

## A Fork in the Road's

# Cooking for Friends with Celiac Disease or Wheat Intolerance

2008

*Many thanks for your willingness to cook for me! Because even a tiny gluten exposure can make me very sick, here are a few tips to ensure the gluten-free/wheat-free dishes you prepare are safe for me to eat:*

- **Establish a separate area in your cupboards/pantry for GF/WF** cooking supplies and cookware. To get you started, I've included a copy of the CSA Gluten-Free Commercial Product listing. This is a great guide to help you buy GF ingredients. I also brought a few basic supplies that I use frequently, including: GF/WF flour blend that you can use 1 for 1 in your recipes that call for flour, wheat-free soy sauce, xanthan gum for elasticity in baked goods (I usually use ½ teaspoon per 1 cup of GF flour.), GF/WF crackers, mayo, and chicken broth.
- If the recipe you're preparing calls for a commercial food, **check the CSA guide** if you're not sure the brand you have on hand is GF. Before you use anything already open in your fridge or cupboards, ask yourself: Could any of these products have tiny wheat crumbs in them (from double dipping with a knife, then spreading onto bread)? If you're not sure a product is safe, call me, and I'll be happy to bring you a safe brand for your recipe!
- **Avoid using a wooden cutting board or wooden utensils** such as spoons, tongs, spatulas, etc., (Gluten remains in the cracks of wooden kitchenware, e.g.: cutting boards, spoons.)
- Use **plastic utensils** only.
- **Thoroughly clean** your plastic cutting board before use.
- If any GF breads need toasting, call me, and **I'll bring you a separate toaster.**
- If you plan to bake cookies, call me, and **I'll bring you my GF cookie sheets.** (Cookie sheets and other baking pans can be difficult to thoroughly clean, such as aluminum and cast iron.)
- If you plan to bake a GF pie, call me, and I'll bring you my GF pastry mat and rolling pin.
- If you plan to make GF pasta or bread with a pasta maker or bread maker, **clean this equipment thoroughly.**
- **Thoroughly clean your mixer** beaters/dough hooks.
- **Avoid using Sil-Pat or other baking sheets.** These absorb glutes/wheat from past baking and could be a source of contamination.
- **Think carefully about kitchen practices. Example:** If you use a knife to cut through a slice of wheat bread, then go back and slice off a hunk of cheese with the same knife, the remaining block of cheese is contaminated!
- When serving dips with glutenous and gluten-free crackers or chips, **ensure that there is a separate container of dip for the gluten-free eaters. Example:** Dipping a wheat pita chip into salsa contaminates the entire container of salsa with wheat.
- **Consider keeping separate potholders.** It's easy to brush crumbs from one dish into another dish via potholders.