



Karen Morgan Blackbird Bakery Owner & Cookbook Author



Born in 1978 into an Italian American family, Karen was always in the kitchen. Although she never received any formal training, her innate knack for all things culinary was clear from a young age.

Her first memories include sitting on the kitchen counter, helping her mother and grandmother pour measured ingredients to create fresh pasta and desserts. Her grandmother taught her the importance of touch, and she always maintained a presence in the kitchen, be it as waitress at local restaurants or just cooking for the weekly family gathering.

In her early twenties, Karen met and married her now ex-husband, Tim Morgan, who was classically trained at La Varenne, the legendary cooking school founded by Anne Willan in Paris, France. With Tim's guidance, Karen acquired the bulk of her classic cooking knowledge.

In 2002, Karen was suddenly diagnosed with Celiac disease and struggled to find desserts that satisfied both her sweet tooth and gourmet palate. After years of experimentation, Karen's destiny as a gluten-free baker became actualized after a 4-month cooking sojourn to France in 2006. The very next year, Karen began posting her own delectable recipes to her blog, [The Art of Gluten-Free Cooking](#).

After an overwhelming response within Austin's baking community, Karen opened Blackbird Bakery, a custom gluten-free bake shop that caters special events, creates custom recipes for local restaurants and supplies gourmet gluten-free baked goods to local businesses.

Fast forward two years, with celebrity clients like pro-surfer Kelly Slater and actresses Lauren Dern and Courteney Cox-Arquette, Karen launched Texas' first online gluten-free gourmet bakeshop, www.Blackbird-Bakery.com. Still sharing savory and sweet gluten-free recipes with her followers, Karen now also blogs about the art and beauty of living a gluten-free life, including reviews on gluten-free beauty and cooking products.

And just in time for this year's holidays, venerable publisher Chronicle Books is releasing Karen's first cookbook, [Blackbird Bakery Gluten-Free: 75 Recipes for Irresistible Desserts and Pastries](#).

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SPECIALIZING IN THE ART OF GLUTEN-FREE COOKING