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2nd Edition

Gluten-Free Cooking

FOR
DUMMIES®

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- Make any meal gluten-free
- Create more than 165 delicious gluten-free dishes

Danna Korn

Author of Living Gluten-Free For Dummies

Connie Sarros

Gluten-free cookbook author



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by Danna Korn

*Author of *Living Gluten-Free For Dummies**

Connie Sarros



WILEY

John Wiley & Sons, Inc.

Gluten-Free Cooking For Dummies® 2nd Edition

Published by
John Wiley & Sons, Inc.
111 River St.
Hoboken, NJ 07030-5774
www.wiley.com

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Published by John Wiley & Sons, Inc., Hoboken, New Jersey

Published simultaneously in Canada

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Library of Congress Control Number: 2012949143

ISBN: 978-1-118-39644-5 (ppk); ISBN 978-1-118-43200-6 (ebk); ISBN 978-1-118-43202-0 (ebk); ISBN 978-1-118-43204-4 (ebk)

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1



About the Authors

Danna Korn is also the author of *Living Gluten-Free For Dummies*; *Gluten-Free Kids*; *Wheat-Free, Worry-Free: The Art of Happy, Healthy, Gluten-Free Living*; and *Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy Gluten-Free Children*. Often referred to as “The Gluten-Free Guru” and respected as one of the leading authorities on the gluten-free diet and the medical conditions that benefit from it, she speaks around the world to healthcare professionals, celiacs, parents of celiacs, parents of autistic kids involved in a gluten-free/casein-free dietary intervention program, and others on or considering a gluten-free lifestyle. She has been invited twice to be a presenter at the International Symposium on Celiac Disease, and is frequently featured in the media.

Danna has been researching celiac disease and gluten sensitivity since her son, Tyler, was diagnosed with the condition in 1991. That same year, she founded Raising Our Celiac Kids (ROCK), a support group for families of children on a gluten-free diet. Today, Danna leads more than 100 chapters of ROCK worldwide. She is a partner with General Mills on its gluten-free initiatives and acts as a consultant to retailers, food manufacturers, testing companies, dietitians, nutritionists, and people newly diagnosed with gluten intolerance and celiac disease.

Danna is founder and CEO (Chief Energizing Officer) of Sonic Boom Wellness, a software company that gamifies corporate wellness. Based in Carlsbad, California, Sonic Boom is one of San Diego’s fastest-growing companies.

Connie Sarros is a pioneer in writing gluten-free cookbooks for celiacs, beginning at a time when few people had even heard of the disease. She has written six cookbooks, a “Newly Diagnosed Survival Kit,” and made a DVD that covers all you need to know about gluten-free cooking. She writes weekly menus for people with additional dietary restrictions and distributes two monthly newsletters. Connie is also a staff writer for other celiac newsletters, and she frequently contributes to celiac magazines.

In addition to being a featured speaker at national celiac conferences, Connie travels the country, speaking to celiac and autistic support groups and often meets with dietitians to explain the gluten-free diet.

Cindy Kleckner, RD, LD, is a registered and licensed dietitian and culinary nutrition expert who also co-authored *Hypertension Cookbook For Dummies*. She resides in North Texas and has a nutrition consulting practice, working with many quality organizations including the Cooper Clinic, (www.cooperaerobics.com), Mary Kay Corporation, Dallas Cowboy Football Club,

Enterhealth, and Senior Select Home Health Services. She consults with restaurants to establish nutrition benchmarks and teaches nutrition at Collin College Institute for Culinary Arts and Hospitality to inspire culinary professionals to raise the bar in nutrition. She firmly believes good nutrition and good taste can co-exist.

Cindy works individually with clients as a nutrition coach and in groups through her high energy presentations and culinary demonstrations to educate, motivate, inspire, and entertain. As a former media spokesperson for the Texas Dietetic Association, her passion is to translate the science of nutrition into practical solutions for busy people. When not helping others meet their lifestyle goals, Cindy enjoys competitive tennis, travel, fitness, and gourmet cooking. Cindy is married with two sons who are her master taste testers!

