



## Against the Grain: Extraordinary Gluten-Free Recipes Made from Real, All-Natural Ingredients

By Nancy Cain

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**Against the Grain: Extraordinary Gluten-Free Recipes Made from Real, All-Natural Ingredients** By Nancy Cain

**Revolutionary all-natural recipes for gluten-free cooking--from the owner of Against the Grain Gourmet.**

Nancy Cain came to gluten-free cooking simply enough: Her teenage son was diagnosed with celiac disease. After trying ready-made baking mixes and finding the results rubbery and tasteless, she pioneered gluten-free foods made entirely from natural ingredients--no xanthan or guar gums or other mystery chemical additives allowed. That led her to adapt many of her family's favorite recipes, including their beloved pizzas, pastas, and more, to this real food technique. In *Against the Grain*, Nancy finally shares 200 groundbreaking recipes for achieving airy, crisp breads, delicious baked goods, and gluten-free main dishes.

For any of these cookies, cakes, pies, sandwiches, and casseroles, you use only natural ingredients such as buckwheat flour, brown rice flour, and ripe fruits and vegetables. Whether you're making Potato Rosemary Bread, iced Red Velvet Cupcakes, Lemon-Thyme-Summer Squash Ravioli, or Rainbow Chard and Kalamata Olive Pizza, you'll be able to use ingredients already in your pantry or easily found at your local supermarket.

With ample information for gluten-free beginners and 100 colorful photographs, this book is a game changer for gluten-free households everywhere.

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### **Editorial Review**

#### **Review**

“Nancy Cain’s *Against the Grain* is the first and only cookbook I’ve ever seen to take gluten-free baking to a *natural* place. Finally! This is what the world has been longing for: a collection of recipes that doesn’t use processed, expensive, and hard-to-source ingredients. Her work is thorough, insightful, and above all, fun. Taking well-loved classics and giving them a makeover, she never sacrifices flavor and texture in pursuit of her easy-to-make gluten-free alternatives.”

—Sarah Britton, author of *My New Roots*

#### **About the Author**

NANCY CAIN is the owner of Against the Grain Gourmet, a line of gluten-free breads and pizzas available at supermarkets and natural food stores nationwide. She lives with her gluten-free family in Vermont.

### **Users Review**

#### **From reader reviews:**

##### **Paul Otoole:**

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##### **Virginia Cherry:**

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