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arab cuisine exposed!



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the world of apples... and much more

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Sweet Alternative

No Gluten / No Dairy / No Soy

By Ariana Bundy
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"Sweet Alternative" is the sweetest subject matter of this brilliant and informative cookbook. It offers ingenious solutions to many of us who suffer from food allergies or intolerances. Such health issues may result in giving up one or more of our favourite desserts, but Ariana tells her readers that they do not have to give up their favourite treats. She offers solutions and substitutions that many have not even heard of or had the sufficient knowledge or good recipes to experiment with.

Ariana was inspired by her own food intolerances. She is a pastry chef who at one point in her life found that she cannot enjoy her desserts because of the way her body reacted to them. She, however, did not give up her love of desserts and searched for ways and alternatives to go

beyond that hurdle. She delved into understanding more about the chemistry of desserts and sought to find solutions to this problem. She offers white flour substitutes like rice, potato and tapioca flour, adding to them salep powder which acts like gluten. She also educates readers about purchasing ingredients such as baking powder and sodium bicarbonate that one needs to check whether they are gluten free or not. She offers egg substitutes made with flax seeds and water as well as food colouring substitutes made with spinach, beetroot and turmeric. The book is full of thought provoking solutions and is very inspiring to read.

The book is divided into 7 chapters, each

dealing with a favourite dessert category: cookies, muffins, cakes, mousses and aerated desserts, ice creams, sauces and drinks. One needs to give up none of one's favourite desserts following guidance and recipes from this book.

In "Cookie Jar", recipes range from the favourite chocolate chip cookie to oatmeal cookies, peanut butter cookies all the way to macaroons.

"Little Miss Muffin" helps one bake muffins which are healthier, more satisfying and tastier than any muffins one has tasted before.

"Bake Your Cake" guides one as to how to eat it too. White flour is substituted with gluten free flour, white sugar is replaced with unrefined sugar, milk and cream are replaced with binders and thickeners as well as with flavor enhancing ingredients. This chapter also includes pie recipes as well as a most interesting 'Un-cheesecake'.

"Feather Light" introduces ways of preparing those heavenly desserts with substitutes like cocoa butter replacing dairy butter. Rice wrappers take the place of crepes and coconut cream replaces dairy cream.





cool your senses and enjoy a **creamy** ride with non-dairy desserts. Now you can indulge yourself with churned vanilla Ice Cream at Last!, Nocciola and Chocolate Ice Cream, and **light** yet filling Konnyaku Noodle Granita. Be creative. Add candy bars and drizzle **variations** of toppings (see Top It Off for some inspiring ideas!) Just remember the following **tips** if you want to be an ice queen. Start with the basic ice cream recipe. Once you feel confident, try out the rest. If you have time, allow the mixture to rest in the fridge overnight for the **flavours** to intensify. Leave the ice cream to stand out of the freezer for about 5 minutes to **soften** slightly before serving. *Lastly, never take ice cream for granted again!*

"Ice Queen" is a great play with words on ice cream because those ice creams are cream free. This chapter also includes sorbets, granitas, sundaes and ice cream cakes.

To "Top it off", many recipes are given for divine dessert toppings and sauces like chocolate ganache, fruit coulis, dairy free cr me anglaise and cr me patissiere as well as homemade Nutella.

Last but not least, "Potions" is full of ideas for delicious hot and cold drinks ranging from tapioca shakes to Masala Chai to hot chocolate and even a detox drink recipe.

Reading

"Sweet Alternative"

is an educational as well as a pleasurable journey. At last, there is a book that turns the tables on those who do not suffer from food allergies making them covet desserts prepared for those who do suffer from allergies.