



Silvana's Gluten-Free and Dairy-Free Kitchen: Timeless Favorites Transformed

Silvana Nardone

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The founding editor of *Every Day with Rachael Ray* reinvents America's favorite dishes for a gluten- and dairy-free world — no compromises to flavor or texture accepted.

“The fact that everything she makes is gluten-free is astonishing.” —*Food & Wine*

When doctors diagnosed Silvana Nardone’s son with intolerances to gluten and dairy, she embarked on a quest to develop dishes for the toughest critics of all: her kids. To do so, she drew on her experience as a professional baker and her work in magazine test kitchens. She deciphered labels and tested obsessively. The result: dishes that taste exactly like their supermarket, bakery, and take-out counterparts, from Cinnamon-Swirl Pancakes to Crispy Chicken Taquitos to Baked Ham-and-Cheese Manicotti. Every mom on the block will want the recipes for her high-rising, light sandwich loaf, deep-dish pizza, and chocolate-chip cookie dough ice cream sandwiches.

Silvana shares every last secret she has learned over the years from her formulations of gluten-free all-purpose flour; pancake, waffle, and biscuit mix; homemade and rich-tasting nondairy substitutes for milk, yogurt, and ricotta; and other essentials that are key to making the best food possible.

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