



The Sensitive Gourmet: Imaginative Cooking Without Dairy, Wheat or Gluten

Antoinette Savill

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One in three people suffer from symptoms of sensitivity to dairy, wheat or gluten which can be the cause of asthma, eczema, chronic fatigue, coeliac disease and other increasingly common illnesses. Over 100 contemporary and international recipes use easily available alternatives such as coconut or soy cream and rye (potato rice flour) in an exciting and versatile way. You can create creamy desserts and home-baked bread and cookies and recipes include a Quick Salmon Souffle, Pear Tarte Tatin, Praline Ice Cream and Chocolate Brownies. A book which will let you entertain with style and feel full of energy and wellbeing too.

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