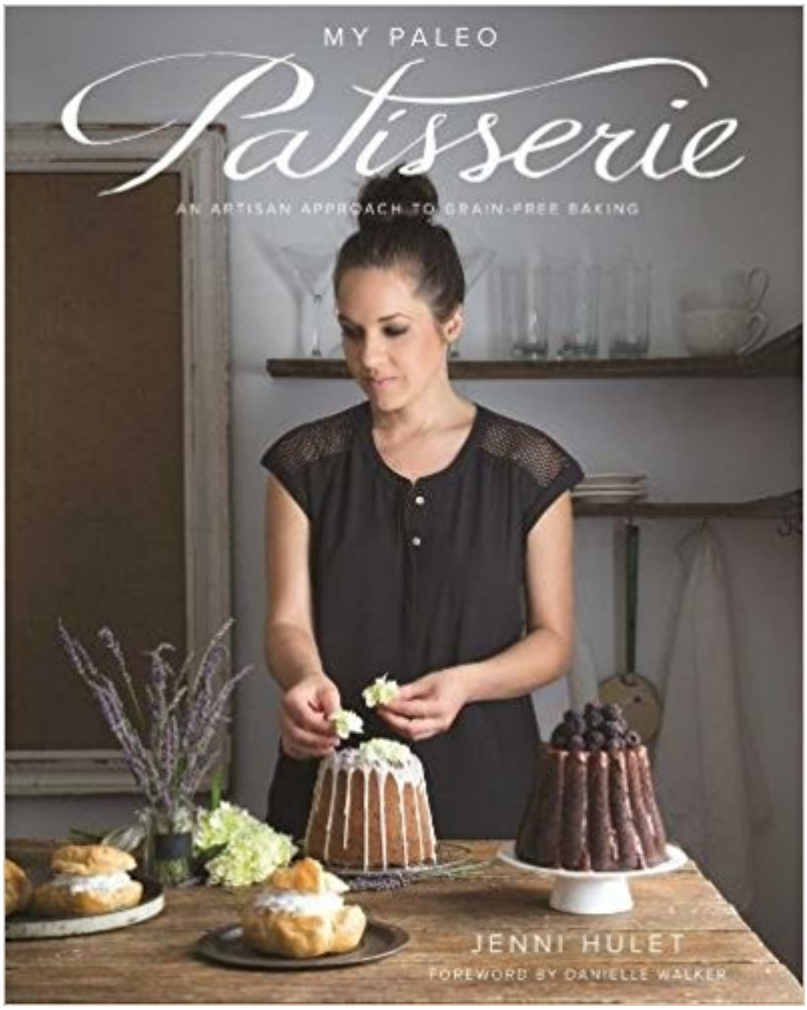
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My Paleo Patisserie: An Artisan Approach To Grain Free Baking



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Synopsis

My Paleo Patisserie gathers all the rich heritage, exquisite elegance, and rustic beauty of traditional patisserie baking and seamlessly melds it with the gluten-free and Paleo-inspired diet.Drawing on over two decades of experience in traditional and modern patisserie baking, Jenni Hulet brings the spirit of patisserie baking alive in this lavishly photographed collection of recipes. Each section of My Paleo Patisserie introduces and adapts the fundamental elements and techniques of traditional patisserie baking for the grain-free baker. With dozens of beloved culinary standards and hundreds of potential recipe combinations, My Paleo Patisserie is an indispensable resource of creative grain-free confectionery.

Book Information

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Customer Reviews

"Jenni Hulet's book, My Paleo Patisserie, is a feast of visual delights and enticing recipes. For anyone who thinks living gluten-free must be about deprivation, your socks will be blown off by the matcha green tea cream puffs with ganache, French apple tart, and black-bottomed banana pies. And croquembouche! Whoever thought there would be croquembouche on a special needs diet? It's such a beautiful book." (Ã¢â ¬â ¢Shauna James ahern author of Gluten-Free Girl Every Day)

Over the course of two weeks in December 2010, Jenni Hulet went from being an active mother, yoga teacher, and chef to being unable to get out of bed because of uncontrollable pain and muscle spasms. After months of unproductive doctor visits, she began to fear that all her creative pursuits were over and that she would have to resign herself to a life of pain management. Eventually, a

doctor was able to identify an emerging autoimmune condition that, though devastating, could be recovered. Jenni was diagnosed as severely gluten and casein intolerant and was put on a strict diet and supplement regimen to heal her ravaged body. The process of facing down her worst fears and walking a lengthy path of recovery inspired a new expression for JenniÃ¢â ¬â„¢s passion: to bring beauty, flavor, and freedom to those struggling with the fear and difficulty of living with health restrictions. It was out of this vision that her blog, The Urban Poser, was born. Bringing together her culinary skills and love of beautiful, celebratory food with her compassion for the suffering, The Urban Poser is a way for Jenni to overcome the adversity in her life with the creativity and exuberance she had once thought were gone forever.

