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## Gluten-Free Complete Guide

# Gluten-Free Complete Guide

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Our Motto: *Why take medications  
when it could be a simple food issue?*

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## Introduction

Gluten intolerance requires that you follow a diet that is completely gluten-free. If you are *sure* that you are gluten intolerant then this is the perfect guide for you.

If you are *not sure* whether you are gluten intolerant we recommend you get *proof* before beginning a gluten-free diet. You can do this using the Detection Diet Journal (free when you register at foodintol.com)

Gluten is present in the following grains: wheat, rye, barley, oats, triticale, spelt and kamut. For more information on these see the [Gluten Intolerance](#) page with Frequently Asked Questions.

The **Gluten-Free Complete Guide** is divided into sections:

- **General Guide** for an overview of what to avoid
- **Tips & Traps** – to avoid common pitfalls
- **Shopping Guide** for assistance on what to buy
- **Meals Guide** for help with different ways of preparing food that is appropriate for a gluten-free diet;
- **Dining Out Guide – for eating at restaurants.** It ranks international cuisines according to how well they fit with a gluten-free diet.
- **Recipes** to make your gluten-free journey easy and enjoyable
- **Trouble shooting** – if you get confused or it is not working

Keep in mind the **Detection Diet**, when used correctly will identify all your food intolerances.

Finally, here's to better health, more energy, more resistance to disease, more motivation and . . . finally, **control** over all your symptoms!

Kind regards

*Deborah*

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**Author: Deborah Manners B.Sc.(Hons) Dip.Ed.** is not a medical or healthcare professional. Ms Manners has multiple food intolerances and presents information from the point of view of the consumer.

## **General Guide**

### Main Points to Note

- **Gluten intolerance is genetic.** Gluten sensitivity runs in families. If you have gluten intolerance then other family members should be aware of the possibility and be encouraged to investigate gluten intolerance. Up to 10% of first-degree relatives: parents, siblings and children will have the condition even if they don't have any apparent symptoms.

(Reference: Peter H R Green MD, FRACP; Director of the Celiac Disease Center at Columbia University; Clinical Professor of Medicine; College of Physicians and Surgeons, Columbia University, New York.)

- **How to get proof of gluten intolerance**  
The only reliable way to get proof of gluten intolerance is to use a journal to track foods eaten and symptoms. There are also blood tests and other clinical investigations but they are not reliable and should not be taken as proof of intolerance.
- **Alternative Grains.** Many alternative grains are available to replace wheat, rye, barley and oats. These include, rice, maize, millet and buckwheat. There are also alternative starches like potato, tapioca, soy and chickpeas. There is also an increasing number of gluten-free products available. In addition you can bake your own.
- **Avoid these grains:** Avoid wheat, rye, barley and oats. Also avoid spelt, kamut and triticale. All contain gluten.
- **Read all labels:** There is *nothing more important* than **reading all labels**. The laws of most countries now require that every single ingredient is listed on food products. So get into the habit of **always reading labels**. If there is no label ask the chef or person who made it. If you don't get exact ingredients - walk away. (It's just not worth 3 days of suffering is it?)
- **Wheat and barley are commercially favoured.** Many of the reasons wheat and barley are used so widely are commercial:
  - ❑ Wheat grows readily in temperate climates making it an excellent food source for feeding millions of people
  - ❑ It performs well in baking because of the high protein content (gluten). (Bread and cakes rise and stay light and fluffy)
  - ❑ And because of this, millions of dollars of research has gone into maximising the gluten content of these grains. This cements wheat's pride of position in the centre of our tables.

- ❑ However some observations during World War II proved very revealing: Hundreds of European children were removed from the constant bombing danger of big cities and housed temporarily on farms. Due to wartime rationing wheat was reserved for the armed forces. So the children on the farms were fed other grains like corn and millet.

Many of these children were sickly and had a history of chronic diarrhea – so they had not been thriving. But after being fed alternative grains, they became healthier and their schoolwork improved. After the war finished and wheat came back in plentiful supply these same children became ill again.

The identification of gluten-bearing grains as the cause of this illness was history’s first explanation of Celiac disease and it was due to the work of Dr Karel Dicke. Reference: [Dr. W.K Dicke](#)

- While there is a comprehensive list below the main food groups to **avoid** while on a gluten-free diet are:

- ❖ **Baked goods:** Bread, cake, cookies, pizza, biscuits, pastries, pies etc.
- ❖ **Sugar** derived from wheat – (on labels as: *glucose syrup (wheat)* )
- ❖ **Processed foods:** canned soups and meats, pasta, take aways etc.
- ❖ **Beverages** made with grain or grain derivatives like MALT:
  - Avoid beer, lagers, ales, stout – all types
  - Malted drinks (e.g. malted milk) and malted milk additives like Milo

(\* However malt whisky and other spirits are okay because they are distilled.)

### Colour-coded tables

The following tables are colour-coded for your convenience:

<b>Avoid items in red table</b>	

<b>Eat freely items in green table</b>	

## Main Foods to Avoid

Below is a large basic guide table with general guidelines on which foods to avoid and suggested substitutes on the gluten-free diet. Use it as a starting reference.

Eat freely those foods in the green part of the table.

## Basic Guide Table to Gluten-Free

Food type	Foods to avoid	Substitutes
Beverages	Beer, lager, ale, stout	Wine (red or white), distilled spirits like whisky ( <i>malt whisky is okay because it is distilled</i> ), gin, brandy, rum, vodka etc. Soft drinks, water.
Beverages	Malted drinks Malted milk additives (e.g. Horlicks) Nestle Milo – made from barley	Plain or flavoured milk drinks without malt. Cocoa, tea, or coffee.
Flour-based foods or grains	Battered foods, e.g. take-away	Grilled fresh foods with no coating
Flour-based foods or grains	<b>Bread:</b> White, wholemeal or multigrain, sourdough, rye bread, rolls, bagels, focaccia.	<b>Gluten-free bread,</b> white corn tortillas, tacos, rice crackers, corn or millet crispbread.
Flour-based foods or grains	Breakfast cereals made with refined processed grains	Gluten-free cereals
Flour-based foods or grains	<b>Cakes,</b> gateaux, muffins, cookies, slices and biscuits.	<b>Gluten-free foods:</b> Home baked cakes, cookies and muffins,
Flour-based foods or grains	Crumbed or breaded foods	Grilled fresh foods with no coating
Flour-based foods or grains	Dessert puddings, fruit pies, cakes & muffins.	Rice pudding, preserved fruit, gluten-free baking.
Flour-based foods or grains	Flat bread, Naan bread, roti, chapatti	White corn tortillas, tacos, rice or millet crackers, corn thins, rice thins, rice cakes.
Flour-based foods or grains	Noodles: hokkien, flour noodles, udon, bah mee, egg noodles, Japanese buckwheat noodles.	Rice noodles: vermicelli, hor fun, pad thai, steamed rice or fried rice.
Flour-based foods or grains	Pancakes, crepes and pikelets	gluten-free foods, rice pudding, milk puddings or fruit

