book: Live Well Eat Well With Coeliac (Celiac) Disease - by Gina Gardiner



At the heart of all Gina Gardiner's work is empowerment. She is a highly experienced business and leadership speaker, coach, mentor and trainer who supports individuals, business and organisations to be more successful. She is a regular lecturer at Essex University Business School and works with a variety of organisations on a regular basis. Their on-going success is underpinned by developing positive beliefs, being "mindful" and planning strategically. Gina works to develop individuals confidence and leadership skills, to help them manage time, and resources more effectively and to develop their own potential and that of others. Taking responsibility for one's own performance seeing yourself as part of the solution is a critical component of developing leadership and a key component of the work Gina does with others.

Gina is also the author of "kick Start Your Career", "How You Can Manage Your Staff More Effectively" and "Chariots On Fire". There is a brief synopsis of these at the back of the book.

If you would like to know more email:

info@ginagardinerassociates.co.uk

Always keen on cooking and eating, she taught cookery to adults in the evening for a number of years. Food has always been an important element in her life. It is what brought Gina and Ann together over 12 years ago. (Since then she has sampled many of Annie's delicacies)

Diagnosed as having Coeliac disease on 1987, she was determined not to let the disease get in the way of living life to the full. She set about becoming as well informed as possible about her condition and how to deal with it effectively. Not an easy task as information was so fragmented and support from the medics somewhat limited.

She deals with a number of other health problems and has used a wheelchair for many years so is well used to problem solving!

Finding new foods to eat has been an adventure, Gina has a sweet tooth and is determined that restaurants will take special diets seriously and not settle for boring bland food.

Following one of "those" chance conversations with Annie she decided to create a comprehensive directory of information to support newly diagnosed Coeliacs and their families, offering clear information with easy access. The ebook "Live Well Eat Well With Coeliac (Celiac) Disease" is also designed to provide a handy source of information for experienced Coeliacs, restaurants and caterers to dip into as needed for reference.

When not busy working Gina loves to garden, travel, to read and to constantly test the boundaries of what is possible with the right information and frame of mind.

Customer Reviews

"Wow! I couldn't taste the difference! And that Mississippi Mud Cake...I'd buy the cookbook just for that! What a fantastic taste-I could eat that every day."

Mia Kalyvides

"I made an entire gluten free meal, and I was blown away. It tasted so good, and I couldn't believe it was gluten free. The cakes, cookies- you would never have known they were gluten free at all. Well done and thank you Annie and Gina! I'm so grateful to have this resource, at last!"

Cass. Cheung

"The food was appetising and filling yet light in texture the chicken is succulent. You could really taste the ingredient with each mouthful.

The steamed fish just melts on the palate and was beautifully complemented by simple ingredients that enhance its natural flavour – they brought out the flavour and added a further 'dimension' to it.

The coconut pie is sweet enough to satisfy any dessert lover's palate and deliciously moreish without overpowering the senses. You could really distinguish the coconut in a 'pure' sense and it was deliciously 'moreish'."

Farah Farahi

"The chocolate cake was divine and had the balance of soft and melting with crusty for a satisfying bite just right. Not overpoweringly sweet and light to digest..

Overall, the best thing about the dishes these recipes produce is that they fill you in a satisfying manner whilst not overpowering each other – you could really enjoy each. No bloated feeling or discomfort so, for once, you really can have your cake and eat it!!”

Rosha Khan

“I anticipated gluten free food would be tasteless, heavy on the stomach and wholly unappetising or certainly several notches down from the artificially flavoursome nature of processed foods. In the event, I was pleasantly surprised by how good these recipes taste. They were light, truly packed with natural flavours, very satisfying on the palate and deliciously more-ish.”

Shahnaz Farid

“The chocolate cake was fantastic. I’ve eaten a lot of different types over the years, but this is the best by far.

Despite your message about how flour dilutes the taste of a standard chocolate cake, I still wasn’t prepared for the intense flavours that I experienced, nor for the melt in the mouth texture that the recipe gave. You say that the cake is quite rich and that you couldn’t eat a lot of it, but I’d love to put the theory to the test!”

Peter Stanley

“As a person intolerant of gluten, finding tasty and interesting food that I can cope with had become a real problem. Then I discovered Annie’s and Gina’s recipes. They are at the same time mouth-wateringly delicious and perfectly ‘safe’ for me.

It’s great to know that whatever I cook from the book will be tasty and gluten free. I no longer have to read through recipes from other books, checking and adapting ingredients to suit my needs;

that's already been done. It's made my life so much easier and I really look forward to cooking and enjoying my food."