This book is pure genius! I was put in charge of baking a chocolate birthday cake this weekend for a family member’s birthday party and I decided I’d had enough of never being able to eat the cakes I make! I purposefully ordered My Paleo Patisserie last week in the hopes that there’d be a chocolate cake recipe that I could use...and I was NOT disappointed! My family is always making fun of my "weird food" that I have to eat to stay grain and gluten-free so I was a bit nervous about secretly feeding them all a paleo cake. Not only did they not know it was a paleo cake, but they all RAVED about it and said it was one of the best cakes I’ve ever made (I am the designated cake-baker for all special occasions). I even tripled the recipe since it called for one 6-inch cake pan and all I had was 9-inch pans and also needed to feed a lot of people. To say I was happy to be able to finally eat cake with everyone else would be an understatement! I can’t wait to make more of the recipes in this gorgeous cookbook. Thank you so much Jenni for putting so much love and hard work into this cookbook!

This is one of the most beautiful cookbooks I own. With that said and since I’m a visual person, her photos were so perfect that to me it looks like it would take one hours to make something from this book. Anything basic is just that, a basic, plain cake. As you flip through many of the recipes, the first ingredient(s) listed is a recipe (or two, or three) from another page(s). Her creations are more like artwork and although I am retired and have time to make these, I just don’t know if I’d want to spend a whole afternoon and a lot of expensive ingredients on just one cake that may or may not turn out and/or taste fantastic. This is coming from a woman who LOVES to cook and bake and be in the kitchen. I pondered on returning this book, but kept it as I may try one of these "masterpieces" for a special occasion someday. Generally when I order a new cookbook, I dogear the page on items I want to make, but that didn’t happen with this book.

Where to begin there is so much I'd love to say about this cookbook. Recipe's are things your going to want to make,the instructions are clear and easy to follow. The illustrations are wonderful and appealing. The tips are written in such a way that it makes sense and things you may have never thought about. Anything you make from this book surely would impress any sceptical guest on eating grain and gluten free. I am beginning to learn how to cook grain and gluten free from years of traditional cooking and couldn't be happier with this cookbook. Whether newly diagnosed with a medical condition ,lifestyle choice this is a book you must have. For the last year when I've prepared holiday meal I see the fear in my family and friends eyes and hear their hesitation when we have to eat a grain and gluten free menu (like they have no idea what I could possibly fix) but I don't miss the old way of eating just miss a few of the items that make it easier to fix a variety of meals.And this book is the shinning star to make all that possible. One recipe alone in this book will change my life...I can't even eat out due to cross reaction and airborne reactions and now those picnic's are going to be so much better,no more baggy finger foods I will be able to have a true sandwich and dessert!!!!!!!!!

WOW!! Just took my Paleo baking to the next step! Love this book!! The directions are very clear and logical, so although the techniques aren't necessarily for the beginner baker, Jenni takes away the intimidation of this kind of baking. I always write comments when I try a new recipe...all I have needed to write about the ones I've tried so far is "amazing"!! Some people don't like the format of the book where she gives you base recipes for cakes, fillings, toppings...then you can combine in your own way. I thought this would be aggravating but I'm finding it freeing and it has unleashed my creativity! I foresee this being my go-to book for special occasion cooking...or when I want a good quality treat. I'm very pleased so far.

This cookbook is beautiful and inspiring. I love the artisan touch and encouragement to explore, learn, and please all bellies. My almost 3 year old daughter and I baked the Cocoa Ginger Cookies this afternoon and they are delicious. They taste really close to my Aunt's molasses cookies I drool over during the holidays, but Jenni's version has no eggs, grains, or dairy. I loved the texture. I was also able to successfully swap out Palm Shortening with Nutiva's Shortening (blend of coconut and red Palm oil). Thank you Jenni for sharing your creations with us!

Remarkable cookbook. For health reasons, my diet is quite restricted (gluten free, low sugar, etc).

However, I love to bake, and have been addicted to watching The Great British Baking Show lately, just for the entertainment value, since I knew I could never make any of those classic European desserts. After looking at this book, I am beyond thrilled that I was wrong! So many recipes from GBBS are here--tiramisu, choux pastry (can't believe it!), baked Alaska, croquembouche, madeleines, eclairs, and so much more. I'm filled with admiration for the author's creativity and determination to reproduce these classic desserts using nongluten flours and minimal sugar. What a gift to all of us on restricted diets. I just got the book, so haven't tried anything yet. However, the instructions and truly magnificent photography make me optimistic that I'll succeed. I look forward to making something wonderful that I can serve with pride even to people who aren't gluten free. Thank you, Jenni!

Like this cookbook so much I've bought it twice. The person I lent the first one to must have liked it to, because it never came back home. Even if you never make anything but the pate a choux, this book is worth it. I use it as the bread for my banh mi and it's very versatile. It does help to have a stand mixer and a little bit of time to learn if you've never done gluten free baking before.

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