Food type	Foods to avoid	Substitutes
Flour-based foods or grains	Pasta – almost all types.	gluten-free pasta
Flour-based foods or grains	Pastry (eg on take-away foods)	Fresh foods without batter or crumbs.
Flour-based foods or grains	<b>Pastry-based foods:</b> Pastries, croissants, brioche, pies, tarts, scones, crumpets.	<b>Gluten-free foods:</b> Home baked cakes and muffins. gluten-free pasta, cookies and crackers (e.g. rice crackers or corn crispbread)
Flour-based foods or grains	Pizza	Fresh meat or fish
Flour-based foods or grains	<b>Spelt, Kamut and Triticale</b> and any products made from these.	Buckwheat, millet, rice, corn (maize).
Meat & fish	Fresh sausages	Fresh meat
Meat & fish	Preserved or processed meats like sausages, salami, ham, bacon, corned beef, hot dogs, strassburg, meat loaf and chicken loaf.	Fresh meat
Meat & fish	Soups and casseroles and gravies thickened with flour or noodles.	Home made soup and casseroles with gluten-free noodles. Meat and fish cooked in its own juices and not thickened.

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**Foods which routinely contain gluten: avoid all.**

<b>Don't buy . . .</b>
Bakery items – muffins, croissants, pies, slices, buns, doughnuts etc
Beer – all types (contains malt and barley)
Biscuits – most commercial varieties
Bread – all bread and bread products – unless labelled gluten-free
Breakfast cereals – unless gluten-free
Cake mixes, cookie mixes (because they contain refined flour)
Cakes and pastries (because they contain refined flour)
Canned products like soups and casseroles (usually contain flour)
Casseroles and stews
Confectionery – frequently contains wheat starch
Cookies: except gluten-free cookies
Dehydrated sauces and gravies
Dehydrated soups
Dips – often contain breadcrumbs
Flour – unless gluten-free
Focaccia, Turkish bread, naan bread or scaccia
French toast
Pancakes and crepes
Pastry-based products like pies, tarts, pastries, croissants and cheesecakes
Frozen meals (gravies and sauces are thickened with flour)
Ham and ham products (unless labelled gluten-free)
Malt and foods that contain it (malt is a concentrated form of barley)
Meal starters (in a jar – or dehydrated)
Meat products: polish sausage, strassburg, chicken loaf etc
Noodles – usually made from flour
Pasta and pasta meals
Pizza



**Don't buy . . .**

Sauces – thickened with flour, or containing malt

Sausages – usually made with cereals or flour

Seasonings and spices (read labels)

Snack foods

Soup – especially soup with noodles

Stock and stock cubes (often contain wheat flour)

Take-away foods with batter or pastry

Wholemeal, wholegrain cereals

Wholemeal and whole grain snack foods

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## Tips & Traps

Here we present a number of traps that I have fallen into (repeatedly) and had to learn the hard way. You don't have to find out like that. Be warned about the following:

### • GLUTEN TRAP #1

**“New Improved recipe!”** FACT: *Manufacturers change their recipes all the time.* The packet might say “New & Improved” or might say nothing at all. Continue to read labels for ingredients even if you are familiar with the product.

### • GLUTEN TRAP #2

#### Baking ingredients

(A) **Cornflour.** A great deal of ‘Cornflour’ is prepared from wheat. One of the great mysteries of the modern world. Strange but true! Fortunately there **are** a few cornflours produced from maize and therefore gluten-free.

(B) **Icing Mixture.** Commonly known as Icing Sugar in Australia, it is sprinkled over sorbets, fruit salad and other sweets. This free-flowing powder is prepared with starch and contains gluten. **Pure Icing sugar** does not contain gluten. Ask for that instead.

(C) **Baking Powder.** Commonly includes gluten unless labelled gluten-free.

### • GLUTEN TRAP #3

#### Soy milk & Rice Milk

Soy milk and rice milk are not standard products. Each manufacturer has their unique formulation or recipe. Many contain gluten-bearing ingredients like barley, pearl barley, malt and malt extracts. Oat milk contains gluten obviously. Of course these are not suitable for the gluten-free diet. **READ THE LABEL!**

P.S. gluten-free soymilks in Australia are:

- ❖ Sanitarium
- ❖ Soy Life – all varieties
- ❖ Vitasoy – only the ‘So Milky’ variety

### • GLUTEN TRAP #4

#### Ham & Deli Meats

Sliced ham usually contains gluten. Find ham that specifically states it is gluten-free. Other meats in the deli like all sausages, salamis, and meat loaf, chicken loaf, pork german, bologna, cabana etc. are generally off-limits because they contain cereals.

### • GLUTEN TRAP #5

**Sugar from Wheat derivatives:** Sugar may contain gluten! Recently cane sugar (crystalline sucrose) is being diverted into bio-fuels which has raised its price as a food source. So manufacturers are looking to other cheaper sources of sugar. One source is sugar derived from starches especially *wheat*. When you see *wheat* named in brackets in ingredients lists like this:

- Glucose syrup (wheat)

. . . it means the glucose is not pure and may contain gluten. Avoid!

### • GLUTEN TRAP #6

**Restaurant dining** - ask, **ask ASK!** If the waiter doesn't know what's in it, then get the chef to tell you. Tell the waiter you are gluten-sensitive and ask for the chef's suggestions. Most good chefs are happy to prepare individual meals for a gluten-sensitive diner. Refer to **Dining Out Guides**.

### • GLUTEN TRAP #7

**TVP, HVP:** Textured vegetable protein (TVP) and hydrolysed vegetable protein (HVP) are often included in processed foods and meats like sausages. These usually contain gluten. These are terms of convenience for manufacturers and do not stipulate content. Always avoid them.

### • GLUTEN TRAP #8

#### ASIAN FOOD

Gluten intolerant people are eternally grateful for the wide variety of great Asian eating. Chinese, Thai, Malaysian, Indonesian, Indian, Korean and Japanese food is a veritable oasis. But there are a few traps.

- **Malaysian or Chinese noodles.** Make sure you only get rice noodles – Hor Fun (long flat rice noodles) or Vermicelli (thin rice noodles). These are white noodles. Stay away from yellow noodles, flour noodles, egg noodles and udon noodles.
- **Chinese dumplings and Japanese gyoza** – made with wheat flour.
- **Thai noodles.** Enjoy the flat rice noodle. Avoid 'bah mee', made from wheat flour.
- **Japanese noodles – no!** Even though most are made from buckwheat, they also contain wheat flour and therefore gluten.
- **Chinese pork bun** – NO. Made from wheat flour.
- **Chinese Peking Duck** – the pancake wrappers are made from wheat flour.
- **Chinese wontons.** If prepared in the authentic Chinese way these should be gluten-free. But many commercially produced wonton wrappers are now made from wheat flour, rendering them heavy and difficult to chew – apart from being loaded with gluten. Ask, **ask ASK!**

• **GLUTEN TRAP #9**

**Medications and supplements**

These frequently contain gluten or derivatives of gluten. It may not be listed on the label, because usually only the active ingredients are listed there.