Authors' Acknowledgments

Danna Korn: Books are interesting. Authors get all the glory, publishers get all the money, and everyone in between gets forgotten! Well, let it be noted that I haven't forgotten anyone who has made this and my other books possible, starting first and foremost with my family.

After I finished my first book, I swore I'd never do another. And I've made — and broken — that promise five more times. It's with an immense amount of gratitude that I applaud my kids, who understand that they are my highest priorities, even when I have to bury myself in front of a computer for hours on deadline. To Tyler, who is the reason I felt compelled to help others after I found myself treading in the deep end of the gluten-free pool so many years ago — and to Kelsie, a constant source of optimism and inspiration — both of you fill me with so much pride and joy, and your love and support is truly my greatest motivator. To my hot hubby Bryan, not only are you the love of my life, but you encourage me to keep swimming even when I feel like I'm drowning.

Without “real” recipe writers, this book would be little more than zany concoctions that I made up. So thank you, “real” recipe writers, not only for adding substance and validity to this real cookbook, but for your personal touches that helped make this so much more than just a book of recipes.

I'd like to offer a huge thank you to the amazing team at Wiley Publishing, starting with Mike Lewis, acquisitions editor, who got this book rolling and Chad Sievers, my project editor who kept everything on schedule this second time around. Thank you to everyone for bearing with me on yet another *For Dummies* book, and for your attention to detail, keeping me on track, and for putting up with my retuvenantly quirky sense of humor and the overabundance of made-up words.

Connie Sarros: In January, 2007, I received a phone call from Danna Korn asking if I would like to create recipes for a new book, *Gluten-Free Cooking For Dummies*. From my heart, I thank Danna for this opportunity and for the confidence she had in me. I would be remiss if I didn't also thank her for her patience and guidance throughout this entire venture. She is absolutely amazing!

I am still awed that John Wiley & Sons chose me to assist Danna with a *For Dummies* book. I am sincerely thankful to the publisher and especially to our editors, Mike Lewis and Chad Sievers, for their help and assistance throughout each phase of the book.

None of my six books would have been written at all if it hadn't been for my father, a celiac, who truly delighted in eating good food. And my dear husband: He has been so patient and understanding as, night after night, he would be my official taste-tester. Some nights we had feasts; other nights my good intentions would end up in the disposal and he would smile as he settled for eggs or a cup of soup. The support of my family has been unwavering.

A less obvious "thanks" is extended to the celiacs in the support groups across the nation. Your feedback and your shared stories gave me the needed encouragement to continue to stretch myself, creating new recipes to respond to your expressed needs. My part in the writing of this book would not have been possible without your confidence and support throughout the years.

Publisher's Acknowledgments

We're proud of this book; please send us your comments at <http://dummies.custhelp.com>. For other comments, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

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Introduction

When I was asked to write *Gluten-Free Cooking For Dummies*, I panicked. Sure, I know plenty about the gluten-free lifestyle — I’ve been living (and *loving*) it since 1991, and am proud to frequently be referred to as “The Gluten-Free Guru.” I had already written *Living Gluten-Free For Dummies*, so I was familiar with the format of a *For Dummies* book. So why the panic?

Because although I love to cook, I’m a little — ahem — unconventional in my methods. Take measuring, for example. I don’t. Oh, and recipes? Nope. I usually can’t get past the list of ingredients before going my own way and modifying the recipe to suit my needs.

My ideas for recipes in this book went something like this: “Take a bunch of chicken and sauté it in butter.” (Oops — forgot to tell you to cut it and heat the butter — you should have known that.) “Add a dab of whatever spices sound good to you at the moment — maybe a few globs of diced tomatoes and some veggies. When it’s done, put it on the gluten-free rice noodles” (that I forgot to tell you to prepare in advance). “Voilà! You have chicken stir-fry on noodles!” That didn’t go over too well.

So this book offers you a compromise. I believe in helping people figure out how to make anything gluten-free — without recipes, complicated terms, or ingredients you’ll have to fly to Paris to purchase. Chapter 8 shows you how to do that using simple substitutions that you probably already have on hand.

