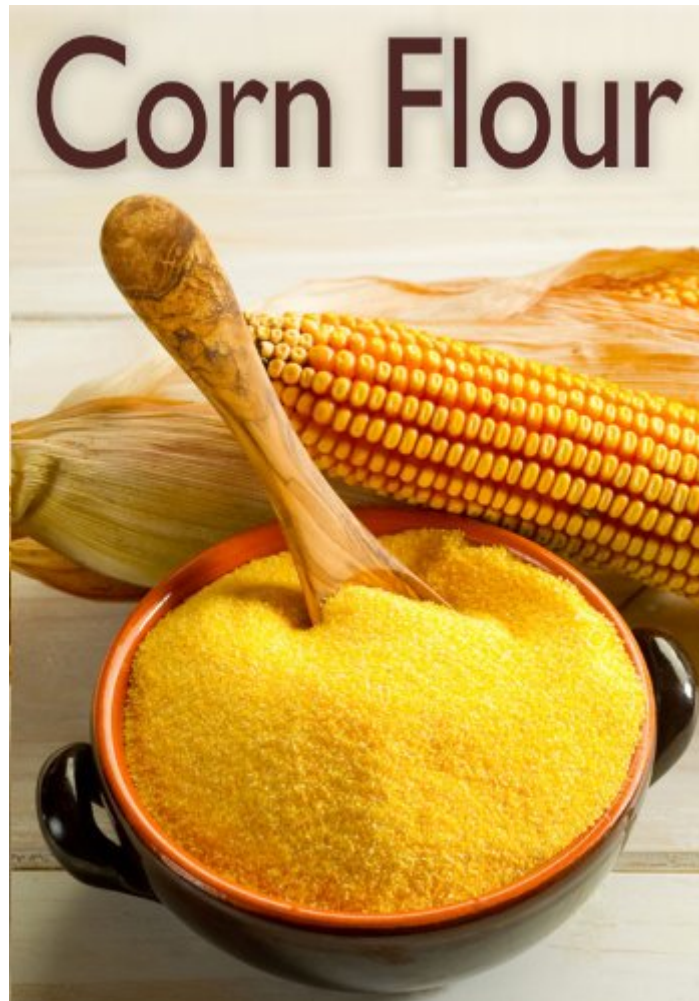


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# Corn Flour :The Ultimate Recipe Guide - Over 30 Delicious & Gluten Free Recipes



## Synopsis

\* The Ultimate Corn Flour Recipe Guide \* Corn flour is a naturally gluten-free food, which means it may offer digestive benefits. Those with celiac disease can consume and cook with corn flour without fearing digestive symptoms that can accompany eating gluten-containing grains. We have collected the most delicious and best selling recipes from around the world. Enjoy! Introduce Delicious Corn Flour into your Diet Today! Scroll Up & Grab Your Copy NOW!

## Book Information

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## Customer Reviews

On the cover it shows corn meal and not corn flour like masa harina. Recipes #1, 2, 3, 28, 29 all call for regular or self rising flour (which is NOT gluten free) and gluten free baking powder which NEVER has gluten in it period. Some recipes call for lard, others have major spelling errors, (chilli, hotdogs, 2 XXXsps.. baking powder, cornflour, cocnut flour, egg yolgs, 1 XXXsps. dry yeast) and very poor syntax i.e., "Then, 1 tbsps at a time add the sugar beating well every after each addition." Never an editor/proof reader around when you need one. You use masa harina to make corn tortillas and tamales and not the corn flour they recommend. You also have no need for the "2 tpsps honey" they list in the ingredients. Neither do they because they never say when or how to use

it in the recipe for corn tortillas. In recipe 14 we are supposed to add sugar to taste in instruction #1 after we have added "Vanilla stevia drops to taste" to our pancakes in the ingredient list. But in case that wasn't enough sugar, Instruction #2 says again, we are to "sweeten to taste" after adding the milk and eggs. They can't seem to figure out if they want to use confectioner's sugar, icing sugar or caster sugar. Guess they should not mix up their international recipe sources so much. They also recommend the trans fat shortening which is not healthy. In recipe #30, they tell us to cook the milk and lemon rind twice --one without the eggs and sugar for 15 minutes and a second time with the eggs and sugar added to the milk and lemon rind until it is thick enough. Bizarre.

I purchased this book because the review said the recipes are gluten free. There are gluten free recipes, but not all of them. The measurements can be difficult to follow as they alternate between spoon measurements and weight. There are also errors in some measurements and some that just appear to be misheard words. Perhaps the book was dictated and not proofread. I haven't tried any of the recipes yet, I've only read through the book, so I can't say how they will turn out.

I became frustrated with this book due to the author's improper use of the English language. Many times I couldn't figure out the instructions in the recipes. Many times she combined using cups and grams in the same recipe. Choose one system and stick with it.

On the plus side, I liked the fact that these recipes indicated the "prep time, cooking time, ready in" and servings each recipe made. However, I was dismayed to see the change from US measurements to International Metric that occurred throughout the book. There were a variety of recipes but I'm not sure I would take the time to make any; the proofing was non-existent. It would be a real bummer to find I'd made a recipe that did not turn out correctly because the measurements were wrong. As others have mentioned, some of the recipes are not gluten-free.

great book, sometimes I just need a reminder that there is a world beyond cornbread.

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