

FOR IMMEDIATE RELEASE

Contact: Susan Hershberg
617.232.1000 ext. 4911
susan.hershberg
@americastestkitchen.com

or

Contact: Deborah Broide
973.744.2030
deborahpub@aol.com

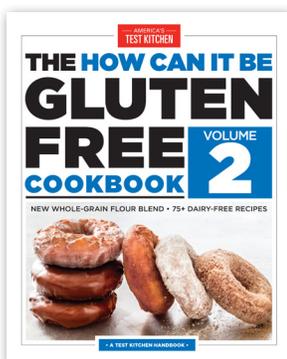
AMERICA'S TEST KITCHEN DELIVERS A SECOND VOLUME OF REVOLUTIONARY GLUTEN-FREE RECIPES, FEATURING A NEW WHOLE-GRAIN FLOUR BLEND AND DAIRY-FREE RECIPES

After publishing our first, best-selling collection of gluten-free recipes, we headed back into the test kitchen to tackle new (and sometimes more challenging) recipes, test new ingredients, and create even more ground-breaking dishes. *The How Can It Be Gluten-Free Cookbook Volume 2* features 190 recipes from breakfast foods, rice and grains, and comfort food classics to breads, cookies, pies, and cakes. The collection introduces a new whole-grain flour blend and dairy-free variations, and includes detailed nutritional information for every recipe.

When it comes to gluten-free baking, the flour blend you choose makes a huge difference to the success of the recipe. Each blend relies on a mix of different ingredients, resulting in baked goods with varying textures and flavors. With few whole-grain flour blends available, the test kitchen set out to develop a blend that would give baked goods an earthy, wheaty taste, rivaling those made with traditional whole-wheat flour. After extensive testing, the ATK Whole-Grain Gluten-Free Flour Blend was created, featuring teff flour, which adds both a nutritional boost and robust flavor, brown rice flour, ground golden flaxseeds, and sweet white rice flour. This hearty new blend provides the perfect starting point for many whole-grain recipes throughout the book, such as blueberry muffins, chocolate chip cookies, gingersnaps, pecan bars, sandwich bread, and rustic walnut-cherry *boule*.

Other recipes in the book use the test kitchen's easy-to-make all-purpose flour blend created for our best-selling first volume. We expand our repertoire of foolproof recipes using this versatile blend to include bagels, baguettes, hamburger rolls, and pan pizza, as well as sweet treats like yeasted doughnuts, lemon layer cake, blondies, and Dutch apple pie.

Test kitchen notes are included for each recipe, and techniques and discoveries are explained throughout, including a simple oven proofing method that helps gluten-free breads rise higher and more consistently, foil collars that ensure hamburger buns that are the right size, and a double-battering and double-frying method for fish with a crispy gluten-free coating.



THE HOW CAN IT BE GLUTEN-FREE COOKBOOK VOLUME 2

Publication Date:

October 2015

- 328 pages, paperback
- Four-color throughout
- US \$26.95 / \$34.95 CAN

ISBN 978-1-936493-98-2

Please visit howcanitbeglutenfree.com for a complete table of contents, featured recipes, high-resolution assets, and more materials.

An extensive resource section at the beginning of the book provides readers with valuable information, including what the test kitchen learned about making recipes dairy-free and the dairy-free products that yielded the best results. A troubleshooting guide highlights common problems home cooks might encounter, such as dry muffins and dense cakes, and possible solutions. Key gluten-free supermarket products and ingredients are also rated, including the wide variety of all-purpose flour blends, gluten-free pasta, and sandwich breads (including white and multigrain and whole-grain options) now on the market.

The How Can It Be Gluten-Free Cookbook Volume 2 gives readers a comprehensive road map for cooking and baking without gluten and a collection of approachable recipes that taste great.

Recipe highlights include:

Whole-Grain Chocolate Chip Cookies: The combination of our new teff-heavy whole-grain flour blend and chocolate is a winner. The teff lent a rich, caramel flavor to these cookies and created a great base for them. But the cookies did not spread and were overly greasy, and butter leached out. We added 2 tablespoons of milk and rested the batter for 30 minutes to hydrate the dough just enough to eliminate grittiness. Resting the dough also improved the structure, and with more baking soda we were able to get the cookies to spread. Our traditional recipe has 12 tablespoons of butter, but our gluten-free version couldn't handle that much fat. Eight tablespoons of butter provided richness without making the cookies greasy.