You may need to ask your pharmacist to call the drug manufacturer and find out if there is gluten in your medication. Otherwise you can always search on the internet for all the ingredients of your medications – both active and inactive.

You can ask your doctor to prescribe a gluten-free alternative – there is almost always another option!

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## **Shopping Guide**

This guide is laid out as if you are at the shops, e.g. in the supermarket. There are basically five different sections where you buy foods:

1. Fresh: Fruit and vegetables.
2. Chilled: Refrigerated goods
3. Freezer: Frozen goods
4. Bakery: Bread and all baked goods
5. Shelf goods: Long shelf life food products

Some important tips when shopping for the gluten-free diet:

- i. **Never eat preserved meats:** Ham and other preserved meats from the deli are a minefield. Products like salami, pariser, polish sausage, black pudding, weiss wurst, kransky, frankfurts, saveloys, kabana, meat loaf, chicken loaf and anything labelled "manufactured meat" are all off the menu for the gluten-free diet.
- ii. **Avoid processed foods.** Read labels religiously. Most processed foods like dry pasta, noodles, canned products, dehydrated foods and frozen dinners have wheat starch, flour or other gluten-bearing ingredients.
- iii. **Get back in the kitchen!** While the number of gluten-free products in supermarkets is on the increase, you can bake your own. Your enjoyment and appreciation of food will be enhanced if you bake your own things. We provide recipes in all the Complete Guides.

Reducing your intake of starchy, preserved foods is excellent health management – without drugs or therapies. Think about it.

### **FRESH PRODUCE SECTION**

Generally, when shopping in the Fresh Produce section of the supermarket or at a greengrocer, with regard to gluten:

- **Buy anything you like that is fresh and unprocessed.**
- **All fresh fruits and vegetables are gluten-free!**

**CHILLED SECTION**

Generally this means refrigerated products like fresh meat, fresh fish, delicatessen, dairy, eggs and fruit juice.

<b>Don't buy . . .</b>
<b>Dairy desserts</b> – e.g puddings, yogurt snacks, mini cheesecakes
<b>Dips</b> – usually contain breadcrumbs
<b>Fresh pasta</b> or pasta meal kits
<b>Marinated or prepared meats</b> like marinated chicken wings or kebabs with marinades or sauces.
<b>Pasta salad</b>
<b>Preserved meats</b> like salami, cabana, ham, bacon and manufactured meats like chicken or turkey loaf.
<b>Processed or cooked products</b> like pate, salmon mousse and dips.
<b>Sausages</b> – unless labelled gluten-free
<b>Seafood salad, seafood cocktail, crab extender</b> – contain flour
<b>Yogurt snacks</b> – unless gluten-free

<b>Buy these . . .</b>
<b>Dairy foods</b> – all kinds: <ul style="list-style-type: none"> <li>▪ Milk</li> <li>▪ Gluten-free soy milk</li> <li>▪ cheeses</li> <li>▪ yogurt</li> <li>▪ Probiotic drinks (fermented milk)</li> <li>▪ Gluten-free dairy snacks</li> </ul>
<b>Dips</b> – without breadcrumbs or starch, e.g. Hommus (read labels)
<b>Eggs</b> – how ever you like them!
<b>Fresh chicken</b> (without marinade, sauce or coating of any kind)
<b>Fresh fish</b> (without marinade, sauce or coating of any kind)
<b>Fresh meat</b> (without marinade, sauce or coating of any kind) Check labels for seasonings.
<b>Fresh seafood</b> (without marinade, sauce or coating of any kind)
<b>Roast chicken</b> – no stuffing or coating

## **FROZEN FOODS**

<b>Food type</b>	<b>Don't buy</b>	<b>Substitute</b>
Frozen fish	Battered fish	Fresh or frozen fish fillets, no crumbs or sauce
Frozen fish	Crumbed fish	Fresh or frozen fish fillets, no crumbs or sauce
Frozen fish	Fish with sauce	Fresh or frozen fish fillets, no crumbs or sauce
Frozen meat/savouries	Chicken nuggets, Chicken Kiev etc	Fresh chicken without sauce or coating
Frozen meat/savouries	Dim sims	!?!@
Frozen meat/savouries	Prepared roast dinners	Fresh home cooking
Frozen meat/savouries	Fish fingers, fish cakes, fish nuggets.	Fresh or frozen fish fillets, no crumbs or sauce. Home made fish cakes.
Frozen meat/savouries	Hamburgers	Gluten-free hamburger mince
Frozen meat/savouries	Meat pies, sausage rolls, quiches, pasties, Greek pastries	Home baked gluten-free
Frozen meat/savouries	Pizza and pizza subs and pizza slices	Home baked gluten-free
Frozen meat/savouries	Potato wedges, potato gems, nuggets and hash browns	Frozen chips or fresh potatoes
Frozen meat/savouries	Single serve dinners	Home made gluten-free
Frozen meat/savouries	Pasta dinners	Gluten-free pasta
Frozen vegetables	Vegetables with sauce	Fresh or frozen vegetables without sauce
Frozen sweets	Cake, cheesecake, Fruit Danish, Bavarian, sweet slices and muffins	Fresh gluten-free home made
Frozen sweets	Frozen fruit pies and desserts	Gluten-free fruit pies
Frozen sweets	Frozen pastries, croissants	Home baked gluten-free
Frozen sweets	Ice cream or desserts with pastry, cones, wafer or cookie dough	Ice cream, sorbet, gelati.
Frozen sweets	Ice cream with cookies, biscuit pieces or cookie dough	Regular ice cream

## Frozen foods to buy freely:

Food type	Buy these:
Frozen fish	Fish fillets without sauce, crumbs or batter
Frozen meats	<b>Whole turkey or turkey pieces:</b> Turkey breast (no stuffing). Not turkey breast roll or nuggets. <b>Check the label for ingredients.</b>
Frozen meats	<b>Whole chicken:</b> no stuffing , crumbs, coating or sauce. <b>Check the label for ingredients.</b>
Frozen vegetables	<b>Frozen chips</b> – But <b>check label for ingredients.</b>
Frozen vegetables	<b>Vegetables without sauce:</b> peas, green beans, corn, broccoli, carrots, spinach.
Frozen sweets	<b>Fruits:</b> raspberries, blueberries, cherries, boysenberries, mango cheeks.
Frozen sweets	<b>Ice cream</b> - But <b>check label for ingredients.</b>

## BAKERY SECTION

This includes all baked goods like bread, cookies, cakes and pastries.

