



Gluten-Free Small Bites: Sweet and Savory Hand-Held Treats for On-the-Go Lifestyles and Entertaining

Nicole Hunn

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100 irresistible one-bite recipes—for everything from parties to portable meals

You know those days where dinner is grab-and-go, but you're not sure what to grab? The older kids have a soccer game, a ballet lesson, the little one has a kazoo party, and they all need to be fed? Or maybe you've been volunteered to bring the mini quiches to the office potluck. Well you're in luck: with Nicole Hunn at the helm, you can choose from 100 recipes for small bites—from party-pleasers like jalapeño poppers and pigs-in-blankets to easy meals like hand pies and chalupas. Have one of those special occasions when you can sit down for a meal? Nearly every recipe has instructions for how to make a bigger bite.

The voice behind glutenfreeonashoestring.com, Nicole's been making gluten-free goodies that are delicious as they are safe for nearly ten years. Indulge in her new recipes for Crab Rangoon, Cheddar Hush Puppies, Fried Pickle Chips, Mozzarella Sticks, Pizza Pinwheels, Miniature Mac and Cheese Cups, Spanakopita Bites, a range of wraps (Cheesesteak, Greek Salad, and Huevos Rancheros, to name a few), Miniature Spinach Quiches, Chicken Empanadas, Vegetarian Chalupas, Pupusas, Shrimp Pot Stickers, Bear Claws, Apple Hand Pies, Miniature Vanilla Bean Scones...and more!

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Author : Nicole Hunn

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Mary says

I received this book as an ARC from Netgalley.com in exchange for an honest review

I have followed Nicole Hunn's 'Gluten-Free on a Shoestring' for years. I was diagnosed with Celiac in 2003, when the labels of gluten-free food we find so casually in grocery stores today was just a distant dream. In this latest installment, Hunn brings simplicity into gluten free snacks and apps that I have only been able to dream about these many moons. From tailgating favorites like pigs in a blanket, pizza bites, and meatballs, to all varieties of spring & egg rolls and savory pies, Hunn breaks down the step by step procedures so easily that a novice in the gluten free world can easily pick it up. Even more exciting, is a helpful guide on how to create the basics that you don't find easily (or inexpensively!) at the market: phyllo dough, wonton wrappers, pizza crusts... 100% recommend to anyone who is following a gluten free diet to enjoy the foods they've been missing.

Julie H. says

I was thrilled when I won a copy of Nicole Hunn's *Gluten-Free Small Bites: Sweet and Savory Hand-Held Treats for On-the-Go Lifestyles and Entertaining* for the entertaining aspect of making hand-held hors d'oeuvres, snacks, and smaller desserts for large-group get-togethers. Many of the recipes involve deep-frying. Thankfully, Hunn provides alternate baking instructions for those of us who do not wish to deal with the mess, clean-up, and disposal of used oil.

I read through the book in an afternoon, tabbed no less than 14 hors d'oeuvres, five full-size dinner items, and six dessert items. On the plus side, it's got loads of great ideas--items for vegetarians, flexitarians, and full-on carnivores. There's great advice on commercially-available gluten-free flours as well as tips on mixing five of your own gluten-free varieties of everything from bread, to empanadas, tempura, tortillas (flour, spinach, and corn varieties), pastry crust, wonton wrappers, crepes, pie crust, soft tacos, pizza dough, naan, pretzel dough and, of course, bread crumbs and panko. My one disappointment here is that several of the completed items are pictured plated with accompanying sauces (e.g., the crab rangoon, egg rolls, and samosas) and there is no recipe provided for the sauce. Not a huge deal, but I'd certainly hope that by the time you go to all this effort you're not just dipping your lovingly created gluten-free corn dogs, as one example, into straight from the bottle ketchup or yellow mustard (as is pictured on p. 49).

While no one in our house suffers from celiac disease or has gluten-related food allergies, members of our wider circle of friends and family do. For that reason alone, I was keen to master a number of gluten-free recipes. With the aid of this book (thanks, again Goodreads Giveaways program!), I'm well on my way.

Superbowl Sunday Update: I made both the Buffalo Chicken Balls and Spinach Balls for part of our Superbowl snackage. While both were outstanding, the spinach balls were something I will make again and again as tasty take to lunch fare. Two thumbs up!

Sasha Boersma says

Great little collection! No fault of the author, but some of the recipes are extremely fussy, considering how difficult GF dough is to work with.

But for someone who loves to entertain guests and prepare hors d'ouevres - this would be an amazing book.

But for someone trying to figure out GF cooking, maybe leave this one until after you're familiar with how GF flours work.

