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MORE GREAT GOOD DAIRY-FREE DESSERTS NATURALLY



Synopsis

Desserts are celebratory and provide an emotional as well as physical satisfaction. This collection of recipes for sin-sational sweets can be enjoyed without the guilt. They're all rich in wholesome, minimally processed ingredients and free of chemical additives and superfluous fat. Even if you're a novice baker, you'll be able to make rich, moist cakes, delightful cookies, and flaky pie crust--all cholesterol free. Designed as a complete course in dairy- and egg-free baking, readers can still go directly to any recipe; each one is detailed and complete. You'll learn all the tricks of the trade for making and baking : gels, creams, mousses, puddings, and sauces, cookies, bars, little bites, cobblers, crisps, biscuits, muffins, cakes (basic to elaborate), pies and tarts as well as fillings, frosting, glazes, and frozen desserts. Dessert lovers everywhere will be delighted with these sumptuous treats and now those who are lactose intolerant, watching their cholesterol, or simply health conscious can have their cake and eat it too.

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Customer Reviews

Fran Costigan has done it again. Her latest cookbook, More Great Good Dairy-free Desserts Naturally, is much more than an update of Great Good Desserts Naturally, her first such book published in 1999. Seven years and five reprints later, Costigan's recipes from working as a consultant in professional kitchens, baking custom cakes for private clients, and teaching at the Natural Gourmet Cookery School and the Institute of Culinary Education in NYC, were compiled for a more comprehensive dairy- and egg-free dessert cookbook. The first 23 pages are devoted to

listing and defining essential ingredients and equipment, tips and techniques for making and baking desserts ("Think like a pastry chef: Organize your mise en place"), and a baker's dozen secrets to successful desserts ("Use pure vanilla extract, not vanillin, an artificial flavoring"). Costigan demystifies the "natural sugar" confusion by categorizing granulated sugar into "dark whole," and "light natural," with five pages devoted to natural sweeteners. There are over two-hundred pages of mouth-watering recipes, including gels, creams, puddings, sauces, cookies, bars, little bites, cobblers, crisps, biscuits, muffins, cakes, fillings, frostings, glazes, pies, tarts, fruit, beverages, frozen desserts, and confections. Costigan's expertise as a pastry chef is captured in her fool-proof, flaky pie crusts and tarts. She painstakingly walks the reader through each step in such a way that you feel you are in her classroom. (I might add that my pie crust turned out perfect!) New Yorkers will want to try the New York Eggless Cream made with Costigan's incredibly decadent Ultimate Chocolate Sauce, and kids of all ages will go nuts for the Caramel Popcorn Treats.

Who wouldn't love to merge health and dessert? Fran Costigan's extensive culinary experience combined with her desire to have her cake and eat it too, has resulted in too many 'healthy' dessert recipes to fit in just one cookbook. More Great Good Dairy-Free Desserts is a follow up to her first work, Great Good Desserts Naturally! Though I haven't viewed her first book, I can say that it would be hard to top this second edition. As someone who absolutely loves to bake I was delighted by the extensive variety of Crisps, Cobblers, Brown Betties, Tarts, Pies, Cakes, Frostings, Cookies, Brownies, Muffins, Quick Breads... really I could go on. I counted approximately 100 recipes, each one dairy free, egg free, and I believe vegan (there is even a honey-free baklava). Though I am a regular bread and cookie baker, I was particularly intrigued by a few of the not-so common offerings in this book. Several are surprisingly soy-free (and nut-free for that matter), such as the Banana Cream Pudding, the Ultimate Chocolate Sauce and Icing, and the New York Eggless Cream. Of course, the Peanut Butter Mousse in Chocolate Candy Cups is next on my list for sampling (the full color photo really sold me on this one), and it is hard for me to pass up something as unique as Carob Cashew Frosting (also soy-free). Beyond the recipes themselves, this cookbook is very well organized and structured. The fonts are large, the recipes are well defined, and variations are included throughout. Each chapter opens with a two-page discussion of tips and suggestions, such as "how to make a foolproof flaky pie crust." Now, I should clarify my use of the word 'healthy' when describing this cookbook. Added sugars/sweeteners are used in most of these recipes.

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MORE GREAT GOOD DAIRY-FREE DESSERTS NATURALLY Go Dairy Free: The Ultimate Guide

To Going Dairy Free-How To Go Dairy Free Without Cutting The Cheese Vegan: High Protein
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