

The book was found

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.

Book Information

Paperback: 224 pages

Publisher: Book Publishing Company (January 15, 2006)

Language: English

ISBN-10: 1570671834

ISBN-13: 978-1570671838

Product Dimensions: 8.1 x 0.5 x 9.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (66 customer reviews)

Best Sellers Rank: #212,938 in Books (See Top 100 in Books) #40 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #426 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #489 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

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.

[Download to continue reading...](#)

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
Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron)
(vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Yummy Yum for Everyone: A
Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free,
Soy-Free, Peanut-Free, Nut-Free My Yonanas Frozen Treat Maker Recipe Book: 101 Delicious
Healthy, Vegetarian, Dairy & Gluten-Free, Soft Serve Fruit Desserts For Your Elite or Deluxe
Machine (Frozen Desserts & Soft Serve Makers) Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free,
Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to
prepare. The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and
Egg-Free Recipes! Vegan: 101 Quick-Fire, Dairy Free and Low Carb Vegan Diet Recipes (Vegan
Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) The Allergy
Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens:
wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free The Chinese Vegan Kitchen: More
Than 225 Meat-free, Egg-free, Dairy-free Dishes from the Culinary Regions o f China Paleo Free:
Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss
(gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) WHEAT
BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For
Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet
Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free,
Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber My Yonanas Frozen Treat Maker
Recipe Book: 101 Delicious Healthy, Vegetarian, Dairy & Gluten-Free, Soft Serve Fruit Desserts For
Your Elite or Deluxe ... and Frozen Dessert Cookbooks) (Volume 1) Caribbean Vegan: Meat-Free,
Egg-Free, Dairy-Free, Authentic Island Cuisine for Every Occasion The Mediterranean Vegan
Kitchen: Meat-Free, Egg-Free, Dairy-Free Dishes from the Healthiest Region Under the Sun 30
Under 300: healthy, unique recipes under 300 calories (gluten free, sugar free, dairy free, vegan)
Nut-free, Gluten-free, and Dairy-free Recipes (A Parent's Guide to Children with Allergies) 50
Delicious Pumpkin Dessert Recipes - Pumpkin Pie, Pumpkin Cookies, Pumpkin Muffins and More
(The Ultimate Pumpkin Desserts Cookbook - The Delicious ... Desserts and Pumpkin Recipes
Collection 1) Dairy Inc: The Complete Series: (HuCow Menage Cuckold Gay MMMF BDSM) (Dairy
Inc.)