



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

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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...



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