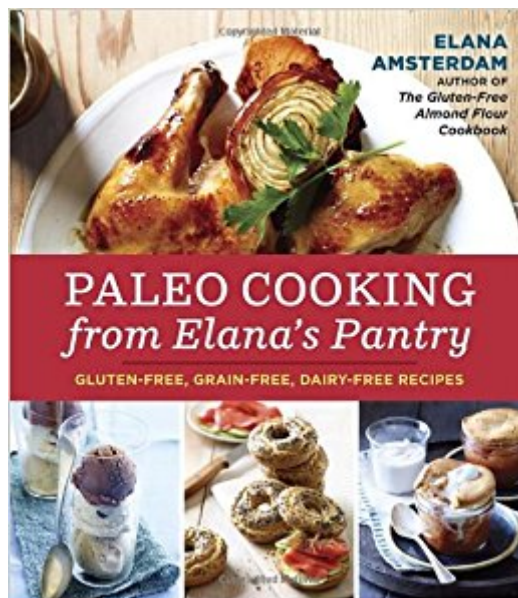




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Paleo Cooking From Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes



Synopsis

A family-friendly collection of simple paleo recipes that emphasize protein and produce, from breakfasts to entrees to treats, from the popular gluten-free blogger of *Elana's Pantry*. Whether you are looking to eliminate gluten, dairy, grains, or processed foods from your diet, Paleo cooking is the perfect solution for food allergy relief and better all-around health. Naturally based on the foods our Paleolithic ancestors ate for generations, the Paleo diet emphasizes meat and seafood, vegetables, fruit, and nuts. *Elana's Pantry* Author and beloved food blogger Elana Amsterdam has been living grain free for over ten years; in *Paleo Cooking from Elana's Pantry*, Amsterdam offers up her streamlined techniques and recipes with minimal ingredients for busy cooks on the run. She transforms simple, classic family favorites such as pancakes and ice cream with Paleo-friendly ingredients like almond flour and coconut milk. *Paleo Cooking from Elana's Pantry* includes nearly 100 recipes featuring the Paleo mainstays of lean proteins and simple vegetable dishes, plus wholesome sweet treats—all free from grains, gluten, and dairy, and made with natural sweeteners.

Book Information

Paperback: 144 pages

Publisher: Ten Speed Press; 1 edition (June 18, 2013)

Language: English

ISBN-10: 1607745518

ISBN-13: 978-1607745518

Product Dimensions: 7 x 0.4 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 384 customer reviews

Best Sellers Rank: #16,485 in Books (See Top 100 in Books) #32 in *Books > Cookbooks, Food & Wine > Special Diet > Allergies* #48 in *Books > Cookbooks, Food & Wine > Special Diet > Gluten Free* #53 in *Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods*

Customer Reviews

Featured Recipe from *Paleo Cooking from Elana's Pantry*: Breakfast Sausage I've modified Alton Brown's recipe for classic breakfast sausage by increasing the sage and removing the refined sugar. For sausage with a milder flavor, reduce the amount of sage to 1 tablespoon. These sausages are perfect served with the Green Frittata (page 80) and Salsa Verde

