



**BOOK REVIEW:**  
**THE BIG BOOK OF WHEAT-FREE COOKING**  
Antoinette Savill

This chunky paperback is written by Antoinette Savill, an award winning cook who suffers from multiple food allergies. The recipes in the book are all wheat-free which are ideal for those suffering from this form of food intolerance. In addition to this they are all low fat and low sugar which is quite surprising as it features, 'Chocolate Almond Gateaux' and 'Devils Food Cake'.

The short introductory section at the beginning of the book covers practical advice on avoiding foods containing wheat, gluten and dairy. It does contain a list of useful ingredients to keep in your cupboard although I must admit I hadn't heard of a few of them.

The recipes are well laid out and contain symbols specifying whether gluten free, dairy free etc. However, the only photos are in a small full colour 16 page centre section.

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