

Advance Information

Chickpea Flour Does It All

Gluten-Free, Dairy-Free, Vegetarian Recipes for Every Taste and Season



Author:	Lindsey S. Love
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Selling Points:

Seasonal recipes for making the most of chickpea flour - a standout alternative that's versatile, nutritious, and gluten free. Meet the must have it staple for your pantry: Chickpea flour! Also known as gram flour, this gluten free standout (the key ingredient in the French flatbread socca) is high in protein, versatile, and cheap - a step above other wheat flour alternatives.

Description:

In *Chickpea Flour Does It All*, food writer and photographer Lindsay S. Love shows how chickpea flour can shine in sweet and savory dishes alike - especially alongside fresh, seasonal ingredients! Sautéed Pear and Sage Pancakes with Almonds, Chickpea Noodles with Miso-Kale Pesto. Kofta Wraps with Sumac Tahini, Blackberry-Lime Cobbler. Love's recipes are vegetarian and gluten free, and she includes a gorgeous photo of every one. (It's no surprise she has over 40,000 Instagram followers!) Meet the New Must Have It Pantry Staple: Chickpea Flour. Why make chickpea flour your new go-to? Because everyone gluten free or not - will find a reason to love it. This versatile alternative to wheat flour shines in savory and sweet dishes alike. It's been used for centuries around the world, and is famous in Nice, France, where the flatbread socca is enjoyed with a chilled glass of rosé. In this gorgeously photographed cookbook, Lindsey S. Love takes inspiration from her favorite seasonal ingredients, global flavours, and much loved family recipes to create vibrant gluten free, dairy free, and vegetarian dishes where chickpea flour is the star. Gluten free diners especially will be amazed by the variety - nothing's off the table anymore, and taste is never sacrificed. Plus, many recipes are vegan - taking advantage of chickpea flour as a base for vegan sauces and a soy free alternative to tofu. Lindsey's inventive recipes meld sophisticated and subtle flavours and beg to be shared with friends and family at any time of the

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