If we are to avoid gluten it means you should **BUY VIRTUALLY NOTHING IN THIS SECTION.**

Exceptions are:

- ❖ **Gluten-free products like GF bread**
- ❖ **White Corn Tortillas**
- ❖ **Taco shells**
- ❖ **Meringues (check labels)**

Why not bake your own! Recipes enclosed.



## **SHELF GOODS**

This includes all processed, canned and dried food products that are in the centre of the supermarket – packets, bottles, bags and sealed containers.

<b>Don't buy:</b>	<b>Substitute:</b>
<b>Baked beans, spaghetti</b>	Fresh home made meals, gluten-free pasta from Health foods section, Polenta.
<b>Biscuits – dry and sweet</b>	Gluten-free crispbread and cookies from Health food section.
<b>Cakes</b>	Gluten-free cakes from Health food section or home baked.
<b>Canned foods (soup, meat etc.)</b>	Fresh home made
<b>Cereals</b>	Rice porridge, gluten-free cereals (puffed millet, corn flakes without malt extract, gluten-free muesli
<b>Cookies</b>	Gluten-free cookies from Health food section, home baked gluten-free cookies.
<b>Custard powder</b>	Home made sweet white sauce made with cornflour
<b>Dried sauce mixes</b>	Fresh home made without flour
<b>Dried soup mixes</b>	Fresh home made without flour, noodles or pearl barley.
<b>Meal base products</b>	Fresh home made meals
<b>Muesli</b>	Gluten-free cereals or rice porridge
<b>Noodles</b>	Rice, rice noodles, potato, gluten-free pasta
<b>Oat milk</b>	Gluten-free soymilk or cow's milk
<b>Pasta products</b>	Gluten-free pasta, polenta.
<b>Porridge or rolled oats</b>	Rice porridge or gluten-free cereals
<b>Potato mash pre-mix</b>	Home made mashed potatoes
<b>Pickled products made with malt vinegar</b>	Fresh foods
<b>Malt vinegar</b>	White vinegar, balsamic or lemon juice
<b>Sauce bases like gravy mix</b>	Fresh home made
<b>Spreads: Yeast extracts like Vegemite® and Marmite®</b>	Jams, jellies, peanut butter.

## Health foods Section

Most supermarkets have a section for so-called "Health foods". (What does that mean about all the other foods? That they are not healthy for us?)

Anyway you will find a range of products in this section that are specially made for people who care about what they are eating. There are now quite a few gluten-free varieties of almost all kinds of foods. Take some time and peruse the shelves:

Gluten-free products available in Australia

- **Orgran:** (available internationally) cookies, pasta, plain & self-raising flour, pastry mix, buckwheat pancake mix, gluten-free crumbs and bread mix
- **Basco** – cereals and mixes
- **Lowan:** flours and cereals
- **Soymilk** longlife varieties (without barley, or malt)
- **Nuts & nut bars**
- **Dried fruits**
- **Soy flour, brown rice baking mix**
- **Gluten-free confectionery**

## Shelf goods to buy freely:

<b>Buy these:</b>
<b>Bread mix</b> <ul style="list-style-type: none"> <li>▪ Gluten-free bread mix</li> </ul>
<b>Canned fish:</b> tuna, salmon, sardines, herrings in oil or brine
<b>Cereals:</b> <ul style="list-style-type: none"> <li>▪ Puffed corn</li> <li>▪ Puffed millet</li> <li>▪ Corn flakes without malt extract</li> <li>▪ Gluten-free muesli and gluten-free cereals</li> <li>▪ Rice porridge</li> </ul>
<b>Chocolate:</b> milk or dark chocolate (read labels)
<b>Confectionery if gluten-free:</b> some jellies, snakes, chewing gum, chocolate etc.
<b>Cocoa</b> and drinking chocolate
<b>Cookies:</b> Gluten-free cookies from Health food section
<b>Corn chips:</b> all kinds (read labels)
<b>Crackers and crispbread:</b> in regular biscuit section, not Health Foods – but read labels. <ul style="list-style-type: none"> <li>▪ Rice crackers</li> <li>▪ Corn Thins</li> <li>▪ Rice cakes</li> <li>▪ Rice Thins</li> </ul>
<b>Crispbread in Health Foods section:</b> <ul style="list-style-type: none"> <li>▪ Corn crispbread</li> <li>▪ Millet crispbread</li> <li>▪ Rice crispbread</li> <li>▪ Buckwheat crispbread</li> </ul>
<b>Crumbs:</b> Gluten-free crumbs for coating chicken or fish
<b>Flour:</b> <ul style="list-style-type: none"> <li>▪ Gluten-free plain &amp; self-raising flour</li> <li>▪ Rice flour</li> <li>▪ Soy flour</li> <li>▪ Millet flour</li> <li>▪ Chick pea flour (besan flour)</li> <li>▪ Potato flour (potato starch)</li> <li>▪ Tapioca flour</li> </ul>
<b>Jelly crystals</b> – for old-fashioned desserts
<b>Long life milk</b>
<b>Long life Soy milk</b> (if no malt or barley)
<b>Milk additives</b> (if no malt or barley)

<b>Buy these:</b>
<b>Olive oil</b> and other oils
<b>Pancake mix:</b> Gluten-free pancake mix – e.g. buckwheat pancake mix
<b>Pasta:</b> varieties of gluten-free pasta
<b>Pastry mix:</b> Gluten-free pizza and pastry mix
<b>Polenta:</b> corn meal or maize meal
<b>Potato chips</b> (read labels)
<b>Rice</b> – white rice, long grain, brown rice etc.
<b>Rice crackers</b> – all kinds (read labels)
<b>Rice porridge</b>
<b>Snack foods made with rice, potato or corn: <i>Read the label!</i></b> <ul style="list-style-type: none"> <li>▪ Potato crisps</li> <li>▪ Corn chips</li> <li>▪ Cheese flavoured snacks</li> </ul>
<b>Taco kits, Taco shells</b>
<b>White Corn Tortillas</b>

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## Meals guide

### Breakfasts

Use any of the following and your imagination. Have you been eating the same breakfast for years? Now's your chance to break out.

