



# Bubble Child

*Erica von Trapp*

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## **Bubble Child** Erica von Trapp

Bubble Child, written by American chef Erica von Trapp, is a complete and innovative resource for anyone with food allergies and sensitivities. After almost dying from anaphylactic shock at age 10 after eating a Brazil Nut, the Bubble Child chef grew up to become a professionally trained chef in Paris, New York, and Portland, with experience in James Beard award-winning and Michelin-starred restaurants internationally. Miss von Trapp brings us her favorite restaurant and home dishes, all in gluten- and nut-free form, with dairy-, egg-, corn-, soy-, and fish-free modifications. You'll find cuisine inspired by her grandma, anecdotes inspired by her coming of age through cooking, and techniques from years of restaurant work made easy for your home kitchen. Never compromising flavor, and boasting a full range of recipe levels and categories, Bubble Child is a must-have guide for any gourmand to eating delicious, even “taboo” food.

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