

A Piece of (Cup)cake

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Greenwich Village's famed Magnolia Bakery in New York City has them, as does Washington D.C.'s Georgetown Cupcakes. Because they were made famous by Chelsea Clinton's vegan and gluten-free friendly wedding, La Tulipe Desserts of Westchester County, New York, certainly has them. In the Midwest, you can find them in Dierbergs in St. Louis as well as in countless bakeries on the West Coast. I'm talking about gluten-free cupcakes, which have gone mainstream in bakeries all across the country.

For a time, most gluten-free varieties only came in one flavor: decadent chocolate. Many bakeries have put their own twist on the classic flourless chocolate cake, perhaps the first and most recognized gluten-free dessert and restaurant dessert menu staple. Made famous by Julia Child, who referred to it as the "dark and delicious cousin of the Quatre Quarts," the signature yellow pound cake that calls for a quarter pound of its four ingredients—butter, eggs, sugar, and flour. Julia named her creation "Le Glorieux," substituting sifted cornstarch for flour, and 5 jumbo-sized eggs instead of four. To the delight of people with a sweet tooth who are on a gluten-free diet, Le Glorieux is probably the easiest way for a bakery to add a gluten-free item to a menu.

As allergen sensitivity awareness increases, bakeries are expanding their menus to meet the needs of their customers. Swirlz Bakery, a Chicago-based bakery, offers gluten-free chocolate peanut butter, red velvet, carrot, banana nutella, and lemon cupcakes, along with vanilla and various dark chocolate and double chocolate cupcakes, on their expansive menu. In Boston, the aptly named

Kickass Cupcakes offers a unique Mojito and Candied Ginger flavored treat. Most cupcakes range from \$2 to \$4 each. Most of us are faced with a budgetary choice: kick the weekly latte habit and choose cupcakes instead? Or does caffeine trump cake?

Delight Gluten-Free Magazine's Piece of (Cup) Cake Guide was created in response to your dilemma! Most people don't realize creating your own cupcakes is easier than one would think, as long as you have the right tools. Creating a Starbucks quality soy latte, however, is a different story. Delight has all the tools you need to create your own Magnolia-quality cupcake in your very own kitchen. Sit back, grab a latte, and pre-heat the oven ... you've got cupcakes to bake!

Cookbooks:



< *Gluten-Free Cupcakes: 50 Irresistible Recipes Made with Almond and Coconut Flour* by Elena Amsterdam

First released in 2009, this complete guide to making crowd-pleasing treats marks its fifth printing in April. Author Elena Amsterdam is the woman behind www.elanaspantry.com, an informative recipe and lifestyle guide for gluten-free readers. With over a million page views per month, Amsterdam is clearly the authority on simple, easy-to-bake yet complex-to-taste baked goods made with almond flour.

Artisanal Gluten-Free Cupcakes: From-Scratch Recipes to Delight Every Cupcake Devotee—Gluten-Free and Otherwise by Kelly and Peter Bronski

The Bronskis' much anticipated cupcake guide, released in June, is one of the latest to hit shelves. Recipes include a re-creation of Kickass Cupcake-esque Mojito flavor, as well as a surprising new flavor profile, Poached Pear-fection.