And for those of you Real Cooks who love recipes, we have Real Recipes written by Real Cookbook Author Connie Sarros. Connie specializes in gluten-free cooking, and her recipes are easy to follow and absolutely amazing. She tends to emphasize good nutrition, which also is a passion of mine, and she introduces unique ingredients that are nutritious, delicious, and offer diverse flavors and consistencies. With *Gluten-Free Cooking For Dummies*, Second Edition, we provide additional recipes with Cindy Kleck’s help. Cindy has done a great job of simplifying some of the more difficult creations.

Although this book focuses on *cooking* gluten-free, it also touches on medical conditions that benefit from a gluten-free lifestyle, nutritional considerations, and other practical questions and issues that you may face being gluten-free.

This, though, isn't as much about lifestyle as it is about cooking. If you're interested in knowing more about living (and loving) the gluten-free lifestyle, read *Living Gluten-Free For Dummies* (John Wiley & Sons, Inc.).

Written in the easy-to-follow-and-incredibly-comprehensive *For Dummies* style, this book is the reference guide you need to help you create incredible gluten-free delights.

About This Book

In this second edition of *Gluten-Free Cooking For Dummies*, we've updated it with a new design so you can find one recipe on one page for easy reference. (Don't you hate having to turn the page when you're cooking, and then get the pages all sticky?) We've also replaced some of the more difficult recipes with 20 or so new, easier recipes written by Cindy Kleck. In this updated edition, you can also find a new chapter on meal-planning with our suggestions to make your life a little less hectic.

Readers had asked for a couple of new recipe sections, and we listened. We've added two new recipe chapters — one on quick-and-easy meals and one on ethnic foods.

Like any *For Dummies* book, this book makes it easy to skip around and read whatever floats your boat at the time. But if you're new to gluten-free cooking, I suggest you read the book in order. There are considerations that you'll want to know about for gluten-free cooking that don't relate to regular cooking, such as cross-contamination. To ensure you're making a safe gluten-free meal, make sure you read Chapter 5 before you start cooking.

Chapter 1 provides an overview of the book, so if you read nothing else, you can at least have an intelligent conversation about gluten-free cooking at the next party you attend. And by golly, won't *you* be the life of the party!

For those of you who've been cooking gluten-free for years, you're probably just dying to dig in and try Connie's and Cindy's amazing recipes. I encourage you to do so, but remember that rules have changed and some things that used to be off-limits on the gluten-free diet no longer are. You may want to take a look at Chapter 3 to see if something you've been avoiding is now considered safe.

By the way, I should mention that the recipes in this book have been tested by the publisher's professional recipe tester, so I'm pretty sure they all work as intended.

Conventions Used in This Book

For *Dummies* books are known for having consistent ground rules and conventions. Some of those used in this book include

- ✔ Made-up words are just part of my vocabulary — you'll get used to it, and they're not hard to figure out. For instance, a *glutenivore* is someone who eats gluten; *glutenated* means a product has been contaminated with gluten. *Glutenilicious* is a scrumptious gluten-free meal, and *glutenologism* is a made-up word having to do with gluten!
- ✔ When I refer to ingredients throughout this book, you can assume I'm referring to the gluten-free version. Soy sauce, for example — I don't say "gluten-free soy sauce" in the ingredients list. You can assume you should use a gluten-free version (please, do I really need to say that!?!?).
- 🍅 Recipes are designated as vegetarian by using a little tomato icon.
- ✔ Nutritional facts accompany all the recipes and are based on the actual ingredients found as the recipes appear in this book. If you make substitutions, the facts may not be valid.
- ✔ Speaking of substitutions, feel free to make them. Chapter 8 offers lots of ideas for being creative when creating your concoctions.
- ✔ A mixture of gluten-free flours works best when baking. Check out Chapter 9 for a gluten-free flour recipe and advice for storing and using gluten-free flour.
- ✔ Milk substitutes can be used in place of milk in most recipes (hence the clever name milk "substitute").
- ✔ Unless otherwise noted, all eggs are large.
- ✔ Butter and margarine are interchangeable.
- ✔ All temperatures are Fahrenheit.
- ✔ When a recipe calls for salt and/or pepper, use regular table salt and freshly ground black pepper.
- ✔ We use 90 percent lean ground beef when a recipe requires that old standby. It tastes good, has the right amount of fat for our purposes, and isn't hard on the budget.
- ✔ All Web addresses appear in `mono font`.

