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ITALIAN GONE WILD AND GLUTEN FREE (PAPERBACK)



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Red Engine Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you one of the millions of Americans converting to a gluten-free lifestyle simply because it has been shown to lead to improved health, or have you been forced to switch due to a medical condition such as Celiac disease? Switching to gluten free has many medical benefits and has helped millions of people feel more energized and free of various health issues. However, living gluten free has one large drawback, many foods lack the delicious taste of their traditional counterparts. As a first-generation American born to Italian immigrants I grew up living the culinary Dolce Vita lifestyle. My mother, aunts, and grandmothers all cooked fabulous traditional homemade Italian foods. Gone from my new gluten-free diet were the homemade pastas, breads, and desserts that I loved so dearly. More demoralizing was the loss of many traditional holiday meals that I had enjoyed all my life. After being diagnosed with Celiac disease, I pledged that I would create gluten-free recipes that tasted as good as the food I had grown up eating. My quest consumed four years of experimenting in the kitchen with my mom, plus a three-week trip to Italy to cook with my aunts and cousins on their treasure trove of recipes. The result has been extraordinary. My friends and family are once again eager to come to my house for dinner! Many times people do not even realize they are eating gluten-free meals. Now the traditional Italian recipes I grew up on and lost to celiac disease have been recreated to restore the taste of my youth. Enjoy a year of Italian traditions and recipes! Buon Appetito!.



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