- Eggs – any way you like with toasted gluten-free bread
  - Gluten-free cereal with milk or soy milk
  - Fresh or frozen fruit
  - Yogurt
  - Rice porridge with sultanas
  - Toasted home-made loaf\* with spreads, sliced banana or tomato
  - Jam, peanut butter, honey, cream cheese, meat or fish paste, butter, margarine
- (\*Buckwheat & Polenta Loaf recipe in **Recipes** section)

### Lunches

Many of us eat lunch on the run. That can be difficult if you're observing a gluten-free diet. The following are some ideas:

From home:

- Cold roast meats e.g. Chicken wings, roast lamb or beef
- Hard boiled eggs
- Canned salmon or tuna
- Cherry tomatoes, lettuce, cucumbers, asparagus, grilled capsicum
- Roll-up sandwiches with White Corn tortillas
- Crispbread and crackers with fillings
- Home made gluten-free pasta salads
- Miso soup (dehydrated) with rice crackers
- Fresh fruit

### Buying take aways:

- Sushi, sashimi
- Asian thin rice noodles e.g. Singapore noodles
- Asian flat rice noodles (Hor Fun)
- Baked potatoes with fillings
- Fried rice
- Asian dishes with rice e.g. meat, chicken, seafood or fish with chilli, black bean, sweet & sour, lemon chicken, meat and vegetables – **BUT NO SOY SAUCE, BATTER OR FLOUR NOODLES (FOR MORE DETAILS ON ASIAN FOOD SEE THE INTERNATIONAL CUISINE TABLE IN THE DINING OUT SECTION)**
- Roast meat or chicken with vegetables or salad

- Grilled fish with vegetables or salad
- Egg salad
- Chargrilled steak or vegetables
- Fresh fruit
- Nuts
- Yogurt
- Cappuccino, latte, black coffee or tea

## Dinners

You can have any kind of fresh meat, fish or chicken without marinade, crumbs or other coating. Also lots of vegetables and fruits.

- ❖ Roast beef, lamb, chicken, pork or turkey
- ❖ Grilled steak, chicken breast or fish
- ❖ Gyro lamb or kebabs
- ❖ Omelette with fillings
- ❖ Stir-fry beef, pork or chicken with capsicum, broccoli, carrots, onions
- ❖ Baked fish or chicken, with onions and shallots
- ❖ Braised beef, chicken or lamb with root vegetables
- ❖ Roasted, grilled or steamed vegetables
- ❖ Home baked gluten-free pie or cake (See **Recipes** section.)

For flavour use lemon juice, mayonnaise, Worcestershire sauce, fresh herbs, spices, parmesan cheese, chilli, garlic, pepper, salt and olive oil.

## Discover fresh herbs!

Nothing beats fresh herbs, especially if you grow them yourself:

- Rosemary
- Coriander
- Parsley
- Lemongrass
- Chilli
- Basil
- Bay leaves
- Thyme
- Sage
- And many others

## Snacks

- Gluten-free muffins (see **Recipes** section)
- Gluten-free cookies
- Handful of nuts and dried fruits
- Yogurt
- Fresh fruit

Remember, you might like to go to a restaurant now and again. Don't let the gluten-free regime spoil your social life! See the **Dining Out Guide** below for tips on selecting the most suitable international cuisine.

## Dining Out Guide

It's easy to eat out and stay gluten-free! The guide below is designed to help.

For each of the different nationality cuisines listed below, choose one that best suits your needs as a gluten-free diner. You will see that there are many choices available to you, provided you select carefully from the menu and discuss your options fully with the waiter or (preferably) the chef.

### International Cuisine for the Gluten-free diner

Cuisine	Pitfalls for gluten-free diner	Rating	Solution
<i>Chinese</i>	<i>Soy sauce, barbecued pork (char siew), flour noodles, egg noodles, pork bun, Peking Duck wrappers, wontons</i>	<b>Best: lots of choices</b>	<i>Most of the menu. Ask for rice or rice noodles. Don't use soy sauce.</i>
<i>Indian</i>	<i>Indian bread (roti, naan or chappati), pasta.</i>	<b>Best: lots of choices</b>	<i>Most of the menu. Rice options.</i>
<i>Indonesian</i>	<i>Soy sauce, flour noodles, (bah mee), egg noodles, roti or naan bread.</i>	<b>Best: lots of choices</b>	<i>Most of the menu. Rice options. Don't use soya sauce.</i>
<i>Malaysian</i>	<i>Soya sauce, flour noodles, egg noodles, roti or naan bread.</i>	<b>Best: lots of choices</b>	<i>Most of the menu. Ask for rice or rice noodles. Don't use soya sauce.</i>
<i>Sri Lankan</i>	<i>Roti, naan or chappati</i>	<b>Best: lots of choices</b>	<i>Masala dosai, hoppers, rice and most of the menu.</i>
<i>Thai</i>	<i>Soy sauce. Bah mee noodles are made with wheat flour.</i>	<b>Best: lots of choices</b>	<i>Almost the whole menu. Don't use soya sauce.</i>
<i>Vietnamese</i>	<i>Soya sauce, wontons, egg noodles</i>	<b>Best: lots of choices</b>	<i>Almost the whole menu. Don't use soya sauce.</i>

<b>Cuisine</b>	<b>Pitfalls for gluten-free diner</b>	<b>Rating</b>	<b>Solution</b>
Greek	Bread, flatbread, baklava, dips (usually contain breadcrumbs)	Good: many choices	Char-grilled meats, fish and salads.
Lebanese	Flatbread, cracked wheat, couscous, tabouli, Bulgur wheat.	Good: many choices	Many chickpea and rice options, as well as fish, meat and vegetables.
Japanese	Soya sauce, tempura batter, Japanese noodles, dumplings like gyoza	Good: many choices.	Sushi, sashimi, seared meats and seafood, salads and vegetables.
Mexican	Flour wraps, enchilada, flour tortillas, gordita, burritos, fajita.	Good: many options	Tacos, white corn tortillas, nachos, beans and meat.
French	Most of the cuisine: bread, batters, sauces, cakes, pastries, crepes and desserts	Restricted menu options	Fresh grilled fish, meats, salads, and vegetables.
Italian	Pasta, soup with noodles, bread.	Restricted menu options	Meat, fish, salads etc.
Spanish	Chorizo sausage, bread, pastries, pies.	Restricted menu options	Fresh seared meat and fish, seafood and salads.

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## Recipes for a Gluten-free Diet

This recipe suitable for	Dairy-free Gluten-free Wheat-free Yeast-free	Diets
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<b><i>Buckwheat &amp; Polenta Loaf</i></b>	
Comments	This amazing loaf is a fabulous golden yellow and the texture reminds you how bread should taste. It keeps for up to 3 days (wrapped in tea towel) and is best sliced thinly, toasted then allowed to cool before eating. Crunchy as!
Ingredients	1 cup buckwheat pancake mix 1 cup polenta or maize meal 2 teaspoons GF baking powder 1 teaspoon salt 1 tablespoon caster sugar 1/3 cup water 1 cup GF soy milk (no malt, or barley) 2 eggs ¼ cup oil
Method	<p>Take a 20cm/8 inch loaf pan and brush with olive oil. Then line with baking paper and grease this also.</p> <p>Set oven to hot, 220C. Put all dry ingredients in a large bowl and combine thoroughly. Beat egg and add soy milk, water and oil. Then add these to dry ingredients and stir.</p> <p>Pour into loaf pan and bake for 30 minutes at 220C. Turn loaf and bake for a further 12 – 15 minutes. It is done when a skewer comes out clean.</p> <p>Remove from pan immediately and peel off paper lining. Cool on a wire rack in fresh air to develop crust.</p>
Serve	Serve same day or toasted over next couple of days.

