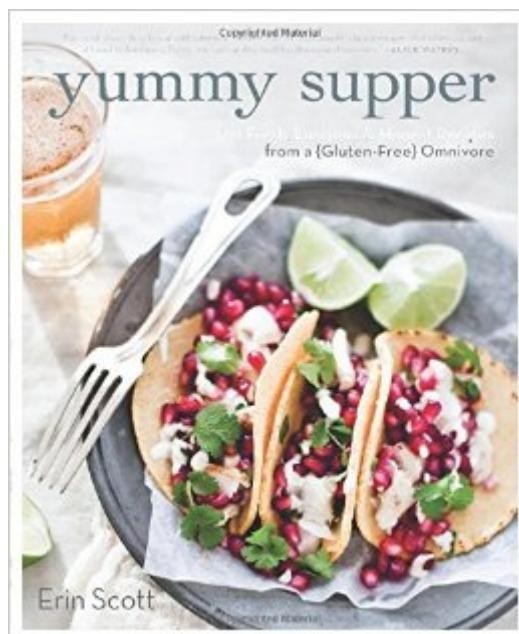


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# Yummy Supper: 100 Fresh, Luscious & Honest Recipes From A Gluten-Free Omnivore



## Synopsis

Every health-related culinary trend reaches a tipping point at which it must either evolve or become a cultural cliche; in the case of gluten-free eating, award-winning blogger Erin Scott is the new face of modern, fresh, gluten-free cooking and living. With influences ranging from a career in the high fashion and design industries to 25 years living in Berkeley, CA, in the shadow of Chez Panisse, Erin has devoted her life to family-friendly gluten-free cooking as realized through fresh, seasonal, real food; honest ingredients; and simple and delicious recipes devoid of the usual gums normally used as fillers in stodgy gluten-free cooking. The first gluten-free cookbook so enticing that it transcends the genre, *Yummy Supper* is about bounty, flavor, and fun. Based on Scott's award-winning blog of the same name, it has the same clean, gifty visual aesthetic. These are recipes that emphasize naturally gluten-free ingredients and, like her blog, will appeal not only to gluten intolerants and celiacs but also to anyone just looking for a great recipe. With practical chapters like "Slurp," "Nut," "Egg," and "Sea," Scott's book covers the entire family meal with instructions and asides that are flexible, playful, and tasty, and it includes mouthwatering dishes such as Watermelon Punch with Fresh Lime and Mint, Poached Eggs with Lemony Spinach & Crispy Hash Browns, Parmesan Polenta with Garlicky Rapini and Black Olives, Peanut Butter Cups with Dark Chocolate and Flaky Sea Salt, and much more.

## Book Information

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I seem to get a lot of comments on my reviews when I don't know anything about the author. So, I will start this review by saying that I had never heard of the author or her blog and now I am a HUGE fan. I have a wheat allergy, so I tend to eat basically paleo/perfect health diet. I love to cook, but I have had to get rid of a lot of my cookbooks that were heavily grain based. So I am always on the lookout for interesting healthy cookbooks. I went back and forth on preordering this book and, in the end, decided against it. I was looking through last night and noticed that it was available on Kindle and...I just couldn't help myself. The pomegranate fish tacos on the cover were just screaming my name. When I have cookbooks on Kindle, I always read through and bookmark the recipes that I definitely want to try. Normally there are maybe 10 in a cookbook. Today, there are only about 10-15 that I did not mark in this book. Oops. And those 10 or 15 were only because I felt silly marking every page! I finished reading it and ordered it in hard copy immediately. Everything in this book looks amazing. The first thing that caught my eye (ok...the first recipe in the book) was a lemon rosemary cordial. Two of my favorite flavors. I will be making it as soon as I can get to the store. I also found the peach and rose water lassi with pistachios. I live in the land of mangos, but I will definitely try this innovative version. Then there is a whole section on eggs that include luscious custards, soft poached eggs on arugula and eggs on roasted cherry tomatoes. I have been trying to find ways to get more veggies in my breakfast and this is it. I could go on and on. There is such an interesting use of flavor combinations and the recipes are not heavy on ingredients or overly complex. I am so happy to have found this book! I have now discovered the author's great blog by the same name and I will be making a lot of these recipes for my Labor Day party!!!

Having been a long-time fan of Erin Scott's blog by the same title, I was eagerly awaiting the delivery of her first cookbook. It arrived just the other day and the cookbook already looks lovingly dog-eared and stained in my cookbook stand. It has been great fun adding new recipes from her cookbook to the ones I have already thrown into our regular dinner rotation from her blog (like the zucchini ribbon pasta, the breakfast salad and the Balinese garden stew). Her recipes have a delicious and simple elegance that my husband and I find fit any occasion, from busy weeknight for our family of 5 to a dinner party with friends. Our new favorites include the fish tacos with

pomegranate salsa, the peach and rose water lassi with crushed pistachios, the mixed berry slushie (my kids' love this fresh treat!), and the polenta fries. The recipes are beautifully photographed, making this reader hungry and inspired to get into the kitchen. As a busy mom, I also appreciate that the recipes aren't fussy - the ingredients are easy to find at the store or the farmers' market and the recipes are easy to follow. A common question that gets tossed out at the dinner table when our family gathers has been "Is this an Erin Scott meal?" If I answer yes, there are murmurs of excitement as we all sit down to enjoy our dinner and our time together. I hope this isn't the last cookbook from Erin Scott because my busy family is happier when we connect over cooking and eating these delicious meals together!

I LOVE everything about "Yummy Supper"! The stories, photos, recipes! The postman delivered it to me yesterday morning, and 5 hours later, I was still going through it. (Good thing it was a rainy day, so I didn't feel guilty not doing yard work). ;-) Although it was raining, as soon as I saw Candied Tomatoes....I ran right to my garden and got a sheet pan full of grape tomatoes! WOW! The house smelled phenomenal. I watched the clock in anticipation of popping one (or 10) in my mouth!!! YUM. Thank you Erin for sharing the brand names that you like. That is very helpful for me, being a GF Newbie! The aisles of products can be quite intimidating. For me to write a review about a cookbook is quite rare, as I have over 300 and have never been inclined to do so. I have 25 pages with a post-it sticking out of the top already....I better get cracking....time to go try some more! :-). These are meals that ALL can enjoy. I highly recommend "Yummy Supper." Thanks again, you're a Rock Star Erin!

My copy of this gorgeous book just arrived, and I am so excited to recommend it to readers and anyone in need of inspiration to the perennial question: what's for dinner? Upon receipt, I rolled up my sleeves, started recipe testing, and am pleased to report that food is as tasty as the pictures are beautiful. It is also refreshing to find that the dishes are simple, unpretentious, and that the directions are clear and easy to follow. I particularly liked the roast pork loin with fennel which I combined with polenta fries. My kids love the fruit smoothies, and I appreciate the fact that Erin Scott's selections are unique without being inaccessible. Can't wait to try them all out!

This is so much more than a wonderful, mouth-watering cookbook full of juicy, delicious recipes. It is a celebration of the foods we have available to us, the gardens they grow in, the families we sit down to eat with, and the amazing panoply of color, taste, texture and fragrance that delight us

when we open our senses in the way that Erin Scott urges us to do. She takes us on a journey into sensual delight through her recipes and her magnificent photography, and in the meantime she provides wonderful, simple, healthy menus to inspire us in the kitchen. It's not just a cookbook, it's a recipe for the good life.

Didn't know the author was a local gal until I bought the book. Really just a cookbook that happens to be gluten-free. Loved the roaster pork recipe we tried this week and going to make a soup tonight. Clear and easy.

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