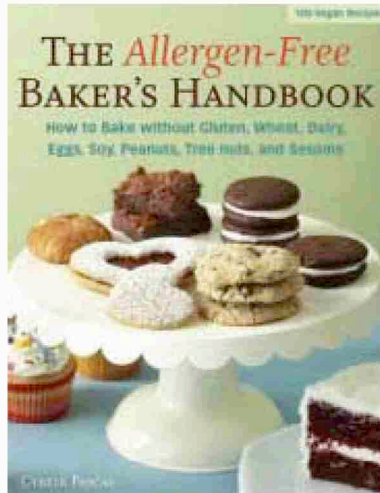


READING NOOK

As anyone who has ever had to cook for someone with food allergies knows, baking is a whole new game when ingredients like wheat, soy, eggs, nuts and dairy are off the table. It's enough to make some cooks throw up their hands and throw in their aprons. But *The Allergen-Free Baker's Handbook: How to Bake Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts and Sesame* by Cybele Pascal (\$25, [Celestial Arts](#)) may help with recipes for cakes, muffins, bread, cookies, pies, cobblers and yeast breads that sound quite good. The soft-cover book (with paper flaps) includes 100 recipes, color photographs, an allergen-free ingredient glossary with explanations of how the ingredients work, sources for purchasing ingredients and other baking information.



Another challenge facing many cooks is multiple “vores” and “tarians” at the dinner table — as in omnivores dining side by side with vegetarians or vegans. Often, if the

meat eaters outnumber the vegheads, the vegetarians are left with a plate full of side dishes or even peanut butter and jelly for dinner. On the other hand, if the situation is reversed, the meat eaters may leave the

dinner table feeling as if they haven't really had a meal. The solution? *The Adaptable Feast: Satisfying Meals for the Vegetarians, Vegans and Omnivores at Your Table* by Ivy Manning (\$23.95, Sasquatch Books). When meat-eating Manning met her tofu-loving husband, friends and family said it wouldn't work — that he'd be eating meat, she'd give it up or they'd part ways. But it turns out, with a little extra effort (but mostly planning), Manning was able to create a variety of recipes that work for

meat eaters and vegans. All of the recipes in *The Adaptable Feast* include step-by-step instructions for preparing the same meal with and without meat and many with vegan variations as well.

— Kelly Brant

