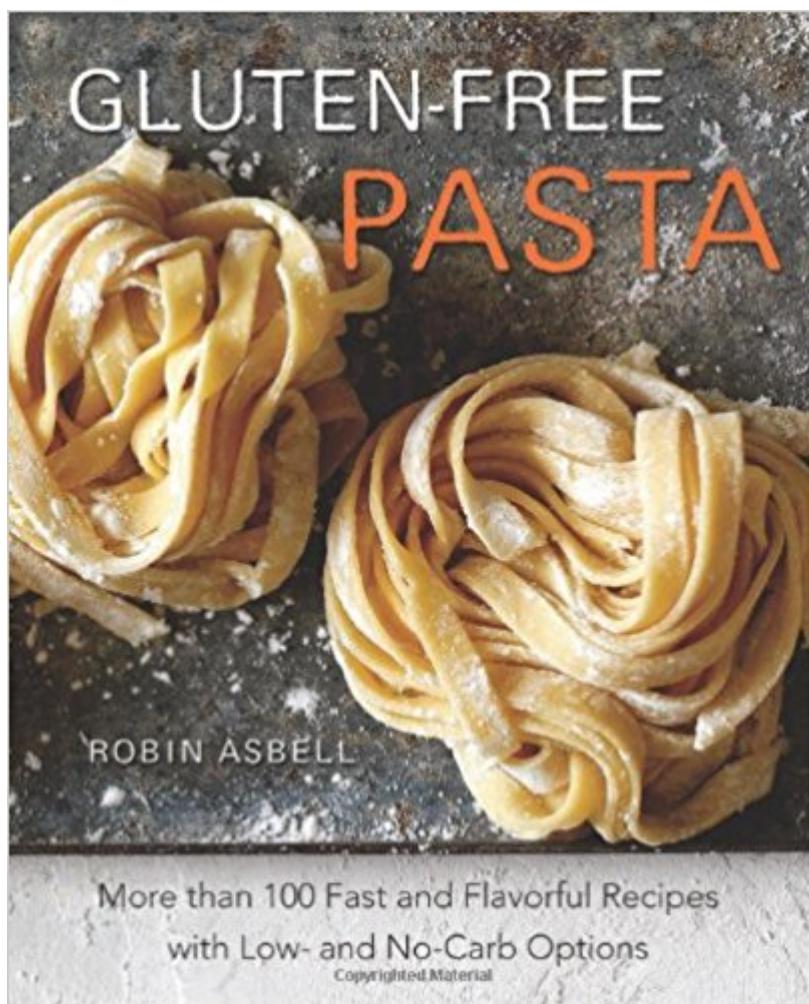


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# Gluten-Free Pasta: More Than 100 Fast And Flavorful Recipes With Low- And No-Carb Options



## Synopsis

When you cut out gluten, often you cut out your favorite pasta dishes, too, or find the store-bought gluten-free substitutes to be disappointing. But if it's pasta you're craving, there's a whole world of noodles just waiting to be twirled around your fork: homemade fresh pastas, Asian rice-based noodles, and quick GF boxed brands that will satisfy. You WILL eat pasta again! Gluten-Free Pasta approaches pasta three ways: with recipes for homemade fresh pastas, recommendations for store-bought brands, and also veggie pastas that serve as guilt-free noodle stand-ins. Traditional Italian favorites are all well-represented, but Asian noodle soups, pasta bakes, and even wheat flour-free appetizers for entertaining. Expert chef Robin Asbell shows that eating a gluten-free diet can include delicious Potato Gnocchi, Cacio e Pepe, Spinach and Châvre-Filled Jumbo Tortellini, Kung Pao Chicken with Linguine, Fast Pho, Veggie Lasagna, and Spicy Kimchi-spiked Mac and Cheese. With this cookbook in hand, any pasta dish is possible, and all of them will be absolutely delicious.

## Book Information

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## Customer Reviews

"With more than 100 recipes for low and no-carb options, this thoroughly researched, thoughtfully compiled selection sheds new light on crafting fresh and dried pasta dishes that are gluten-free and packed with flavor! The fact is, you can substitute any pasta (wheat or gluten-free) in these recipes and the book would still be a winner." Knowledgeably compiled by food writer and professional chef Robin Asbell, Gluten-Free Tribune

Pasta: More than 100 Fast and Flavorful Recipes with Low- and No-Carb Options is a 216 page compendium showcasing more than one hundred palate pleasing, appetite satisfying recipes for gluten free dishes that would grace any dining occasion from modest family meals to elegant celebratory dining...Nicely illustrated with occasional full color photography of finished dishes, strongly recommended for personal, family, and community library cookbook collections."Midwest Book Review" Flawless Potato Gnocchi recipe shows how far gluten-free pasta has come; recipes for basic fresh pasta, buckwheat pasta, spaetzle, ravioli, tortellini and other much-missed favorites. Chapters include a comprehensive section on sauces great for either homemade or store-bought noodles plus appetizers, cold noodles/salads, hot noodles, baked pastas, and soups. One old favorite, Potato Gnocchi, resulted in light pillow-y dumplings that rival any gluten-filled counterpart. The gnocchi came together easily and would taste equally delicious tossed with a simple tomato sauce, pesto, or brown butter and sage. The gnocchi would likely freeze well, too, should you prefer a make-ahead option. The Oregonian

Robin Asbell's writing has appeared in "Better Homes and Gardens, Real Food Magazine, VegNews, Clean Eating Magazine, " and "Vegetarian Times." She has written five previous cookbooks: "The New Whole Grains Cookbook" and "Big Vegan." As a private chef, Robin has specialized for many years in cooking for special diets, devoting many hours to designing dishes for clients who avoid foods like gluten and carbs, but still want delicious food. Asbell lives in Minneapolis, Minnesota.

I thought it would be a book on many varieties of making the actual pasta dough, but this book only has a few pasta recipes and then a ton of sauces and other pasta dishes.

first pasta recipe that actually works gluten free

I'm not a big fan of bean flour because it makes the pasta taste like beans. So I sub that with another flour. In and of itself, the book is ok.

Not what I expected... although the details didn't say how much, I did expect more recipes and information for actual gluten free pasta preparation. The meal recipe's sound good, but contain ingredients that, I don't believe, most people on a short budget will have readily available. Haven't decided yet if I am keeping it or not... might give it as a gift.

was hoping it would be filled of pasta recipes not recipes on what to do with the pasta.

The spinach, bacon and artichoke canoli was AMAZING!

Great recipes!

Has a lot of great recipes and many are gluten free

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