

Hungry & Fussy

Easy & delicious gluten free baking for everyone

by Helen Tzouganatos

ENDORSED BY COELIAC AUSTRALIA

Hungry and Fussy shows that gluten free baking does not need to be characterised by flat, crumbly or rock-hard dishes and can produce dishes to surpass non-gluten free baking.

Helen Tzouganatos has developed and refined **more than 100 new recipes** that are brought together in her debut cookbook. Her recipes have been developed to fit busy lives and all skill levels. No recipe is longer than a page and, where necessary, they each contain comprehensive Thermomix® alternatives that make the dishes even easier to make for those who have this popular appliance.

This book also contains baking tips and substitution ideas for a variety of dietary needs including allergies to dairy, rice or xanthan gum. These recipes not only cater for all levels of gluten intolerance but promise to be the most delicious gluten free dishes available, in a market hungry for gluten free cookbooks that offer real alternatives.

Recipes include everything from custard tarts and coffee pecan slice to fluffy Victorian sponge cakes, and even has instructions for perfect, gluten free basic pastry. They're accompanied by Helen's beautiful photography and styling, all of which she does herself.

'After many years of experimenting with various gluten free ingredients, I can confidently say the recipes in this book will deliver the bounciest bread and yummiest chocolate cake you have ever tasted. Anyone who loves crispy, chewy molten cookies and 'you must give me the recipe' cakes will enjoy this book — gluten allergy or not.'

— From Hungry & Fussy 'Introduction'



Chapters include Bread and Breakfast, Small Cakes, Large Cakes, Pastry, Slices & Bars, Cookies & Biscuits, Grain Free Treats and Basic Essentials.

The Author

Helen is a passionate cook, food stylist and photographer. She discovered she was a coeliac while undergoing IVF in 2007. She quickly became fed up with having to drive ten kilometres and pay over ten dollars for a dense loaf of gluten free bread. She was determined not to let her gluten intolerance get in the way of her love of baking. She started developing gluten free recipes of her own



and has built a rapidly-growing following on Instagram that currently stands at over 14,000 for the simplicity, quality and beautiful presentation of her food. She is part of the new generation of cookbook authors who have built a devoted fan base that eagerly await her new posts on Instagram and on her website at www.hungryandfussy.com.