

Important Message Regarding Gluten-Free Recipes

Over the last few years, we've received many requests for gluten-free recipes, not only from folks with Celiac disease who must avoid gluten, the protein in many common grains, including wheat, barley and rye, but also from others who suspect they may have an intolerance or sensitivity to wheat gluten. Good news: *The Looneyspoons Collection* contains a whopping 150 gluten-free recipes!

We scanned every recipe and every ingredient to determine which recipes qualify as "gluten-free." As long as we could source *at least two brands* of a particular ingredient that were gluten-free, the recipe received our gluten-free stamp of approval. We shopped at a regular, well-stocked supermarket, not at a specialty store or health food store. (Specialty stores would provide many more gluten-free ingredient options.) For example, at Greta's local grocery store, one brand of soy sauce contained wheat, while three brands did not. Therefore recipes containing soy sauce are flagged as "gluten-free" because it's easy to buy gluten-free soy sauce. Similarly, there were five brands of prepared broths: three were gluten-free, two were not. So, recipes containing chicken, vegetable or beef broths are also labeled gluten-free. Unfortunately, we couldn't find one brand of gluten-free hoisin sauce at this grocery store, though gluten-free hoisin sauce DOES exist (check specialty stores). To err on the safe side, we decided that any recipes containing hoisin sauce would not be labeled "gluten-free." We hope this makes sense!

It's important to read the labels of all foods, especially if you have Celiac disease. If you have any doubts, contact the manufacturer. If the manufacturer doesn't respond, please let us know and we'll try to help.

In particular, be sure to read the label on the following food items used in our recipes because product formulas can change and ingredients vary by brand:

Bacon and cold cuts	Corn flake crumbs	Ketchup	Salad dressings
Barbecue sauce	Cottage cheese	Mango chutney	Salsa
Beans in tomato sauce	Curry paste	Mustard	Sausages
Canned soups	Evaporated milk	Oats*	Sour cream
Chicken, vegetable and beef broths	Fish sauce	Pasta sauce	Soy sauce
Chili sauce	Hoisin sauce	Peanut sauce	Taco seasoning
Coconut milk	Horseradish	Pesto sauce	Worcestershire sauce*
	Hot sauce	Rotisserie chicken	Yogurt

* In Canada, Lea & Perrins Worcestershire sauce contains malt vinegar (barley), so it's not gluten-free. In the US, it is gluten-free. Heinz Worcestershire sauce is gluten-free. When choosing oats for gluten-free recipes, make sure the bag says "certified gluten-free" on it. People with Celiac disease may or may not be able to eat oats even if they are certified gluten-free.

The Looneyspoons Collection

Gluten-Free Recipes

Appetizers: Come On, Get Appy!

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Let it Bean, pg. 55

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Nacho Ordinary Taco Salad, pg. 57

Soups: Ladle Gaga

Thickening the gluten-free way: If you're making a soup or stew recipe that calls for all-purpose flour for thickening, you can usually substitute cornstarch to make a gluten-free version. Use half as much cornstarch as flour. You might also want to explore arrowroot starch, potato starch or gluten-free flours as thickening agents, but their use can get a bit tricky.

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(Note: replace 3 tbsp all-purpose flour with 1½ tbsp cornstarch to make this recipe gluten-free)

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Pasta: When Ya Hasta Have Pasta

Looking for gluten-free pasta recipes? We encourage you to try some of the new gluten-free pastas on the market, such as those made from brown rice, quinoa, corn, buckwheat or amaranth in our recipes.

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Beef and Pork: It's a Meat Market

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Baked Goods: Bring Home the Bakin’

Looking for gluten-free baked goods? Try our Gluten-Free Flour Blend recipe (in pink box on page 297) in cookies, muffins, brownies and pancakes.

Greta’s Gluten-Free Miracle Brownies, pg. 297

Desserts: House of Carbs

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(Note: choose certified gluten-free oats)

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Miscellooneyous

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(Note: choose certified gluten-free oats)

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(Note: choose certified gluten-free oats)

Splurge-Worthy

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(Note: make sure your barbecue sauce is gluten-free.

Ingredients such as “malt vinegar” and “beer” are not gluten-free. Also, in Canada, many brands of Worcestershire sauce are not gluten-free.)