Madelene Webb

"Thank you SO much for the recipes – especially the Thai tuna salad. It was appreciated by all who tried it wonderful interesting flavours and very simple for the cook! The two of us who have to eat gluten free were particularly happy just to be eating lovely "normal food" without worrying about our restrictions. We are both going to using this one many times!"

Margaret Edis

"The Almond Macaroons are terrific. We wolfed them down"

David Edis

"I like to consider myself a fairly expert cook. But when a friend of mine was coming to dinner with a Coeliac new partner, I have to admit I felt out of my depth. "Gloriously Gluten-Free" solved that problem. I discovered a host of tasty, easy to execute recipes that hit the spot for the Coeliac diner, and my other guests. A couple of them like the Easy Mocha Mousse, and the Lime Pudding Cake, are well on the way to becoming my 'signature dishes'."

John Allison

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Introduction

This book came about through the collaboration of Gina, a Coeliac, and Annie, a dyed in the wool “omnivore”.

A very nasty experience with one commercial gluten-free cake had scarred Annie’s taste buds and left her feeling very sceptical about the possibility of using any gluten-free product to make a good tasting dish. In her defence, Annie vows that that cake (tasted some 10 years ago now) tasted: “like a goat had died in it.”

Creating the recipes for “Gloriously Gluten-free” certainly turned up a few surprises.

The first one was that it’s perfectly possible to make delicious cakes, pastry, bread and pizza using gluten-free flour.

The second one was that both Annie and her daughter feel much better for eating gluten-free. A long time IBS sufferer, Annie is much less troubled by symptoms than she has been for years. We’re not suggesting that a gluten-free diet is a cure for IBS, simply that it may prove beneficial for other people and problems, as well as Coeliacs.

Weights and measures

We have tried to maximise the accessibility of our recipes to an international audience by providing UK, US and Metric measures for all ingredients. They may not always be entirely equivalent.

For the sake of convenience, we like others before us have sometimes rounded up or down various quantities. But we've done so in the knowledge that slightly more or less of a given ingredient will not adversely affect the taste and success of the finished dish.

There *is* a place for precision in cookery, in baking especially. But, it's also true that there is a fair amount of leeway in ingredient measurement, and we have stayed well within the acceptable leeway. So if you ever notice that 3 oz sometimes translates as 75 g and sometimes as 85 g, for example, we've settled on the metric amount we've chosen for a good reason.

Ingredients

Whenever we specify flour, we mean gluten-free flour.

Flours

Not all gluten-free flours are created equal. Some that we have tried taste better than others. In the UK, at the present time, our favourites are the Juvela range, but we stress that this is a matter of availability and personal preference. What we would say is, if you are dissatisfied with the taste of one flour, it is worth exploring what else is available. There may another gluten-free flour with a taste you prefer.

Equally, some flours may 'perform' slightly better than others. Again, this is a matter of personal taste and trial and error. We hope you will feel that it is worth the trouble when the end result will be good enough to delight Coeliacs and non-Coeliacs alike.

Oriental ingredients

Some of our recipes use Oriental ingredients. We would urge you to check the labels of all Oriental products, before you buy; some versions of a product are gluten-free, some are not.

For a detailed discussion of gluten-free products, see:

“Live Well, Eat Well With Coeliac (Celiac) Disease” by Gina Gardiner.

Chocolate

Gina, the confirmed chocaholic, suggests you look carefully at the label before buying chocolate to cook with.

In the best of all possible worlds, we'd probably use a Valrhona chocolate. They are divine. In reality, cost and availability may lead us to choose other brands. As long as you use chocolate with a high cocoa mass percentage –at least 50%, your finished dessert will taste wonderful.

(Just beware of “chocolate flavoured” products that you may find in the baking section of your supermarket. They don't work for us.)

Strategy

One big area that is problematic for Coeliacs is eating 'on the hoof'. In "Gloriously Gluten Free" we show you how, with just a little forethought, you can plan delicious meals that will provide tasty and substantial snacks for your Coeliac's next meal. So you can eliminate that worry once and for all.

All recipes, except desserts, rates dishes' snack potential. As well as telling you how dishes taste hot, cold and at room temperature, we even provide new ways of creating simple, tasty snacks out of humble ingredients that will both fill and satisfy your Coeliac.

Lifestyle

As a Coeliac, or the person cooking for a Coeliac, you are more likely to:

- Produce healthy food for yourself and your family
- Get healthier food for your money
- Share more time with your family over good meals (it beats everyone grabbing a ready meal at different times of day)
- Create a structure in your day when you take time out from all the other stuff you have to do
- Give you a new interest – you may come to really enjoy the time you spend caring for yourself and your family
- Reduce your food bill. You may be surprised that your different food-buying pattern actually leaves you with money in your pocket!
- Receive real appreciation for your family for putting great meals on the table every day