<b>This recipe suitable for</b>	<b>Dairy-free Gluten-free Wheat-free Yeast-free</b>	<b>Diets</b>
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<b><i>Herbed Corn Bread</i></b>	
<b>Comments</b>	Another non-yeast loaf, this one is great toasted and dunked in soup. The herb baking aroma will intrigue the neighbours.
<b>Ingredients</b>	<p>1 ¼ cups GF SR flour                  1 cup polenta or maize meal                  2 teaspoons GF baking powder                  1 teaspoon salt                  1 tablespoon caster sugar                  ½ cup water                  1 cup GF soy milk (no malt, or barley)                  1 egg                  ¼ cup oil                  3 tablespoons mixed herbs (thyme, marjoram, basil)</p>
<b>Method</b>	<p>Take a 20cm/8 inch loaf pan and brush with olive oil. Then line with baking paper and grease this also.</p> <p>Set oven to hot, 220C. Put all dry ingredients in a large bowl and combine thoroughly. Beat egg and add soy milk, water and oil. Then add these to dry ingredients and stir. Put in the herbs but don't mix too much. Leave trails.</p> <p>Pour into loaf pan and bake for 30 minutes at 220C. Turn loaf and bake for a further 12 – 15 minutes. It is done when a skewer comes out clean.</p> <p>Remove from pan immediately and peel off paper lining. Cool on a wire rack in fresh air to develop crust.</p>
<b>Serve</b>	Serve toasted with soup any time over next 2 days. Keep wrapped in a tea towel.

This recipe suitable for	Dairy-free Gluten-free Wheat-free Yeast-free	Diets
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<b><i>Nine Secrets to Fabulous Gluten-free Pastry</i></b>	
Comments	It's not difficult to make gluten-free pastry that's yummy and good to eat. But most people don't know the Secrets! In fact, once you've mastered the tricks, the family will probably prefer it to regular pastry.
Ingredients & Method Method	<p><b>#1 Use a pastry pre-mix</b> The special ingredients in a gluten-free pre-mix pastry are hard to find and even harder to get in the right proportions. Using a pre-mix like Orgran pizza and pastry mix gives you a great starting advantage.</p> <p><b>#2 Work with hard shortening</b> Use hard fat like dairy-free margarine and lard. Yes, old fashioned lard gives the best crispy pastry! Good results are gained from using half lard and half margarine. Never use liquid oil. Never melt the fat before adding it.</p> <p><b>#3 Stay cool</b> Keep the ingredients and mixture cool, especially if working on a hot day. Pastry performs better if cool while being put together. Prepare a jug of water with ice cubes in it for your water requirement. Work with shortening that is straight from the fridge.</p> <p><b>#4 Rub in the fat</b> Wash your hands and fingernails thoroughly. Rubbing in means getting your hands into the mix and squishing the fat in your fingertips and rubbing it into the flour. Keep going until it looks like big breadcrumbs.</p> <p><b>#5 Use minimum water</b></p>

	<p>Make a well in the centre of the dry ingredients and add the water. Use only as much water as the recipe calls for. Don't be tempted to add a little extra if it looks or feels too dry. Stir with a knife and scrape the sides pushing and working the mixture into a dough. Then use your hands and squish it all together. Form it into a ball and turn onto a floured board.</p> <p><b>#6 Need to knead</b>          Yes! Kneading helps even out the texture and work up the pastry's ability to form a crust. Using the heel of your palm, press down in the centre and outwards then fold over and repeat. Rotate the dough as you work. Knead for ~2 minutes and allow to rest in a warm place for 15 minutes. (This could be an oven that has just been switched off and with the door slightly open). After the resting time, knead pastry again and use immediately.</p> <p><b>#7 Rolling GF pastry</b>          Because gluten-free pastry is so sticky it's best to roll it between sheets of greaseproof paper <b>OR</b> just cut the amount you'll need for the pie and push it into shape in the tin with your fingers.</p> <p><b>#8 Bake 'blind'</b>          Once the pastry is in the pie dish line it with greaseproof paper and pour on some dry lima beans (kept especially for the purpose). For the lid, dust the board and rolling pin with flour and roll it to roughly ¼ " thickness. Cut the shapes you need and put them on greased paper on a baking sheet. Bake in a medium oven ~195C for about 20-25 minutes or until golden brown.</p>
<p>Serve</p>	<p><b>#9 Last-minute assembly</b>          Assemble pie when you are ready to serve. Use the pie crust warm or cold. Put cooked filling into pie crust and arrange baked pastry lid pieces on top. Serve immediately for crispy, crumbly yummy pie!</p>

This recipe suitable for	Dairy-free Gluten-free Wheat-free	Diets
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<h2 style="text-align: center;">Cog Wheel Fruit Pie</h2>	
Comments	<p>So named because of how you shape the pie lid to get the best result with GF pastry. It appeals to kids and grown-ups because the crust is tender and crumbly, and an absolute treat for pie-starved gluten-free people. We use apple and nectarines in this recipe but many other fruits are suitable.</p>
Ingredients	<p>1 packet Orgran Pizza and pastry mix 65g lard 65 g dairy-free margarine (e.g. Nuttelex) 150ml ice water 3 tablespoons caster sugar Rice flour or other GF flour for dusting 1 can pie apple 5 small ripe nectarines ½ teaspoon mixed spice ½ cup water 6 cloves Further sugar for sweetening fruit (optional) Crinkle edge scone cutter or cookie cutter gluten-free soymilk for glazing</p>
Method	<p><b><i>Make sure you refer to the 9 Secrets of Fabulous GF Pastry for this recipe.</i></b></p> <p>Pre-heat oven to 195C. Thoroughly grease a 23cm quiche pan (removable base) with margarine. Sift full contents of pastry mix into a bowl. Rub in the lard and margarine and add sugar. Make a well in the centre and add water. Form into dough.</p> <p>Turn it onto a floured board and knead for ~ 1 minute. Leave in a warm place for 15 minutes, knead again and cut in half.</p> <p>Put one half into quiche pan and spread out with the fingers. Cut the other half in two and set one part aside to use another day. Roll the remainder out to about ¼ " thickness. Then with a crinkle edge scone cutter or cookie cutter press out 1 small and 5 large shapes and place on a greased baking sheet. Brush with gluten-free soy milk.</p>

	<p>Freeze left over pastry.</p>
<p><b>Cook</b></p>	<p>Bake "blind" at 195C for 20-25 minutes or until golden brown. (Refer to <b>9 Secrets</b>)</p> <p>Put pie apple, sliced nectarines, spices, sugar and water into a saucepan and cook gently for 15 minutes.</p>
<p><b>Serve</b></p>	<p>Use the pie crust warm or cold. To serve, put cooked fruit into pie crust and arrange cutout pieces with the small one in the centre and the 5 bigger ones around it, to look like cog wheels.</p> <p>Serve with appropriate topping for your diet: cream, ice cream, GF DF custard, or soy ice cream.</p>