Nora St Laurent says

Sweet and Savory Handheld treats for On-the-Go lifestyles and entertaining. Beautiful pictures. Easy to follow instructions. Ingredients easily found. I liked that she had Make-Ahead options along with the No-Fry Options as well. Can't wait to try these yummy looking treats.

Karen Jones says

a wonderful collection of small bites foods for those of us with celiac and gluten intolerance. i love the fact that the small bites can also be used to create meals. if you are eating gluten free, this book is a must!

Meghann says

My mouth watered through the whole book. I can't wait to make every single thing in it!

Yvonne Cruz says

Let me preface by saying that I am most grateful to Ms Hunn for her time and dedication in producing one of the best gluten free blogs that exist nowadays. She does a marvelous job , is responsive to her audience and sends very interesting and useful recipes.

That said, I can't say that I enjoyed the recipes in the book. The first 25% of the book had appetizers that were fried. I lead a more healthy lifestyle and avoid fried foods.

Also , some of the recipes were complex, though I did enjoy the wraps. I think those are by far the best recipes and ideas I have seen.

So, if you enjoy fried foods, and complex recipes, you will enjoy the book. If like me you don't , it will be not be the first one you will run to get.

I received a copy of this book from Netgalley. The opinions expressed are solely my own.

roxi Net says

I don't need to eat gluten-free food, but this book is really a great resource when I'm cooking for friends that follow a gluten-free diet. Ms Hunn includes homemade flour blends that I'd never come across in regular cookbooks. The photos and design of this book really help to keep the attention, and the information is wonderful to have (as in reusing frying oil - something that just came up in a conversation a couple of days ago!). The fact that she has a chapter on "deliciously fried" sold me completely. The recipes are all simple to follow and with ingredients that are easily accessible, even on a budget.

Deborah says

I have looked through this book cover to cover, and am looking forward to really deeply re-reading it, and adapting the recipes (I am allergic to eggs), but there are so many delicious gluten-free options, and many do not have eggs (if they do, I will substitute), I am anticipating spending lots of time in my kitchen really soon. All kinds of handy dandy recipes - making your own gluten wonton wrappers for egg rolls (recipes for both!), pizza bites, miniature cannoli, and even phyllo dough. The pictures and recipes look delicious. I have anxiously waited getting a copy of this book, because author, Nicole Hunn, has brought much excitement and anticipation with her e-mail newsletter and website. The recipes are well thought out, and fairly easy to execute, especially for those needing to avoid gluten entirely. She also presents a variety of flour mix recipes. She has done the kitchen experiments for us and prepared a handy guide. I can't wait to use some of these recipes for potluck.

Punk says

An improvement on Hunn's Gluten-Free on a Shoestring as it doesn't rely on commercial flour blends, but instead it uses three custom blends. You can still use Better Batter or Cup4Cup in most of the recipes, but Hunn also includes her all-purpose Mock Better Batter and Better Than Cup4Cup blends. In addition to those, she also has a gum-free mix, a bread flour mix, and a pastry flour mix.

The recipes are all for appetizer type foods—stuff you can eat with your fingers—sweet and savory, many with "bigger bite" options in case you want to make a meal of it, and some with "make ahead" instructions in case you want to enjoy your party rather than spend the whole night in the kitchen. About half the recipes have pictures and there's not much in the way of storage advice. Measurements are in U.S. volume and sometimes also grams or fluid ounces because why not, and the introduction covers some substitutions for dairy products.

A nice book with a solid theme and good index, but, as always, I'm turned off by the number of custom flour mixes it requires.

Diane says

Good book and recipes. I love the basic gluten free flour (gum free) only 3 ingredients and NO corn starch. It made delicious loaf of bread.

Ira says

I've been following Nicole Hunn's blog "gluten free on a shoestring" for a while now because due to food intolerances we use a variety of different flours and this blog is a real treasure trove for everybody who wants or has to try something different.

"Gluten-Free Small Bites" is proof of that either. It is a wonderful book full of many many delicious little snacks to be eaten at parties or on the go. Sweet like cookies or something like miniature Shepherd's Pies, Wonton Wrappers, Tacos, Burritos, Pizza, Pigs in Blankets...no matter what you're looking for you'll find it in here.

The best thing is that it's not just the recipes themselves but this book enables you to deal with the challenge of gluten free baking by giving tips on the right flour blend for each purpose and how best to work with it among many other things..

The recipes are well structured, easy to follow and illustrated with many delicious looking photographs that will make it very hard to decide where to start because they all look just amazing - and the end products taste amazing as well!

This wonderful book is also well written, even the hard facts about the different kinds of flours and such are never boring or dry to read whereas the recipes are precise and straight to the point.

No matter why you're looking for a gluten free cook book - in my eyes "Gluten-Free Small Bites" is definitely a very good choice!
