



Zucker, Judi & Shari Zucker. [The Ultimate Allergy-Free Cookbook: Over 150 Easy-To-Make Recipes That Contain No Milk, Eggs, Soy, Wheat, Peanuts, Tree Nuts, Soy, Fish, or Shellfish](#). SquareOne. 2014. 192p. index. ISBN 9780757003974. pap. \$16.95. COOKING

Cookbooks that address one or two allergens are common these days, but ones that address simultaneously all eight major allergens—milk, eggs, wheat, peanuts, tree nuts, soy, fish, and shellfish—are rare. Such books face a challenge: how to make food taste good without so many staples? And what if everything is meat free as well? The Zucker sisters (*The Ultimate Allergy-Free Snack Cookbook*) assert that, “having food allergies does not mean deprivation,” and they prove it in their latest collection. Recipes are simple and combine fresh, common ingredients to create tasty dishes such as sweet ‘n’ spicy carrot bisque, quinoa confetti, pinto bean and sweet potato chili, and luscious lemon bars. Rounding out the recipes for drinks, snacks, soups, salads, sides, main dishes, and desserts is valuable allergen information and a concluding resource section listing organizations, online support groups, and ingredient sources. The allergen and additional reading materials, along with about 30 recipes, are updated versions that appear in the duo’s snack cookbook. **VERDICT** With its easy, flavorful, and healthy dishes, this allergy- and vegan-friendly collection will delight many. Those with the same allergen concerns but who don’t want to go meatless should take a peek at cookbooks by Cybele Pascal.—Jude Baldwin, Coll. of the Siskiyou, Weed, CA