

Annie Cooks!

Family Favorites Adapted for Lactose-Intolerant



Recipes by **Ann Frommer**

Annie Cooks Favorites Adapted Lactose Intolerance

J Elliott



Annie Cooks Favorites Adapted Lactose Intolerance:

Annie Cooks! Ann Frommer, 2015-12-03 A lifestyle change due to Lactose Intolerance created the inspiration for this cookbook The challenge to search for lactose free alternatives and create healthy and appetizing meals opened up a whole new world in cooking With 128 Lactose Free Recipes ANNIE COOKS Family Favorites Adapted for Lactose Intolerant is a welcome resource for those folks who miss the flavors and dishes they once enjoyed With her expertise and experience with food and nutrition in general when it became essential for Ann Frommer to create and produce healthy lactose free dishes for her husband she did it with great enthusiasm and energy She discovered many lactose free products which opened up a whole new world in cooking Realizing that it is very frustrating and time consuming to have to search for this information Ann wants to share her recipes and hints to help others enjoy delicious lactose free dishes An RN with a long career in healthcare management Ann has always been conscious of healthy cooking and eating She is the co author with Victor Merkel of two historic war novels Tailgunner War Defines Us and Tailgunner R3 an award winning photographer and a passionate cook She and her husband Robert live in northern New Jersey For more information <https://sites.google.com/site/annfrommerhome>

Baking in the American South Anne Byrn, 2024-09-03 Experience mouthwatering Southern baking from humble home kitchens to innovative new Southern chefs One of the world's richest culinary traditions comes to life through this essential cookbook from bestselling author Anne Byrn With 200 recipes from 14 states and more than 150 photos *Baking in the American South* has the biscuits cornbread cakes and rolls that will help you bake like a Southerner even if you aren't Recipes can tell you volumes if you pay attention the crops raised languages spoken family customs old world flavors and often religion Did you know that where a mill was located affected the recipes handed down from that area Or that baking and selling pound cakes directly impacted the Civil Rights Movement These stories and recipes developed from good times and bad have been collected and perfected over years and are now accessible to us all Anne's expertise in assessing modernizing and developing well written recipes makes this the definitive guide for bakers of all levels From scratch Southern classic recipes include Thomasville Cheese Biscuits Ouita Michel's Sweet Potato Streusel Muffins Nina Cain's Batty Cakes with Lacy Edges The Best Lemon Meringue Pie Georgia Gilmore's Pound Cake This fascinating dive into the history of 14 Southern states Texas Florida Kentucky and more features stories and beautifully photographed recipes from pre Civil War times to today's Southern kitchens It's about the places the people the products and the culture of the moment that influenced what people baked It's about African American women and the monumental contributions they have made to the art of Southern baking about home cooks and how they've kept traditions alive wherever they settle by baking family recipes each year for holidays and celebrations and about the pastry chefs who have thoughtfully reimaged how the South bakes Experience the recipes and the stories behind them that showcase the substantial contributions Southern baking has made to American baking at large Food historians bakers foodies and cookbook collectors from every corner of the country will want

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 Hughes,2012-10-23 Features essays reviews and articles from various food magazines and newsletters by such food writers
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