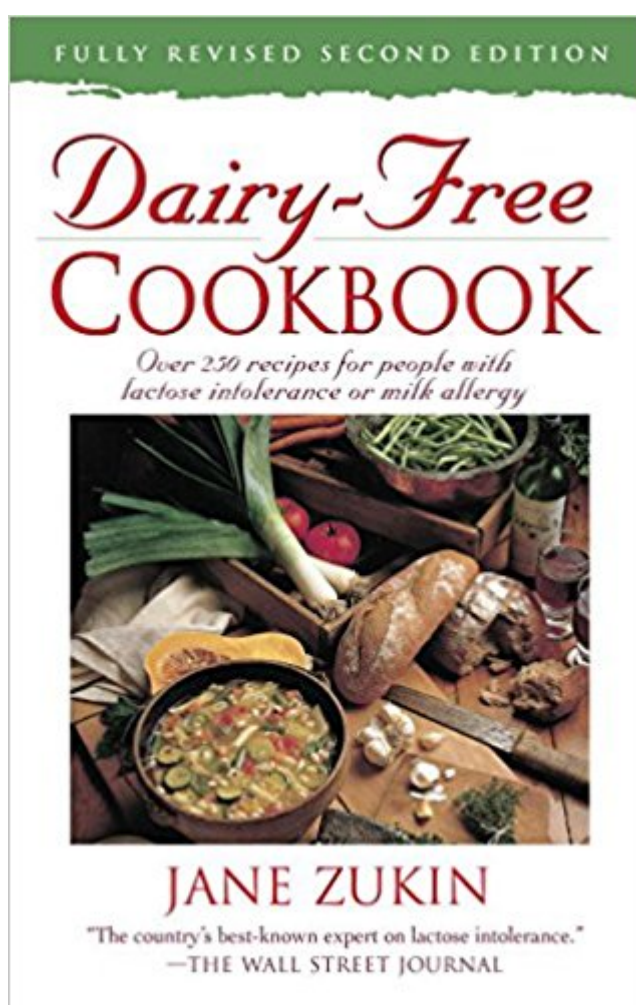


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Dairy-Free Cookbook, Fully Revised 2nd Edition : Over 250 Recipes For People With Lactose Intolerance Or Milk Allergy



Synopsis

Delicious Milk-Free Recipes and Practical Information at Your Fingertips!"What can you eat if you are extremely sensitive to lactose and live in a society where milk is everywhere and in everything? Read Jane Zukiñ's book!"• From the foreword by Joel V. Weinstock, M.D., Department of Internal Medicine Director, Division of Gastroenterology, University of IowaAre you one of the millions of people who cannot drink milk or eat dairy products without pain and discomfort? If so, you are not alone. There are millions of people just like you. The problem is either milk intolerance or milk allergy. Either way, you and milk are not friends.What to do? To your rescue comes Jane Zukiñ, called by the Wall Street Journal "the country's best-known expert on lactose intolerance." Here, Jane shows you how you can eat to your stomach's content, offering 250 delicious dishes the whole family will love. She also explains all you need to understand about milk intolerance and milk allergies. In addition, she explains how to deal with child-related issues and how to recognize the "hidden" milk products and by-products that lurk inside so many prepared foods.But make no mistake. At its heart, this is a cookbook, and what a cookbook!Inside you will learn how to prepare wonderful dairy-free versions of:• Flaming Crepes with Fresh Fruit Filling • Spinach Lasagne • Tangy Watermelon Cooler • Peanut Butter-Chocolate Bars • And many more!

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Customer Reviews

Delicious Milk-Free Recipes and Practical Information at Your Fingertips!

Delicious Milk-Free Recipes and Practical Information at Your Fingertips!"What can you eat if you are extremely sensitive to lactose and live in a society where milk is everywhere and in everything? Read Jane Zukiñ's book!"-- From the foreword by Joel V. Weinstock, M.D., Department of Internal Medicine Director, Division of Gastroenterology, University of IowaAre you one of the millions of people who cannot drink milk or eat dairy products without pain and discomfort? If so, you are not alone. There are millions of people just like you. The problem is either milk intolerance or milk allergy. Either way, you and milk are not friends.What to do? To your rescue comes Jane Zukiñ, called by the "Wall Street Journal "the country's best-known expert on lactose intolerance." Here, Jane shows you how you can eat to your stomach's content, offering 250 delicious dishes the whole family will love. She also explains all you need to understand about milk intolerance and milk allergies. In addition, she explains how to deal with child-related issues and how to recognize the "hidden" milk products and by-products that lurk inside so many prepared foods.But make no mistake. At its heart, this is a cookbook, and what a cookbook!Inside you will learn how to prepare wonderful dairy-free versions of: -Flaming Crepes with Fresh Fruit Filling -Spinach Lasagne -Tangy Watermelon Cooler -Peanut Butter-Chocolate Bars -And many more!

