

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Celiac Cooking Tips

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Many cookbooks are designed for use with gluten-free grains. In addition to recipes, these books provide general information and guidelines for baking and cooking with gluten-free flours and grains.

- Enserink, Betty. *Gluten Free by Grandma: They'll Never Know if You Don't Tell*. Publish America; 2007.
- Fenster, Carol. *Cooking Free: 220 Flavorful Recipes for People with Food Allergies and Multiple Food Sensitivities*. East Rutherford, NJ: Penguin Group; 2005.
- Fenster, Carol. *Wheat-Free Recipes & Menus: Delicious, Healthful Eating for People with Food Sensitivities*. East Rutherford, NJ: Penguin Group; 2004.
- Fenster, Carol. *Gluten-Free 101: Easy, Basic Dishes Without Wheat*. Rev. ed. Centennial, CO: Savory Palate, Inc; 2003.
- Hagman, Bette. *The Gluten-free Gourmet Bakes Bread: More Than 200 Wheat-Free Recipes*. New York: Henry Holt & Company, Owl Books; 2000.
- Hagman, Bette. *The Gluten-free Gourmet Cooks Fast and Healthy: Wheat-Free Recipes With Less Fuss and Less Fat*. New York: Henry Holt & Company, Owl Books; 2000.
- Hagman, Bette. *The Gluten-free Gourmet: Living Well Without Wheat*. Rev. ed. New York: Henry Holt & Company, Owl Books; 2000.
- Hagman, Bette. *More from the Gluten-free Gourmet: Delicious Dining Without Wheat*. New York: Henry Holt & Company, Owl Books; 2000.
- Hagman, Bette. *The Gluten-free Gourmet Makes Dessert: More than 200 Wheat-Free Recipes for Cakes, Cookies, Pies, and Other Sweets*. New York: Henry Holt & Company, Owl Books; 2003.
- Hagman, Bette. *The Gluten-free Gourmet Cooks Comfort Foods: Creating Old Favorites With the New Flours*. New York: Henry Holt & Company, Owl Books; 2005.
- Mallorca, Jacqueline. *The Wheat-free Cook: Gluten-free Recipes for Everyone*. William Morrow Cookbooks; 2007.
- Reilly, Rebecca. *Gluten-Free Baking: More Than 125 Recipes for Delectable Sweet and Savory Baked Goods, Including Cakes, Pies, Quick Breads, Muffins, and Other Delights*. New York: Simon & Schuster; 2002.
- Robertson, Karen. *Cooking Gluten-Free! A Food Lover's Collection of Chef and Family Recipes Without Gluten or Wheat*. 2nd ed. Seattle, WA: Celiac Publishing; 2003.
- Ryberg, Roben. *The Gluten-Free Kitchen: Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat Allergy*. New York, NY: The Crown Publishing Group, Three Rivers Press; 2000.
- Sarros, Connie. *Wheat-Free, Gluten-Free Dessert Cookbook*. New York: McGraw-Hill; 2004.



- Sarros, Connie. *Wheat-Free, Gluten-Free Reduced Calorie Cookbook*. New York: McGraw-Hill; 2004.
- Sarros, Connie. *Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults*. New York: McGraw-Hill; 2004.

## **Avoiding Cross-Contamination**

Cross-contamination can occur when a gluten-free food comes in contact with a gluten-containing food. To avoid cross-contamination at home, take the following precautions:

- Store gluten-free baking supplies and foods in a separate section of your kitchen or pantry. Clearly label as “gluten-free” containers used to hold gluten-free flour and other gluten-free products.
- Use separate utensils, cutting boards, and other cooking tools for gluten-free food items if you are preparing both gluten-free and gluten-containing foods (for example, pasta, sandwiches) at the same time. Or, prepare the gluten-free food first.
- Buy condiments in squeeze bottles. Also, don't “double-dip” knives and spoons used to spread foods like butters, jam, peanut butter, and mayonnaise once they've touched breads made with gluten. This will keep crumbs from cross-contaminating the spreads.
- Buy separate appliances (such as toaster, bread machine, grain mill) for use only with gluten-free foods. If this is not practical for you, make sure to clean appliances well after each use with gluten-containing foods. Reusable toaster bags also are available for use in toasters and toaster ovens. They can be ordered from The Baker's Catalogue at <http://www.bakerscatalogue.com/>.

### **Notes:**