

Cooking for Food Sensitivities

Mastering Your Gluten & Dairy Free Kitchen is a handy new cookbook written by chef and caterer Einat Mazor of Bliss Fine Foods, which provides organic, allergy-free lunches to Closter's Hillside Elementary School and Tenakill Middle School. After her daughter was diagnosed with celiac disease, the chief symptom of which is an intolerance for gluten, which affects one in 133 Americans and is especially prevalent in the Ashkenazi community, Mazor decided to create her own cookbook to help others with gluten and dairy intolerances. The book includes a list of 101 items that are a must for a gluten- and dairy-free kitchen, as well as company names, baking tips, Internet sites, and simple yet delicious recipes ranging from breakfast fare to appetizers, main entrees, salads, snacks, and such delightful desserts as chocolate mousse and lemon cheesecake. Kids and grown-ups alike will love these recipes, which are easy to make. "You don't have to be a chef to prepare them!" notes Mazor, who is certified by the Natural Gourmet Institute in New York City. Along with the recipes, she offers nutritional information, such as the fact that it's important to use sorghum or chickpea flour, which have greater nutritional value than the tapioca or rice flour found in most commercial gluten-free products. Mazor also points out that children with autism may benefit from gluten and dairy-free cooking. ***Mastering Your Gluten & Dairy Free Kitchen*, by Einat Mazor, published by iUniverse, 2009, \$11.95, available at www.iUniverse.com, www.bliss-catering.com, or at an online bookstore. 201-220-4670, info@bliss-catering.com.**

