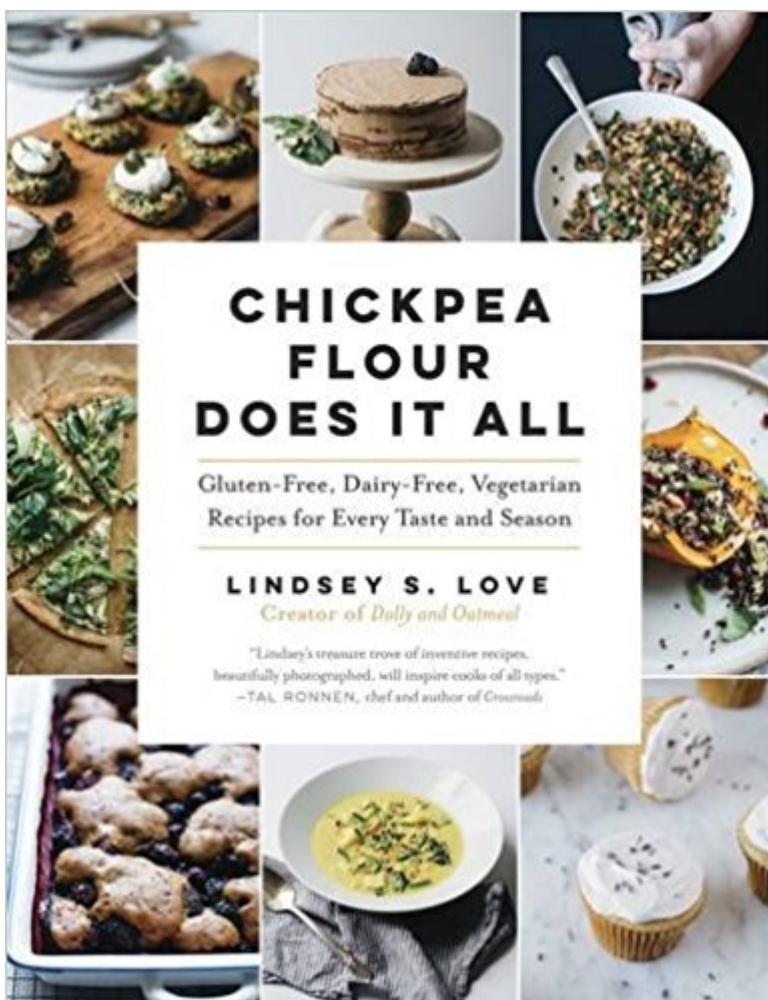


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Chickpea Flour Does It All: Gluten-Free, Dairy-Free, Vegetarian Recipes For Every Taste And Season



Synopsis

Meet the New Must-Have-It Pantry Staple: Chickpea Flour Why make chickpea flour your new go-to? Because everyoneâ "gluten-free or notâ "will find a reason to love it. This versatile alternative to wheat flour shines in savory and sweet dishes alike. Itâ "s been used for centuries around the world, and is famous in Nice, France, where the flatbread socca is enjoyed with a chilled glass of rosÃ©. In this gorgeously photographed cookbook, Lindsey S. Love takes inspiration from her favorite seasonal ingredients, global flavors, and much-loved family recipes to create vibrant gluten-free, dairy-free, and vegetarian dishes where chickpea flour is the star. Gluten-free diners especially will be amazed by the varietyâ "nothingâ "s off the table anymore, and taste is never sacrificed. Plus, many recipes are veganâ "taking advantage of chickpea flour as a base for vegan sauces and a soy-free alternative to tofu. Lindseyâ "s inventive recipes meld sophisticated and subtle flavorsâ "and beg to be shared with friends and family at any time of the year! Â Toast It, Sift It, Simmer It . . . Chickpea Flour Does It All: Thickens and flavors hearty dishes like Sunchoke and Leek SoupGives any dish a protein boost, even Vanilla Bean Lavender CupcakesAdds creamy texture to dairy-free dishes, such as Loaded Sweet Potatoes with Chickpea Sour CreamAnd brings back family favoritesâ "now gluten-freeâ "like pizza (Chickpea Pizza with Asparagus and Pea Shoot Tangle) and pancakes (SautÃ©ed Pear and Sage Pancakes with Almonds)!