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<b>This recipe suitable for</b>	<b>Dairy-free Gluten-free Wheat-free</b>	<b>Diets</b>
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<b><i>Best Blueberry Muffins</i></b>	
<b>Comments</b>	Appealing to look at these muffins are popular with children and grown-ups. Vary the recipe with raspberries or mixed berries.
<b>Ingredients</b>	2 ½ cups self-raising GF flour ¼ cup caster sugar 1 teaspoon GF baking powder 2 eggs ¼ cup oil ½ cup GF soy milk ½ cup apple juice 200g frozen blueberries
<b>Method</b>	<p>Spray muffin pan with oil then use paper muffin cases and spray these as well. Pre-heat oven to 190C.</p> <p>Sift flour into a large bowl, add caster sugar and baking powder. Beat the eggs, add oil, soy milk and apple juice. Stir well.</p> <p>Add the frozen blueberries last and stir <i>just enough</i> to spread them around. If you stir too much or use thawed berries they stain the mixture with their dark juice. Whole berries are much more fun to find when you bite!</p> <p>Work quickly (before berries thaw) to fill muffin cases two thirds full. Then bake for ~25 minutes until risen and fluffy. When a skewer comes out clean, and they get that hardly audible soft crackle, they are done. Turn out of pan and cool on a wire rack.</p> <p>Makes ~15 muffins.</p>
<b>Serve</b>	Serve warm on the same day or freeze. To re-heat microwave on High for ~25 seconds.

This recipe suitable for	Dairy-free Gluten-free Wheat-free	Diets
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<b><i>Choc-sultana Muffins</i></b>	
Comments	An easy muffin recipe. Freeze these and take one with you when you go out. By mid-morning it will have thawed. Then enjoy your coffee break like everyone else!
Ingredients	<p>1 cup GF flour                  2 teaspoons GF baking powder                  ½ cup sugar                  2 tablespoons cocoa powder (dairy-free)                  ¼ cup sultanas                  1 egg                  2 tablespoons oil                  1/3 cup soy milk                  ½ cup water</p>
Method	<p>Use plenty of spray oil on the muffin pan, then put in paper muffins cases and spray these too. This can be a very sticky mixture and bakes hard onto the tin.</p> <p>Sift flour and combine all the dry ingredients in a large bowl. Beat the egg, add oil, milk and water in a small bowl. Then pour into the dry ingredients and stir.</p> <p>Fills the muffin cases 2/3 and bake at 180C for ~25 minutes. They are done when they spring back to a light touch in the centre.</p> <p>Makes 9 muffins.</p>
Serve	As with all muffins, best eaten on the same day. However these freeze well. To re-heat, slice and toast under griller or microwave on High for 20 seconds.

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<b>This recipe suitable for</b>	<b>Dairy-free Gluten-free Wheat-free</b>	<b>Diets</b>
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<b><i>Spicy Fruit Muffins</i></b>	
<b>Comments</b>	Using buckwheat pancake mix gives a pleasant quality and texture to these quick and easy muffins. And they fill your kitchen with that spicy baking fragrance.
<b>Ingredients</b>	<p>1 cup buckwheat pancake mix                  ¼ cup GF self-raising flour                  2 teaspoon GF baking powder                  ½ cup caster sugar                  ½ cup chopped apple (or sultanas, pears)                  1 teaspoon mixed spice                  1 egg                  4 tablespoons oil                  ½ cup soy milk                  ½ cup water</p>
<b>Method</b>	<p>Grease muffin pan with spray oil then use paper muffin cases and spray these as well. Pre-heat oven to 190C.</p> <p>Combine all dry ingredients in a large bowl. Beat egg and mix with soy milk, water and oil. Fill muffin cases to only 2/3 full then bake for ~25 minutes. They are done when they spring back to a light touch.</p> <p>Makes 9 muffins.</p>
<b>Serve</b>	Eat on the same day or freeze individually. Re-heat by slicing and toasting under the griller or microwave on High for 20 - 25 seconds. A little dairy-free margarine if you like.

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<b>This recipe suitable for</b>	<b>Dairy-free Gluten-free Wheat-free</b>	<b>Diets</b>
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<b><i>Rich Chocolate Dessert Cake</i></b>	
<b>Comments</b>	Lighter than flourless cakes, the whole family will think this is regular rich chocolate cake. Finished with a dusting of icing sugar and crimson raspberries it looks like a French gateau.
<b>Ingredients</b>	125g dark dairy-free chocolate 100g dairy-free margarine 100g caster sugar 100g almond meal 3 large eggs 1 tbsp brandy 1 tbsp strong black coffee 100 ml water 100g GF self-raising flour 300g raspberries, fresh or frozen Pure icing sugar for dusting
<b>Method</b>	<p>Separate the egg whites from the yolks and set aside. Grease and line a quiche pan (removable base) with greaseproof paper. Then grease the paper as well.</p> <p>Melt the chocolate over hot water and mix in the hot coffee and brandy. When combined add the margarine and roughly 3/4 of the caster sugar and remove from the heat. Stir in the almond meal, sifted GF flour, water and lightly beaten egg yolks.</p> <p>Whip the egg whites with the remaining caster sugar until it forms stiff peaks. Gently fold these into the chocolate mixture. Pour the mixture to two thirds full in the quiche pan. Do not use more mixture than this because it will rise and spill in the oven. (If there is any left over you can make a few individual Rich Chocolate Puddings.)</p> <p>Bake at low heat ~ 170 degrees for about 20 minutes. Then carefully turn the cake around in the oven to ensure it rises evenly. Bake for a further 20 - 30 minutes. It is baked when it springs back to a gentle touch in the centre.</p>
<b>Serve</b>	Allow to cool in the pan. Turn upside down onto a plate, dust with icing sugar and smother in frozen raspberries 10 minutes before serving.

<b>This recipe suitable for</b>	<b>Dairy-free Gluten-free Wheat-free</b>	<b>Diets</b>
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<b><i>Moist Orange &amp; Almond Cake</i></b>	
<b>Comments</b>	This is a flourless cake, and just as the name says it is morish because of its <i>zing</i> flavour and moist texture.
<b>Ingredients</b>	1 medium orange The zest of an additional orange 3 large eggs 1 cup caster sugar 300g almond meal ½ teaspoon GF baking powder Natural soy yogurt to serve
<b>Method</b>	<p>Pre-heat oven to 150C. Grease a 20 cm round cake tin and line the base. Boil the orange for 10 minutes, drain and peel and take out pips. Process the fruit in a blender then press it through a sieve. Keep the rich juice and throw the pulp.</p> <p>In a large bowl beat sugar and eggs until thick. Mix in almond meal, baking powder, orange juice and the zest of the other orange. Pour into the tin and bake for 45 minutes, or until the top is spongy and lightly browned.</p> <p>Cool 5 minutes in tin then turn out onto a wire rack.</p>
<b>Serve</b>	Serve warm with a dollop of natural soy yogurt.

