

The Art Of Gluten-free Sourdough Baking - Sharon A. Kane

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Blending an old world sourdough technique with gluten-free whole grains. Breads, muffins, pancakes, pizza dough and crackers. Gluten-Free Sourdough technique and recipes to bake your own artisanal and highly nutritious sourdough breads. Recipes are also free of dairy, eggs, soy, yeast, gums and chemical leaveners. In addition, they are low in salt, sugars, fat and starch flours. A variety of flours and seeds are used: brown rice, buckwheat, amaranth, teff, sorghum, quinoa, coconut, corn, flax and chia. Excellent taste, easy to digest, long shelf life and no kneading or bread machine required. Directions for making your own starter are included in the book. Author: Kane, Sharon A. Publisher: eBookIt.com Illustration: N Language: ENG Title: The Art of Gluten-Free Sourdough Baking Pages: 00160 (Encrypted EPUB) On Sale: 2013-04-19 SKU-13/ISBN: 9781456605889 Category: Cooking : Courses & Dishes - Bread

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