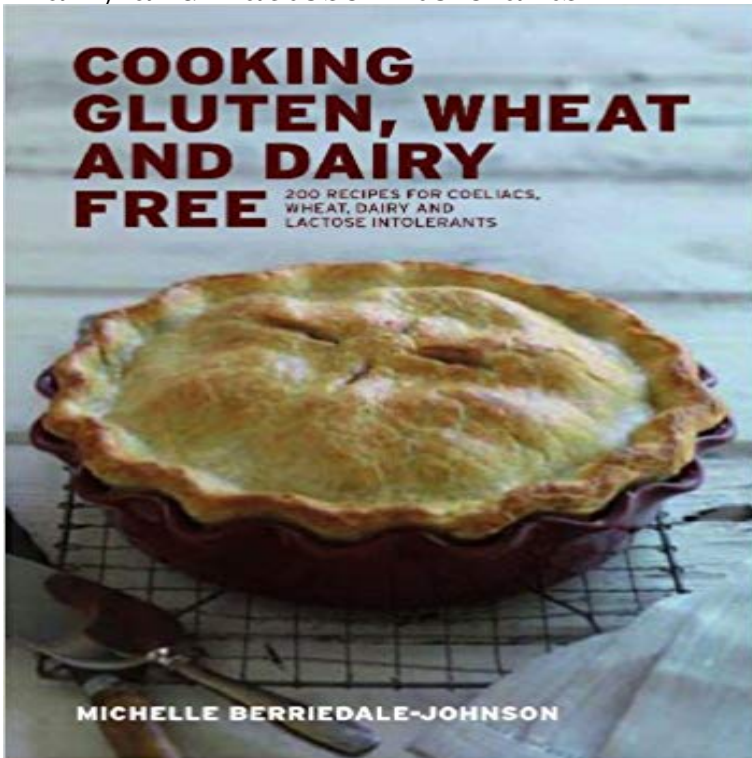


Cooking Gluten Wheat and Dairy Free: 200 Recipes for Coeliacs, Wheat, Dairy and Lactose Intolerants



If you suffer from allergies or intolerances to dairy, wheat and gluten, the problem you face in having to avoid these is that they are the most commonly used ingredients in food manufacture. So you will find it very difficult to buy ready-made foods which do not contain at least one of these products. This means you will have to cook for yourself. If you are to stick to a dairy, gluten and wheat free diet, you need know what your forbidden ingredients are, where they are likely to turn up and what alternatives to use, all of which are explained in this book. There are 200 recipes for soups, starters, light lunches, egg dishes, pasta and pizzas, fish, meat, poultry and game, salads, vegetables and vegetarian dishes, desserts, breads, biscuits and cakes - all of which are milk, cream, butter, cheese, yogurt, wheat, gluten and lactose free. Michelle Berriedale-Johnson is an expert on food allergies and intolerances. She has spent all her career in the food business, first as a caterer then as a journalist and food writer. She became interested in special diets over 20 years ago when her son was diagnosed as being dairy intolerant. She set up a food company, Berrydales, specialising in additive free, dairy free, gluten free and egg free foods and a quarterly magazine, The Inside Story, about dietary problems. In 2000 The Inside Story, was re-named Foods Matter, and became a subscription magazine supporting anyone with a food allergy, food intolerance or living on a free-from diet. Foods Matter has now become an online magazine and portal www.foodsmatter.com. Michelle is also the author of one of Grub Streets best-selling books The Everyday Wheat-Free and Gluten-Free Cookbook.

Cooking Gluten, Wheat and Dairy Free, by Michelle Berriedale-Johnson 200 recipes for coeliacs, wheat, dairy and lactose intolerants. ISBN 978-1-906502-92-8 If you suffer from allergies or intolerances to dairy, wheat and gluten, the

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