

Gluten-Free Sources and Products

America's Test Kitchen Provides two terrific cookbooks with the science behind the recipes. This guides me in all my food prep; they have a recipe for a gf flour one mixes and uses for making their breads and pastries. Their pie crust and chocolate chip cookies are incredible!

I make my own "rye" bread using their Olive Rosemary bread recipe, but altering the recipe with some substitutions. If interested you can contact me for this recipe.

I Can't Believe It's Gluten-Free, volumes 1 & 2

Products

Use products, including rice flour or corn meal marked gluten-free. Even though these are not gluten, they might be processed where other flours are ground. Bob's Red Mill is so good and careful.

Use gluten-free (labelled so) Baking Powder

For Kugel: Jovial Taglietelle is a gf noodle which I use for kugel. Undercook the noodle so it is still *al dente* before mixing other ingredients for baking. Most markets carry corn flakes labelled gluten free if you wish to top the kugel with crushed corn flakes.

I have used Bob's Red Mill, Pamela's mixes and liked them both. Pamela's pancake mix is terrific.

Since we eat lots of dairy foods on Shavuot, Brazil bites of every flavor are perfect. They are made with cheese and tapioca flour and are gf.