(page 89). Makes 8 patties
Ingredients 1 1/2 pounds organic ground pork or turkey 2 tablespoons minced fresh sage 1 tablespoon minced fresh rosemary 1 tablespoon honey 1 1/2 teaspoons sea salt 1 teaspoon freshly ground black pepper 1 tablespoon olive oil
Directions In a large bowl, combine the ground pork, sage, rosemary, honey, salt, and pepper, using your hands to mix the ingredients thoroughly. Using a 1/3-cup measuring cup, form the mixture into 8 patties, each about 2 1/2 inches in diameter. Heat the olive oil in a large skillet over medium-low heat. Cook the patties, turning them once and gently pressing them down to flatten, for 5 to 8 minutes per side, until golden brown and crispy. Transfer the patties to a paper towel-lined plate and serve. **Featured Recipe from Paleo Cooking from Elana's Pantry: Flourless Nut-Free Brownies** Makes 16 brownies
Ingredients 1 cup dark chocolate chips 1/4 cup Spectrum all-vegetable shortening 1 cup coconut sugar 4 large eggs 1 tablespoon vanilla extract
Directions Preheat the oven to 350° F. Grease an 8-inch square baking dish with shortening. In a medium saucepan over very low heat, melt the chocolate chips until smooth. Remove the pan from the heat, then mix in the shortening and coconut sugar. Stir in the eggs and vanilla extract until thoroughly combined. Pour the batter into the prepared baking dish. Bake for 20 to 25 minutes, until a toothpick inserted into the center of the brownies comes out with just a few moist crumbs attached. Let the brownies cool in the baking dish for 1 hour. Cut into 16 squares and serve. **Featured Recipe from Paleo Cooking from Elana's Pantry: Sesame Noodles** Serves 4
Ingredients 1 (12-ounce) package kelp noodles 1/4 cup roasted almond butter, at room temperature 1 tablespoon toasted sesame oil 1 tablespoon umami plum vinegar 1 tablespoon honey Sesame seeds, for garnish
Directions Soak the kelp noodles in a bowl of hot water for 30 minutes. Drain the noodles and rinse thoroughly. In a small bowl, whisk together the almond butter, sesame oil, vinegar, and honey. Add the noodles and toss to combine. Sprinkle with sesame seeds and serve.

Food blogger Amsterdam's latest cookbook is aimed firmly at the growing Paleo diet market, noting that "a plant-based diet with small amounts of lean animal protein feel less inflated and more energetic." There is a wealth of options for those looking to eliminate gluten, dairy, and grains—but be forewarned she also avoids tomatoes, potatoes, peppers and eggplant. Nevertheless the recipes are worth a try. She uses a great deal of coconut in various forms: coconut flour in Apricot Muffins, coconut oil in Paleo "Potato" Leek Soup—cauliflower replaces the potato, and coconut milk in a dairy-free whipped cream. For those less keen on coconut, Amsterdam's Honey Lemon Chicken and Avocado Kale Salad will surely please. Unfortunately, all the recipes feel limited by the diet's strict protocols, so only the most restrictive eaters will find the

bite worth the buy. (June)

Before I purchased this book, I read all the other reviews about it. I learned to do this after being unhappy with several purchases and finding out gee, other people warned me right there in the reviews! I'm also one of those reviewers who is not afraid to say what's wrong with a book (exaggerated number of recipes) or to say that it's really best for beginners to a lifestyle (or not). I understand how frustrating it is to leave a less than positive review and to then feel like 'fans and friends' are voting your review not helpful just because they don't like that you didn't fawn....having said that, I think just the fact that this book is so simple and uncomplicated is why it is perfect for newbies. I've been a follower of Elana's blog for awhile now, and I purchased another of her low carb books (savory) last year. Another reviewer stated they felt this book was best for beginners to Paleo because it has a lot of simple recipes, and I would definitely recommend this as a book for a newbie to have. Everything in it is pretty straightforward and there isn't anything complicated; but on that same note I found the delicious simplicity of the recipes to be worth it. Chicken Marbella (p. 68) is worth the whole price of the book alone; it was the first recipe I made (never touched a green olive before!) and my husband almost *moaned* when he took a bite of it. Sure, 'mustard and salmon' is almost cringingly basic for more advanced cooks but I think the book strives to make something for everyone. The recipes are unfailingly comprised of fresh ingredients, minimal prep time and cooking effort, for a big flavor payoff. For the experience of the color photos, and the feel of the book, I found the price to be very worth it. I honestly would not have enjoyed this book as much had it been an e-book. If you are far into the Paleo/low carb style journey you might find most of it to be rather like 'recipe review', but really I think this is a good book with tasty, simple recipes that don't require much thought or effort. The flavor profiles are very balanced, and I haven't had to tweak any seasonings or spices at all. THIS is almost unheard of in my kitchen! I prefer big brassy flavor in my food (rather than salt) so that it's an experience; these recipes are truly tasty just as written. Note on the Chicken Marbella : I used a 10 lb. bag of chicken quarters, doubled the marinade recipe, and baked it in a giant cake sheet for 1:20 at 350. We had several meals' worth of food with just a 'dump and bake' effort, and it tastes like something you'd get at a restaurant. I could have served this whole beautifully-browned pan of goodness to company and they would have felt as though they were getting high-dollar fare! The entire 10 lb. chicken meal was under \$10.00, too.

