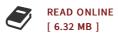




## Paleo and Gluten-Free Menus: New Trends with Old Ingredients

By John Cec Cepc Griffin

iUniverse, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Whether we should eat a diet similar to the hunting and gathering societies of our evolutionary past, which consisted of more meat, more nuts and berries, and less grain and refined sugar, is an open question. But it s clear that Paleo, gluten-free, and vegan diets are influencing dining trends, and cooks and chefs need to provide eaters with options to capitalize on the trend. Chef Griffin explores what s behind these diet requests so you can understand what people will eat, what they won t eat, and why. He delivers guidance that will enable you to make customers feel welcome without buying expensive ingredients. If you re creating menus for a restaurant or other foodservice operation, it s important to keep diet trends in mind. Failing to inform customers where your food comes from and how it s made will prompt them to go elsewhere. Filled with dozens of Paleo, wheat-free, and vegan recipes that rely on standard ingredients, you ll be equipped to please all of your guests, whether at a simple dinner party or in...



## Reviews

Complete guide! Its this sort of good read. It is rally exciting through studying period. I am just pleased to explain how here is the very best publication i have go through inside my own existence and could be he very best publication for at any time.

-- Adele Rosenbaum

This written publication is wonderful. It is rally fascinating throgh reading period. I discovered this book from my dad and i suggested this publication to find out.

-- Keshaun Daugherty