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Customer Reviews

â œLoveâ "s debut cookbook shines with her luminous food photography. The readerâ "s quandary will be to decide which of these sublime chickpea recipes to cook up first.â "Foreword

â œLoveâ™s recipe for a simple quiche with a crust that includes almond and chickpea flours (making it gluten-free) drew me in first Nobody eating it would think of chickpeas unless you mentioned them.Â The explorations are just beginning.â "Joe Yonan, Washington Post

â œLindsey S. Love's new book,Â Chickpea Flour Does It All, may be just the introduction that Americans need to start using this versatile flour.â "Oprah.com â œEven readers who aren't going gluten-free, vegan, or vegetarian will be attracted to this collection. This is a book that would be at home on any creative cookâ™s shelf.â "Booklist â œI highly recommend this cookbook.â "Naturally Ella â œWhile Lindsey has deeply explored one of my favorite ingredients (chickpea flour), this book certainly isn't single-note. It's much more than that. Open the cover to discover a robust, creative volume brimming with vibrant, health-supporting seasonal gems.Â Chickpea Flour Does It All is filled with recipes you will want to welcome into your kitchen (and life!) immediately.â "Heidi Swanson, author of Near & Far: Recipes Inspired by Home and Travel â œChickpea flour is one of those great secret ingredientsâ "surprisingly versatile, gluten-free, and protein-packed, which makes it perfect for vegan cooking. Lindseyâ™s treasure-trove of inventive recipes, beautifully photographed, will inspire cooks of all types to make it a pantry staple.â "Tal Ronnen, chef and author of Crossroads: Extraordinary Recipes from the Restaurant That is Reinventing Vegan Cuisine â œLindsey S. Love has successfully created an inspiring, useful, and beautiful book using one of the most intriguing ingredients in my pantry: chickpea flour. In this book, you will discover how versatile and delicious this humble flour can beâ "from Lemony Panelle Sandwich and Spaghetti Squash Fritters to Chickpea Waffle Avocado Toast and Hearty Morning Glory Loafâ "I'm excited to try them all!â "Amy Chaplin, chef and James Beardâ™ award winning cookbook author â œLindseyâ™s approach to food makes you fall in love with seasonal, beautiful food that happens to be gluten-free and vegetarian. Her book will make you excited to step out and explore the many uses of chickpea flour through each season.â "Erin Alderson, creator of naturallyella.com and author of The Homemade Flour Cookbook â œYou'll feel good just flipping through this book. Chickpea Flour Does It All is a gorgeous collection of thoughtful recipes that will, of course, get you excited about the potential of chickpea flour. Lindsey is also masterful at making a life of seasonally considered wellness feel like itâ™s within anyoneâ™s reach.â "Laura Wright, creator of the Saveur award-winning blog The First Mess â œDolly and Oatmeal is one of my favorite corners of the internet: bright, friendly, healthy, and delicious. If you're interested in being a little more mindful of healthy eating, Chickpea Flour Does It All is the book for you! I absolutely cannot wait to try out the Chickpea Frites, the Alfredo with Watercress and Chives, and the Baked Squash Tempura. Lindseyâ™s vibrant, inviting

photography draws you in and her strong, knowledgeable voice guides you through the gluten-free world of chickpea flour. We all could use a little more chickpea flour deliciousness in our lives! • "Stephanie Le, creator of I am a Food Blog • "Yes, chickpea flour really does it all. And it's all because of the incredible Lindsey S. Love. Her recipes are inspiring, thoughtful, and most of all, delicious. The new flour power! • "Jessica Murnane, creator of One Part Plant and the One Part Podcast • "For years, Lindsey's blog has inspired me with its beautiful photos and fresh recipes, and she's brought the same recipe wizardry and photo magic to the pages of Chickpea Flour Does It All. I've never seen anything like the Vanilla Bean Lavender Cupcakes and the Chewy Olive Oil Chocolate Chip Cookies. I cannot wait to make them and eat them all with less guilt because of how healthy chickpea flour is. Leave it to Lindsey to get me out the door and on the hunt for chickpea flour in bulk. • "Molly Yeh, creator of My Name Is Yeh

Lindsey S. Love is a food photographer and recipe developer living in Brooklyn, New York, with her husband and dog. She is the creator of the blog Dolly and Oatmeal, which has been a finalist for Saveur magazine's Food Blog Awards numerous times. Her work has been featured in Thoughtfully magazine, Food52, the Huffington Post, People.com, Buzzfeed, Epicurious, InStyle, and Saveur.

I'm very disappointed, but I only have myself to blame as I hadn't done much cooking from the author's blog before buying her book. I love cooking with chickpea flour and using seasonal ingredients so this book - arranged by months according to seasonal produce - seemed perfect. I tried several recipes and the dishes were in the "it's okay, but I won't be making it again" to "it's not edible" range. It's true that many recipes call for plenty of other types of flour, but mostly, they are unnecessarily complicated. Seriously, how many of us makes macadamia-ricotta stuffed squash blossoms?! The book lacks ideas for quick and healthy meals, and often reinvents the wheel. After browsing Love's blog I realized this is how she cooks with anything, not only besan. So, if you like her blog, go for it and buy the book. For the rest of us, there are beautiful pictures next to the all to complicated and pretentious recipes.