Elena Amsterdam is one of my favorite cookbook authors. I have all of her published cookbooks and use them almost daily. This one is great. I eat low carb and use the recipes in that way and they

are always delicious. Most use easy to find in my local market simple ingredients. Not all of her recipes are 100 percent low carb but with almost all of them I can substitute 1 ingredient and make them low carb. She uses honey and agave nectar as sweeteners in her recipes and since I do not use those I found some sugar free syrup made from Stevia and use that instead. It works great. I highly recommend her cookbooks and her website for gluten free, paleo and low carb diet followers.

With all the free recipes on the internet these days you really don't need a cookbook but...if you are bored buy the book. It has more idea's and recipes that can expand your horizons. Directions are clear and easy to follow. Ingredients, you have to stock your pantry with Paleo ingredients. Count on that before you think your going to cook something. I already had the pantry stocked. The price is right on the book too so not a bad book to pick up and help you stick to the Paleo lifestyle. Lot's of good recipe's.

I know this review will most likely not be popular, but I am just not loving the newest cookbook from Elana.... it feels like she phoned this one in. The Paleo "Diet" has gained such popularity lately (which is awesome!) and as a result the bar for Paleo cookbooks has definitely been raised within the last year. This cookbook just isn't up to the same standard as some of the other books that have been published recently. Sure, the recipes look ok, but you aren't going to find a whole lot of new or exciting content here that you couldn't find on a short trip through Pinterest. The pictures in the book (there is one for every 4-5 recipes) are nice, but once again nothing jumps out at you. Maybe I am spoiled, but I want to look through a new cookbook and get so overcome by an urge to make recipes that I have to immediately dash off to the kitchen to whip something up. I am an avid collector of Paleo cookbooks. My whole family practices this lifestyle and I always look forward to adding new and exciting dishes to our collection of tried and true faves. This book just falls short of what I am looking for in a cookbook. At this point in the game I know how to make fritatas, I know how to make almond flour pancakes and I know 27 ways to roast a chicken. GIVE ME SOMETHING EXCITING!!! I do think "Paleo Cooking from Elana's Pantry" would be a good introductory book to the lifestyle for someone just starting their journey, but as a "veteran" I doubt you will find much inspiration here. I also wanted to touch on one other aspect of the book that I found somewhat lacking: In the introduction Elana goes on and on about how so many of the recipes in this book contain coconut flour or flour other than almond flour and that is true. HOWEVER, almost all of the recipes that contain alternate flour also contain at least a cup of almond flour. You're not doing us any favors touting the use of coconut flour in recipes and then just throwing a Tbsp in here and

there. I don't feel like these recipes are all that revolutionary or different than the (great) recipes you will find on her blog or in the other cookbooks. So to sum it up... this book just left me feeling, "meh". It's a book I would take for a spin from the library but not see the need to reference continually at home.

Paleo Cooking from Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes Elana Amsterdam's latest book is very good. I've made quite a few recipes already and they were delicious. The only problem I encountered was in making the paleo tortillas. They didn't resemble tortillas at all. They were too soft and tore easily. My family loves tortillas and this is one food we really miss eating. These were disappointing. They tasted like bad omelets.

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