I was disappointed and confused by this book. I am going dairy free and while I have many cookbooks they are not helpful. This book has so many recipes she choose in general that never contained milk. Like Italian dressing, spaghetti sauce, ambrosia, and guacamole. Then she has some she give milk sounding names but are really not what they are ie raspberry-Pineapple Pudding which is fruit in gelatin or morning nog which is pineapple juice with a sweeter. The milk type recipes she does have just say use a milk substitute or milk free margarine. The explanation at the front about changing to milk free are not much better. Have large font so there seems like there is more information there and she put stuff in list to fill the page. For example on a couple list for things without milk she puts bacon, hamburger patties, salad , ham and Canadian style bacon. I could have just looked in my existing cookbooks for these recipes. I was expecting more since her book says the Wall Street Journal called her "the country's best-known expert on lactose intolerance". She must have just had a publishers deadline and had to push something out. However, I was mislead and spent my money on something that is worthless for what I am trying to do, which is cook milk free. I don't usually put negative post but if I had seen this book in a local book store I would have laughed and put it back. That is why I bothered to put the post up.Dairy-Free Cookbook, Fully Revised 2nd Edition : Over 250 Recipes for People with Lactose Intolerance or Milk Allergy

This book was awful. The recipes were either too simplistic (cut veggies:take 2 peeled carrots, 3 celery sticks and cut), awful (veggie dip made with ketchup) or overly involved (15 ingredients). I think I only found 1 recipe that even sounded appetizing. The only positive: a list of dairy free foods from various chain restaurants. Not hard to find out on your own, but time consuming.

What makes this cookbook so delicious is that instead of trying to replace lactose items with tofu and other disgusting combinations, this book is just a book of recipes that don't use dairy in the capacity that you won't miss not using dairy. The crazy they get is using a non dairy margarine. That's it. I have bought several lactose free cookbooks since going lactose free in my late 20's due to illness and this is the only one that does not get a scathing review and has also been given a high place on my cookbook shelf. It has also not been used for fire kindling either, which is my usual ritual for cookbooks so awful they must be executed and not allowed in another's kitchen. There are so many recipes in here that you forget you even need dairy, miss dairy, or that dairy is even a food group. If you cook from the book exclusively and mix it up, the use of veggies and meats and fruits is usually plentiful in that you get all the nutrients you would get from dairy from the new tastier dairy free ingredients. The beginning of the book also has a good section on calcium substitute foods, packaged foods with or without lactose, etc. It is the lactose free bible and cookbook all in one. This is the one book that has made a difference in my dairy free lifestyle.

I really like this book. I was diagnosed with lactose intolerance in February (about 2 months ago) and this book really helped me start my collection of 'safe' recipes. The author also shares her story and personal tips and tricks that really helped me emotionally adjust to this big lifestyle change. I can see that if you have had this condition for a while, you may not benefit from this book as much as a newly-diagnosed person, because you might already know how to change your diet. But for me, it really helped.

This provided a great explanation of lactose intolerance versus milk allergy. It provided a grocery list of foods rich in calcium, and foods that help it to be absorbed. The chicken marsala recipe is amazing! The recipes are not too difficult.

I, too, own the Betty Crocker Cookbook, and I, too, am capable of a simple search & replace string for phrases. It seems to me that the author simply took recipes from established cookbooks, and

replaced every instance of the word "butter" with "milk-free margarine", the word "milk" with "milk-free milk substitute", and "cream" with the words "non-dairy richwhip". With a remarkable lack of knowledge about the difference between lactose intolerance and actual non-dairy living, she approaches the reader with what were probably good intentions, but merely comes off as misinformed. This book is fine if you are lactose intolerant. However, if you are truly trying to live dairy-free, give it a miss. Also, if you're frugal, just take a pencil to your battered copy of Betty Crocker, and sub out the ingredients yourself. Maybe a publisher will buy your work, too.

After reading a substantial portion of this book, I find that the information is vital to anyone that has to be complete dairy free. The contact lists for pharmaceuticals, dining out section, and managing food in stores are all most helpful. The recipes sound great. I bought this book for my youngest grandson who now has to have a dairy-free diet as he is very allergic to the milk protein. He is just 2 years old and my daughter, his mommy will greatly benefit from using this book. The only thing I did not find is where to find the dairy free margarine or how to make it. I personally use coconut oil instead of margarine. I like how the book index lists how to find certain things, like Wendy's, Hardee's, calcium, or infants, etc. It has a lot of vital information in the beginning of the book and then the recipes. I am so impressed with this book, I decided to order another one which will be here later this week, so I will have a copy too.

Very useful

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