And follow these tips to help ensure your recipes come out tasting scrumptious:

- ✔ Read through the recipe from start to finish before you begin cooking. That way, you'll know what tools and pans you need, what ingredients to set on the counter, how the steps progress, and how much time you'll need.
- ✔ Preheat ovens and broilers at least 15 minutes before you slide the dish in.

What You're Not to Read

Well first of all, I'm impressed that you're reading this. This is the *Introduction*, folks! Aren't you just dying to dig into the good stuff?!? Because you're an introduction reader, you're likely to read all the stuff you don't need to read, but if you *want* to skip something, feel free to skip the sidebars. Sidebars are extra bits of information you'll find in shaded boxes throughout the chapters. I think they're sometimes more interesting than the chapters themselves, but you're welcome to skip them if you'd like.

Foolish Assumptions

When we author types sit down to write a book, we make a bunch of assumptions about our readers — at the same time, you make assumptions about the author. Here are some assumptions I've made about you:

- ✔ You're interested in gluten-free cooking (that one was easy).
- ✔ You're interested because you've been diagnosed with a condition that requires a gluten-free diet, you're cooking for someone who's been diagnosed with a condition that requires a gluten-free diet, or you're interested in being gluten-free for personal interest or health reasons.
- ✔ You're most likely interested in the recipes, but you may also be interested in nutrition, knowing how to make your kitchen as safe as possible for cooking gluten-free foods, and cooking any food gluten-free without the aid of recipes.
- ✔ You may have read the many reasons a gluten-free diet is healthier, and you've decided to give it a try.
- ✔ You're either a newbie and know very little about the gluten-free diet, or you've been at this for a while and are looking for new ideas. Either way, I have you covered.

No matter why you're cooking gluten-free, you'll find that cooking gluten-free is an art form, and one that sometimes takes a little innovation on your part to figure out what is and isn't allowed on the diet.

Likewise, while I've made assumptions about you, you can make a couple of assumptions about me and what you'll read in this book:

- ✔ I'm an expert on the gluten-free diet, and am known to many as "The Gluten-Free Guru." I've been researching the gluten-free lifestyle since 1991, when my son was diagnosed with celiac disease. With absolutely no resources available to me, I set out to learn everything I can — and to help others live and love the lifestyle.

- ✔ Unlike many authors of gluten-free cookbooks or resource materials, I *do* live the lifestyle. Granted, I didn't go gluten-free back in '91 when my son was diagnosed with celiac disease; I didn't "see the light" until 2002, when I was writing my second book and realized gluten isn't good for anyone. I've been gluten-free ever since.
- ✔ Connie, author of the recipes in this book, is gluten-free as well. She's the author of several gluten-free cookbooks and is a sought-after speaker, as well.
- ✔ Although this book is loaded with lots of great information about the medical conditions that benefit from a gluten-free diet, it's not intended to serve as medical advice. See your health-care professional for further guidance if you feel you need it.

How This Book Is Organized

Gluten-Free Cooking For Dummies is easy to navigate. All the parts that should go together do. The book starts out with general information about the gluten-free diet and medical conditions that it benefits; it's an overview of why you might be gluten-free or consider going gluten-free. From there, it gets into preparing to cook, which leads to the recipes. *Gluten-Free Cooking For Dummies* wraps up with the Part of Tens, familiar favorites in all *For Dummies* books. Here's how the four parts break down:

Part I: Preparing for Your Gluten-Free Cooking Adventures

The eight chapters in this part encompass everything but the recipes. Chapter 1 is a brief overview of the entire book. The next seven chapters discuss what is and isn't gluten-free, nutrition, shopping, setting up your kitchen, and figuring out how to cook anything gluten-free — without recipes.