Edited 4/9/2016 since now includes a 'Look Inside' preview & I've tried more of the recipes I really like the Dolly & Oatmeal blog, so I was pretty excited to see the author was publishing a cookbook. It's focused on chickpea flour, so there's no direct overlap between recipes on her blog and recipes in this cookbook (although I think you can find the socca & flatbread both places), however the spirit

is the same - gluten-free, dairy-free, vegetarian/vegan recipes that are affordable, accessible, and typically require minimal kitchen equipment. I ordered this cookbook somewhat on a whim - I've never cooked with chickpea flour, so I wasn't sure what to expect - but I am really impressed. Although it could easily have been too narrowly focused, this cookbook features a huge range of recipes/flavors that should appeal to a broad audience. The photography & styling are clean & tastefully done, with a facing-page photo accompanying each recipe. Most recipes are contained on a single page. Some recipes require more prep time than others, and there's a pretty broad range in hands-on prep time, but in all cases the directions are well-laid out and easy to follow, with cup & metric amounts for most ingredients. The cookbook starts out with a nice intro explaining the premise and then describing the pantry basics that go along with cooking from this cookbook. It's important to understand that chickpea flour isn't the only flour being used in some of these recipes. They are all gluten-free (of course), but many of the baked goods use a combination of chickpea flour together with something like brown rice flour or sorghum flour to "enhance flavor & texture". Also, some of the recipes call for psyllium husk powder and/or arrowroot powder to act as a binder or thickener, which may not be something you already have in your cupboard. Neither are particularly expensive, but there may be some new pantry ingredients you need before you can bake some of these recipes. I think Lindsey has done a fantastic job of creating innovative recipes that use chickpea flour to make appealing savory as well as sweet food. This isn't a "here's how to replace all-purpose flour with chickpea flour" cookbook, it's an "inspired ideas for healthy (gf, df, & veg) cooking with chickpea flour/chickpeas" cookbook. I stopped bookmarking recipes because so many of them are something I'm excited to try. Even though it's organized by season/month, many of the recipes are accessible year-round. So far, I've made the onion poppy seed bread, the breakfast sweet potato cakes, the carrot cake breakfast cookies, and the almond butter brownies. The onion poppy seed bread was amazing. It tastes a bit like eating an everything bagel, only it's much better for you than any everything bagel you could buy. It also is fairly simple to make, as long as you plan ahead for letting the dough rise a bit. I served it warm as an appetizer with various dips and my guests devoured it without any idea there was chickpea flour involved (or that it was even gluten-free). The breakfast sweet potato cakes were also very good. I've been eating them as my lunch on salad all week - they are filling, flavorful, and easy. The carrot cake breakfast cookies were less of a hit, but it may have been my fault. Lindsey writes to bake them for 18-20 minutes. At 18 minutes I thought they still looked underdone, but at 20 minutes they were a bit too dry. I would try making them again and just baking them for less time. The almond butter brownies were terrific, and my lactose-intolerant friend was very, very happy with them. They are incredibly rich and gooey -

you only need a small square. They also taste good chilled. However, they're quite expensive to make. With the cup of almond butter, the cup of coconut sugar, chickpea flour, egg, bittersweet chocolate, etc, the total cost of these is at least \$10 for an 8x8 pan, which seems a little extreme to me. Overall, I'm happy with how most of the recipes have turned out, but I don't think it will become an everyday rotation kind of cookbook for me. These are the recipes included in Chickpea Flour Does it All (organized by month):

