

LEARNING MADE EASY



2nd Edition

# Gluten-Free

ALL-IN-ONE

for  
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**5**  
**Books**  
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The Experts at  
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**by The Experts at Dummies**

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## Gluten-Free All-in-One For Dummies®, 2nd Edition

Published by: **John Wiley & Sons, Inc.**, 111 River Street, Hoboken, NJ 07030-5774, [www.wiley.com](http://www.wiley.com)

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Published simultaneously in Canada

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Library of Congress Control Number: 2025933167

ISBN 978-1-394-32450-7 (pbk); ISBN 978-1-394-32452-1 (ebk); ISBN 978-1-394-32451-4 (ebk)

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# Introduction

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**N**ot so many years ago, the gluten-free lifestyle was reserved for an obscure cluster of people who were forced to settle for wannabe foods that resembled sawdust but didn't taste as good.

Today, the gluten-free lifestyle is sweeping the world with the force of a really big blowtorch, and the ramifications are enormous. Gluten-free products abound (and are a far cry from the foods people used to choke down), labels are far less ambiguous, and people no longer look at you like you have four heads when you ask for a burger without the bun.

Being gluten-free isn't about being on a diet. It's about living a lifestyle. Whether you've been gluten-free for decades or are only considering the idea of giving up gluten, this book is loaded with information that can affect every aspect of your life, from the obvious — your health and how you shop, cook, and eat — to more subtle facets, like minimizing expenses, socializing, dealing with friends and family, and managing various emotional ups and downs. This book is the reference guide you need to help you with all those aspects. It's your reference for living — and loving — a gluten-free lifestyle.

## About This Book

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*Gluten-Free All-in-One For Dummies*, like all *For Dummies* books, is divided up so you don't have to read it all at once, or even front to back, if you don't want to. You can skip from A to B to C and even reread B if you want. You can read it sideways and standing on your head, if you'd like; all you have to do is find a section you're interested in and dig in (how's *that* for liberating?).

Peruse the table of contents and see which chapter or subject really floats your boat and start there. Or you can flip through the book and see which of the headings catches your interest.

If you're new to the gluten-free lifestyle and have tons of questions, you're probably best off starting at Book 1, Chapter 1 and working your way through most of the book in order. But do what you feel. Really.

Here are some conventions for the ingredients themselves:

- » If an ingredient appears in a recipe, it's assumed to be gluten-free. For instance, I don't specify "gluten-free vanilla" because all vanilla is gluten-free. And soy sauce usually has gluten, but when I call for soy sauce in a recipe, I'm assuming you'll use a gluten-free version.
- » Baking with gluten-free flours works best if you use a mixture of flours. Book 2, Chapter 2 explains how to mix gluten-free flours to get the best results.
- » Milk substitutes can be used in place of milk in most recipes.
- » Eggs are large.
- » Butter and margarine are interchangeable (I'm sure this would be debated by "real" chefs, but for the purpose of my recipes, feel free to sub one for the other).

Finally, one important note: It should go without saying that you'll want to make sure to choose gluten-free ingredients when making the recipes in this book. So, for example, when we call for bread, we mean the gluten-free kind, and when we call for nonstick cooking spray, make sure to find a gluten-free version (because cooking spray can, believe it or not, contain gluten).

## Icons Used in This Book

To make this book easier to navigate, the following icons help you find key information about the gluten-free lifestyle and gluten-free cooking.



TIP

This icon indicates practical information that can help you in your quest for improving health and fitness, adopting a gluten-free diet, or making one of the recipes.



REMEMBER

When you see this icon, you know that the information that follows is important enough to read twice!



WARNING

This icon highlights information that may be detrimental to your success or physical well-being if you ignore it.



TECHNICAL  
STUFF

This icon gives you a heads-up that what you're reading is more in-depth or technical than what you need to get a basic grasp on the main topic at hand.

## Beyond the Book

In addition to all the material and recipes you can find in the book you're reading right now, this product also comes with some access-anywhere goodies on the web. Check out the eCheat Sheet at [www.dummies.com](http://www.dummies.com). By searching for “Gluten-Free For Dummies All in One” for helpful insights and pointers on satisfying your sweet tooth for gluten-free success, the lowdown on converting any recipe to gluten-free, and some advice on testing for celiac disease.

## Where to Go from Here

This book is organized so you can read it in the way that makes the most sense to you; feel free to jump around to the information that's most relevant to you right now. You can use the table of contents to find the broad categories of subjects or use the index to look up specific information.

Do you want to know more about the great reasons to go gluten-free? Start with Chapter 2 of Book 1. Want information about how to get through the grocery store without going astray from your lifestyle? Head over to Book 2, Chapter 3. Feeling hungry and want to get started on the recipes? Feel free to jump right into the recipes in Books 3 through 5.

And if you're not sure where to begin, read Book 1. It gives you the basic information you need to understand why and how eating and living gluten-free can help you improve your health and quality of life.



# **1**

## **Getting Started with Going without Gluten**

# Contents at a Glance

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