



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 Gearóid 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 the help of *My Gluten-Free Kitchen* and a few small adjustments, those with coeliac disease will no longer miss out on their favourite meals.

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