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<b>This recipe suitable for</b>	<b>Dairy-free Gluten-free Wheat-free</b>	<b>Diets</b>
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<b><i>Mandarin Cake</i></b>	
<b>Comments</b>	Rich and moist and visually appealing when decorated with mandarin segments.
<b>Ingredients</b>	<p>3 mandarins                      4 large eggs                      ¾ cup caster sugar                      200g almond meal                      1 teaspoon GF baking powder                      Mandarin segments (canned)                      Coconut cream to serve</p>
<b>Method</b>	<p>Put mandarins in saucepan, cover with water and boil for 1 hour. Take out the pips then puree everything. You will need 1 cup of the puree.</p> <p>Beat the eggs and caster sugar until thick and fluffy. Add puree, almond meal and baking powder.</p> <p>Pour all into a greased spring form baking pan and bake for 40 minutes at 160C.</p>
<b>Serve</b>	Remove the outer part of the tin leaving the base as a serving platter. Top with mandarin segments and serve with natural soy yogurt or whipped coconut cream.

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This recipe suitable for	Dairy-free Gluten-free Wheat-free	Diets
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<b>Gwyneth's Carrot Cake</b>	
Comments	A scrumptious carrot cake with no apologies for being allergy-friendly!
Ingredients	<p><b>Cake</b>            1 ½ cup Grated Carrots            ½ cup Chopped Walnuts            2 Eggs            1 cup Castor Sugar            ¾ cup Oil            1 tsp Vanilla            1 cup Gluten-free Plain Flour            1 tsp Bi-Carb Soda            1 tsp Mixed Spice</p> <p><b>Frosting</b>            300g Pure icing sugar (gluten-free)            125g SOY Cream Cheese, cold            70g margarine, room temp</p>
Method	<p><b>Cake</b>            Mix sugar, egg, oil and vanilla. Beat well till smooth. Stir in carrots and walnuts. Add flour, soda and spice. Cook in moderate oven (180) for 50 mins. Cool in tin for 10 mins before turning out.</p> <p><b>Frosting</b>            Beat the icing sugar and margarine together with an electric mixer until well mixed. Add the soy cream cheese in one go and beat until it is completely incorporated. Turn the mixer up to medium high. Continue beating until the frosting is light and fluffy, at least 5 minutes. Do not overbeat, as it can quickly become runny.</p>
Serve	Chill briefly, slice and serve – it needs no accompaniment whatsoever!

This recipe suitable for	Dairy-free Gluten-free Wheat-free	Diets
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## ***Dark Chocolate Panforte with Apricots, Cherries, Hazels & Figs***

Ingredients	<p>You will need a small tin 15cm diameter – springform is good – to facilitate removal. <i>(It's really worthwhile getting one of these because you will make this recipe over and over!)</i></p> <table> <tr> <td>40g roasted hazel nuts</td> <td>½ teaspoon ground ginger</td> </tr> <tr> <td>50g roasted almonds</td> <td>½ teaspoon cinnamon</td> </tr> <tr> <td>70g pistachios</td> <td>½ teaspoon ground fennel</td> </tr> <tr> <td>10g powder cocoa</td> <td>½ teaspoon ground white pepper</td> </tr> <tr> <td>55g rice flour</td> <td>Pure icing sugar for decorating</td> </tr> <tr> <td>70g dried soft figs</td> <td>60g dried apricots</td> </tr> <tr> <td>60g dried cherries</td> <td>60g soft sultanas</td> </tr> <tr> <td>80g dark chocolate, broken</td> <td>160g honey</td> </tr> <tr> <td>100g powder sugar</td> <td></td> </tr> </table>	40g roasted hazel nuts	½ teaspoon ground ginger	50g roasted almonds	½ teaspoon cinnamon	70g pistachios	½ teaspoon ground fennel	10g powder cocoa	½ teaspoon ground white pepper	55g rice flour	Pure icing sugar for decorating	70g dried soft figs	60g dried apricots	60g dried cherries	60g soft sultanas	80g dark chocolate, broken	160g honey	100g powder sugar	
40g roasted hazel nuts	½ teaspoon ground ginger																		
50g roasted almonds	½ teaspoon cinnamon																		
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70g dried soft figs	60g dried apricots																		
60g dried cherries	60g soft sultanas																		
80g dark chocolate, broken	160g honey																		
100g powder sugar																			
Method	<p>Preheat oven to 125 degrees Celsius fan-forced (145 degrees conventional oven).</p> <p>Grease the 15 cm tin, then also line with paper and grease that as well. Use a food processor to chop the almonds and hazels. Sift cocoa and flour together into a bowl. Add spices and dried fruit then mix in chopped nuts, whole pistachios and chocolate pieces until all are well blended.</p> <p>To stick this mixture together - put the caster sugar and honey into a saucepan and warm over low heat. Keep stirring until it boils gently for a minute or two.</p> <p><b>Now work quickly!</b> Add the sugar/honey mixture to the dry ingredients in the bowl. Stir until combined (it gets VERY sticky as it cools so be prepared for a battle getting it out of the bowl!)</p> <p>Press the mixture into the lined tin – it should be about 4-5cm thick. Dust top with pure icing sugar and bake for 20 minutes.</p> <p>When it comes out of the oven it will be soft – but it will become firmer upon cooling.</p>																		
Serve	<p>Wait until completely cooled before slicing thinly.          Serve with good black coffee.          Of course this <b>panforte</b> keeps beautifully in a tin or airtight container. Enjoy!</p>																		

## Trouble Shooting

If you still have **ongoing symptoms despite following a gluten-free diet** there are several possible reasons and things you can do:

1. **A different food intolerance** – You may have *some other* food intolerance – not the one you thought - say dairy, yeast or fructose.
  - You could use one of the other **Complete Guides** e.g. dairy-free or yeast-free and see if you can identify your problem foods that way.
  - Or you could investigate by using the **Detection Diet 21 Day Journal**.
2. **An additional food intolerance** - Many sensitive people have more than one intolerance – it is quite common. To figure this out you need a purpose-designed journal like the Detection Diet.
3. **Accidental ingestion of gluten** - You may have found the right guide to use – but some gluten is still getting in to your diet accidentally.

To figure this out go back through your refrigerator and your pantry and re-read all labels. If the food does not have a label – throw it away. You need to know what you are eating.

Then look very hard at all your supplements and *medications*. Many contain gluten in some form. Refer to **Gluten Trap #9** in the earlier section.

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