Part II: Mouthwatering Main Courses

Part II dives right in, with recipes for main courses served up by Connie. With an emphasis on nutrition and unique ingredients, Connie's recipes are easy to follow, yet absolutely amazing.

Part III: Dishes to Enjoy Before, After, or Any Time

In this part, you find recipes for appetizers, salads, soups, and snacks. Desserts and baked goods round out this part, with decadent and delicious dishes you'd never guess were gluten-free.

Part IV: The Part of Tens

Without the Part of Tens, a *For Dummies* book is a *For Dum* — it's not finished. All *For Dummies* books finish with a Part of Tens, which in this book consists of two chapters, each with (get this) *ten* tips or ideas relating to gluten-free cooking. You can find one chapter with suggestions for gluten-free comfort foods and another with ideas for cooking gluten-free with the kids.

Icons Used in This Book



Like all *For Dummies* books, this book has icons to call out tidbits of information. Here's what the icons mean:

Can you guess what the Tip icon is for? Yep — it's for calling out *tips* that will help you with your gluten-free cooking.



You'll find friendly reminders throughout this book, marked with a Remember icon that looks like this. These are pieces of information that are important enough to have you make note of.



Text flagged with this icon can keep you out of cooking-related or diet-related trouble.

Where to Go from Here

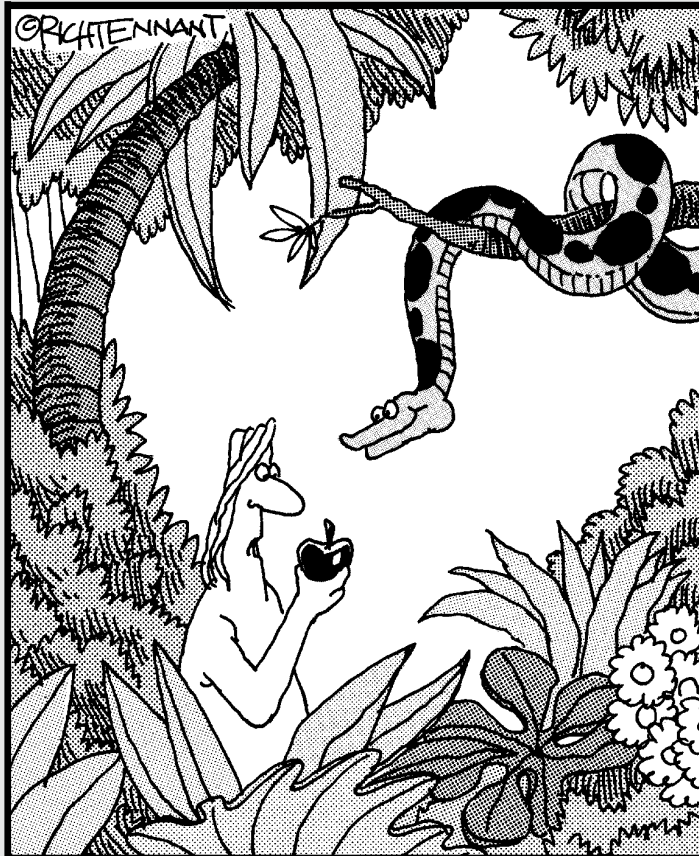
Where to go from here is completely up to you. Like any *For Dummies* book, you can skip around if you want. You may want to curl up in a snuggly chair and read the first part for background information, or you may want to grab your apron (do people still wear those?) and dive into the recipes!

Part I

Preparing for Your Gluten-Free Cooking Adventures

The 5th Wave

By Rich Tennant



"This isn't some sort of fad diet, is it?"

In this part . . .

Here we give you all the preliminary info you need about gluten-free cooking before you dive in and try the recipes. We cover what is and isn't gluten-free, nutrition, shopping, setting up your kitchen, and figuring out how to cook anything gluten-free even when you don't have recipes.