



My Gluten-free Kitchen: Meals You Miss Made Easy

Gearoid Lynch

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Whether you have to cut gluten out of your diet or just feel better when you do, rediscover the joy of cooking with over 120 tasty, feel-good recipes that everyone will enjoy. When chef Gearoid Lynch was diagnosed with coeliac disease, the pleasure of cooking was briefly taken from him. Refusing to let the diagnosis limit his enjoyment of food, he created a variety of delicious, gluten-free adaptations of everyday dishes, which he shares in this book. As well as tempting breakfasts, lunches, dinners and desserts, such as Buttermilk Scones, Camembert Quiche, Bacon and Cabbage Terrine and Apple and Pecan Crumble, there's a section on store-cupboard staples and basics, including gluten-free bread, pizza and pasta. With a few small adjustments, those with coeliac disease will no longer miss out on their favourite meals. 'Gearoid Lynch knows how to cook great gluten-free food.' Sunday Times 'Get ready to love food again. For some, gluten intolerance is a reality that makes dishing up a delicious, comforting feast a daily battle. Gearoid Lynch has mastered this challenge with aplomb.' Image Magazine 'With food that looks and tastes this good, the absence of gluten will be the last thing that comes to mind' Irish Country Magazine 'A mighty tome!' Marian Finucane 'Gluten-free is no longer flavour-free,' The Irish Examiner 'A sumptuous and beautifully produced cookbook that covers every meal,' The Irish Examiner 'Informed by hard-won wisdom paired with serious culinary kudos,' The Irish Independent



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