- Sauteed Pear & Sage Pancakes with Almonds
- Breakfast Sweet Potato Cakes & Baby Arugula Bowl
- Onion Poppy Seed Bread
- Za'atar Crackers
- Sunchoke & Leek Soup
- Ginger-Shiitake Miso Broth with Chickpea Tofu
- Caraway Spatzle with Kale & Balsamic Onions
- Chocolate Banana Loaf
- Collard Wrap with Turmeric Scramble
- Hearty Morning Glory Loaf
- Chickpea Waffle Avocado Toast
- Chipotle Queso Dip
- Mini Polenta Pizzas with Caramelized Fennel & Garlic Paste
- Flatbread with Harissa, Kale & Gaeta Olives
- Acorn Squash Tart with Caramelized Onions & Collard Greens
- Chocolate Olive Oil Cakes with Chocolate Glaze
- Fresh Ginger & Pomegranate Muffins
- Irish Soda Bread
- Chickpea Frites with Sriracha Ketchup
- Chickpea Banh Mi
- Spiced Black Bean Tostadas with Kiwi Salsa
- Mung Bean Pancakes with Carrots, Scallions & Ginger
- Sweet Crepes with Kumquat Marmalade
- Almond Butter Brownies
- Clumpy Granola Bowl with Stewed Rhubarb & Yogurt
- Mango Poppy Seed Cornmeal Muffins
- Skillet Spinach & Chive Quiche
- Easy-Spring Veggie Bowl with Warm Hummus Drizzle
- Chickpea Noodles with Miso-Kale Pesto
- Spring Onion & Lemongrass Stew with Cauliflower & Yams
- Grilled Harissa Cauliflower with Quinoa Toss
- Lemony Panelle Sandwich with Grilled Ramps & Balsamic Vinegar
- Asparagus Chickpea Fritters
- Lemon-Rhubarb Snacking Cake
- Alfredo with Watercress & Chives
- Chickpea Polenta with Sautéed Spring Vegetables
- Kalamata Chickpea Wrap with Pickled Leeks & Microgreens
- Herbed Sweet Pea Pockets
- Vanilla Bean Lavender Cupcakes
- Strawberry Tart with Cardamom-Coconut Cream
- Cherry Dutch Baby
- Baby Chickpea Quiches with New Potatoes & Chard
- Stuffed Squash Blossoms with Macadamia Ricotta
- Chickpea-Halloumi Salad with Crispy Quinoa
- Chickpea Pizza with Asparagus & Pea Shoot Tangle
- Grilled Zucchini Tacos with Chickpea-Chipotle Crema
- Nutty Oat Ice Cream Sandwiches
- Strawberry S'mores
- Lemon-Blueberry Coffee Cake
- Everyday Socca
- Fried Heirloom Tomatoes
- Kofta Wraps with Sumac Tahini
- Spiced Chickpea Pancakes with Charred Corn & Radish Salsa
- Grilled Summer Vegetables with Chickpea Flour Dukkah
- Cookies-and-Cream Icebox Cake
- Raspberry-Nectarine Pie with Lemon Basil
- Savory Zucchini, Shiso, & Black Quinoa Muffins
- Stone Fruit Breakfast Crisp with Yogurt & Bee Pollen
- Ratatouille Tartlets
- Sweet Corn & Cilantro Chowder
- Eggplant Schnitzel Plate
- Grilled Vegetable Kebabs with Green Goddess Sauce
- Blackberry-Lime Cobbler
- Sweet Flatbread with Grilled Berries
- Goji Berry & Cacao Nib Granola Bars
- Fig & Hazelnut Clafoutis
- Baked Squash Tempura with

Hemp Dip Creamy Harvest Tabbouleh Salad Loaded Sweet Potatoes with Chickpea Sour Cream Quinoa Falafel with Romesco Sauce Chewy Olive Oil Chocolate Chip Cookies with Pink Himalayan Salt A Late-Summer Birthday Cake French Toast with Grape Compote Carrot Cake Breakfast Cookies Chickpea Omelet with Shiitakes & Microgreens Chickpea Tzatziki Dip Baked Buttermilk Onion Rings Savory Crepes with Beet Pate Spaghetti Squash Fritters Beetballs with Rosemary White Bean Cream Chai-Spice Swirl Breakfast Bread Apple Crumb Bars Buttermilk Chickpea Corn Bread Herbed Sweet Potato Biscuits Root Vegetable Crumble Moroccan-Spiced Lentil & Pumpkin Burgers Chili-Roasted Pumpkin with Chickpea-Miso Gravy Squash Doughnuts with Almond-Butter Glaze Spiced Scones with Crushed Cranberries Cacao Waffles Baby Kale Caesar Salad Celery Root Latkes Roasted Kabocha Squash with Black Rice & Chickpea-Sesame Dressing Matzo Ball Soup Jammy Almond Thumbprint Cookies Parsnip-Pear Bundt Cake

I adore this cookbook! My toddler son cannot have most grains (or dairy or soy and other things) due to bad food allergies. I have a coconut flour cookbook as well but now that I have this, I bake almost exclusively from this book. The recipes are surprisingly wide-ranging. I've tried several of the recipes and nearly all have turned out well. It helps immensely to be able to use eggs and almond flour. We are unable to do some of the recipes due to his allergies, such as the GF ones using rice flour, but the ones we have tried have been great. I highly recommend this book for folks with dietary restrictions. From a nutritional standpoint, chickpea flour is much better than rice or other refined grain flours that are common in GF baking. The photos are also gorgeous and I especially like the fact that the recipes are not simply iterations of the same recipe with different "mix-ins" or forms (muffins v cakes v buns, for example). There is a quite broad range of savory, sweet, breakfast, dinner, and so forth.

Organized by season, this book offers a broad variety of recipes, sweet and savory. I was expecting more of an emphasis on chickpea flour, but found a heavy reliance on other gluten free flours, including rice, arrowroot, and oat. Nevertheless, more than a few recipes sound appealing. Nice use of aromatic spices in the sweets sound especially appealing.

Great ideas and easy to follow.

This book is full of innovative recipes!

I didn't know this flour was so versatile. Even noodles!

Book in good condition and excellent recipes, have tried several!! Thanks.

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