Clarion Review

Cooking

Mastering Your Gluten and Dairy-Free Kitchen
Einat Mazor
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Three Stars (out of Five)

According to the University of Maryland Center for Celiac Research, celiac disease affects one out of every 133 people in the United States. A treatment for the disease is adhering to a gluten-free diet.

Professional chef Einat Mazor grew up in a family that enjoyed food. Thus, when her young daughter was diagnosed with celiac disease, the author took an interest in products that are free of gluten and dairy. A result of her research, *Mastering Your Gluten- and Dairy-Free Kitchen* is a perfect starter for people living with celiac disease or who are sensitive to wheat, gluten, dairy, and casein.

In addition to forty-nine recipes, Mazor provides a concise introduction to celiac disease, outlines the possible benefits of following a gluten- and dairy-free diet, provides diet tips, and explains how to cook a variety of foods that will appeal to a range of tastes. Each of the recipes, which encompass everything from breakfast foods through desserts, begins with a brief note from the author that includes information such as the difficulty level of the recipe, details about ingredients, and cooking tips.

In the chapter titled “My Pantry Products,” an extensive list of food items is divided into categories for easy reference while shopping. To aid in setting up a pantry, the author includes notes about which brands to buy and where to find them. The chapter on nutritional information gives short descriptions of recipe ingredients that might not appear on traditional shopping lists, such as xanthan gum and umeboshi paste.

Visually, the design and presentation of this ninety-six-page volume are basic for a cookbook. There are no illustrations or photographs, except for the slices of color photographs used as part of the front and back cover design.

Mastering Your Gluten- and Dairy-Free Kitchen works as a quick and easy primer to a

gluten-free, dairy-free kitchen. It will be helpful for those who want to or must dive into a new lifestyle yet don’t want to be bogged down with a great deal of intense information. The diverse recipes, which offer an international range of foods and flavors, will appeal to many ages and tastes.

Maya Fleischmann