Whole-Grain Sprouted Bread: Breads like this have become hugely popular, but it is nearly impossible to find a gluten-free version. Instead of buying sprouted grain flour, we sprouted our own grains/legumes (millet, quinoa, and lentils) and processed them ourselves, pairing them with our whole-grain flour blend for an earthy, rich-tasting loaf. A tablespoon of cider vinegar helped keep this bread from getting too dense and helped it rise.

Currant Scones: No one will guess that these light, tender scones are gluten-free. The trick was an egg plus xanthan gum for structure, a full tablespoon of baking powder, and sour cream instead of milk or cream (as they made the scones spread too much). Scones are typically baked at a high temperature, but we found that preheating the oven to 500 degrees, doubling up on the sheet pans, and lowering the oven temperature to 425 degrees delivered tender scones without burnt bottoms.

Bagels: We knew that developing a really good gluten-free bagel with a crisp crust and substantial chew was setting the bar high since even traditional bagels rely on lots of tricks. Our gluten-free version uses our all-purpose flour blend plus high-protein oat flour. We shaped the bagels right out of the stand mixer and then proofed them once (instead of multiple proofing steps). We boiled the bagels for just 10 seconds, started baking them in a hot oven (425 degrees) for the first half of the baking time to ensure a nice rise, and then turned the oven temperature down to 350 degrees to dry out the interiors.

Yeasted Doughnuts: We used three leaveners to achieve a nice rise for these tender doughnuts (baking powder, baking soda, and yeast). Although normally we'd use whole milk for richness, its fat weighed down our gluten-free doughnuts, keeping them from rising because the starches in gluten-free flours don't absorb liquid well. Low-fat milk solved the problem. We used our new accelerated proofing method with rapid-rise yeast bloomed in warmed milk and the oven as a proofing box. To compensate for overhydrating the gluten-free dough, we needed a lower frying temperature than usual.

MEDIA REQUESTS

Christopher Kimball and the editors of *Cook's Illustrated* and *Cook's Country* are available for interviews upon request. For more information or for television and/or print interview requests, contact:

Susan Hershberg
617.232.1000 ext. 4911
susan.hershberg
@americastestkitchen.com

or

Deborah Broide
Deborah Broide Publicity
973.744.2030
deborahpub@aol.com

About America's Test Kitchen

America's Test Kitchen is a 2,500-square-foot kitchen located just outside Boston. It is the home of *Cook's Illustrated* and *Cook's Country* magazines and is the workday destination of more than four dozen test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and until we arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of products that offer the best value and performance. You can watch us work by tuning in to our public television shows, *America's Test Kitchen* and *Cook's Country from America's Test Kitchen*.

For thousands of recipes, updated equipment ratings, and taste tests, or to sign up for a free trial issue of *Cook's Illustrated* or *Cook's Country* magazine, visit:

CooksIllustrated.com
CooksCountry.com

For broadcast times, free recipes, and full-episode videos from our public television shows, *America's Test Kitchen* and *Cook's Country from America's Test Kitchen*, visit:

AmericasTestKitchenTV.com
CooksCountryTV.com

Tune in to our radio program, *America's Test Kitchen Radio*, available at AmericasTestKitchen.com. Christopher Kimball and the rest of the cast answer listener call-in questions and discuss ingredient and equipment findings.

Curious to see what goes on behind the scenes at America's Test Kitchen? Our website, AmericasTestKitchenFeed.com, features kitchen snapshots, exclusive recipes, video tips, and much more.

-  facebook.com/AmericasTestKitchen
-  twitter.com/TestKitchen
-  youtube.com/AmericasTestKitchen
-  instagram.com/TestKitchen
-  pinterest.com/TestKitchen
-  americastestkitchen.tumblr.com
-  google.com/+AmericasTestKitchen