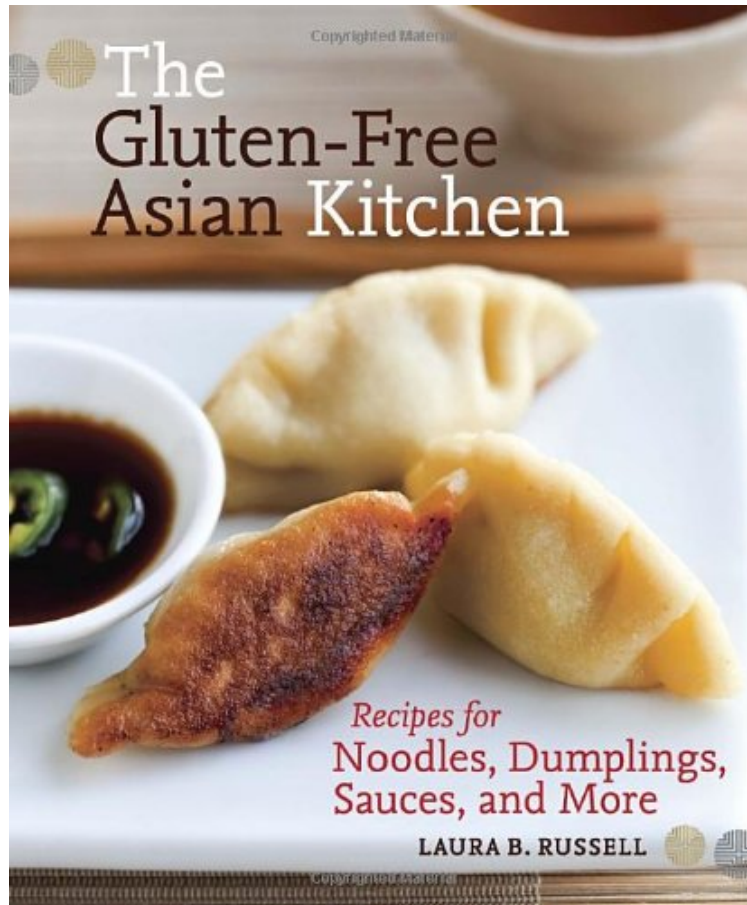


[Free pdf] The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More

The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More

Laura B. Russell

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Laura B. Russell : The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More:

3 of 3 people found the following review helpful. Great dumplings! By Sticher Navigating Chinese restaurants and Asian markets from a gluten free perspective can be a mine field. This book includes information on identifying where gluten lurks in Asian ingredients and which ingredients/brands to choose. This information allows you to convert many Asian recipes from other sources to gluten free. The recipes in this book include Chinese, Japanese, Korean and Thai; some of them are inherently gluten free without anyway like Vietnamese salad rolls. But the recipe for Gingery Pork Potstickers (cover photo) alone is worth the price of the book! 7 of 7 people found the following review helpful. Great Recipes By Pullmanite Since my husband is gluten intolerant I were unable to have potstickers for family meals. This book has remedied that situation. I have tried a few recipes out of this cookbook. The potsticker one was worth

the purchase of the book. Delicious! Other recipes I have tried teeter on the side of very spicy/hot so be careful if you don't like the spicy side of Chinese food. The instructions are very thorough and much time is spent on helping the cook find gluten free replacements for ingredients. Some of it I already knew about but for someone just starting out it would be very helpful. 0 of 0 people found the following review helpful. Great for those with Celiac and/or gluten intolerances. By Lisa Roth: Have tried 3 of the recipes so far and they've been wonderful. Since being diagnosed with Celiac Disease, I've struggled finding good gluten free recipes that don't taste like cardboard. Already using rice noodles, but now I can go back to dumplings and other sauces I've missed.

For the estimated three million Americans suffering from Celiac disease, wheat allergies, and severe gluten sensitivities, Asian food is usually off-limits because its signature ingredients—noodles, soy sauce, and oyster sauce—typically contain wheat. In the *Gluten-Free Asian Kitchen*, food writer Laura B. Russell shows home cooks how to convert the vibrant cuisines of China, Japan, Korea, Thailand, and Vietnam into gluten-free favorites. Authentically flavored dishes such as Crispy Spring Rolls, Gingery Pork Pot Stickers, Korean Green Onion Pancakes, Soba Noodles with Stir-Fried Shiitake Mushrooms, Salt and Pepper Squid, and Pork Tonkatsu will be delicious additions to any gluten-free repertoire. Along with sharing approachable and delicious recipes, Russell demystifies Asian ingredients and helps readers navigate the grocery store. Beautifully photographed and designed for easy weeknight eating, this unique cookbook's wide range of dishes from a variety of Asian cuisines will appeal to the discriminating tastes of today's gluten-free cooks.

.com Featured Recipe: Chicken and Vegetable Yakitori Serves: 4 as a main dish, 6 as an appetizer
Ingredients 1 1/2 pounds boneless, skinless chicken thighs, cut into 1-inch cubes
6 green onions, white parts only, cut into 1/2-inch lengths
1 green bell pepper, cut into 1-inch dice
1/4 pound cremini mushrooms, wiped clean, halved or quartered if large
2 tablespoons vegetable oil, plus more for oiling the grill
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
3/4 cup store-bought GF (gluten-free) or homemade teriyaki sauce (page 26), divided
1 teaspoon grated orange zest (from 1 orange)
12 small bamboo skewers, soaked in water for 15 minutes, or use metal skewers
Instructions Thread the chicken, green onion, green pepper, and mushrooms onto the prepared skewers, alternating the chicken and vegetables. Leave a bit of space between each piece to encourage even cooking. Transfer the threaded skewers to a plate. Brush the oil over the chicken and vegetables and then sprinkle with the salt and pepper. Preheat the grill to medium. Put about 1/3 cup of the teriyaki sauce in a small bowl for basting. Mix the orange zest with the remaining teriyaki sauce to use as a dipping sauce. Oil the grill racks to keep the chicken from sticking. Grill the skewers, turning occasionally and basting with the reserved teriyaki sauce, until browned and cooked through, about 12 minutes. Serve with the teriyaki-orange dipping sauce. Variations: Skewer 1 1/2 pounds large shrimp, cubes of steak, or chicken breast instead of the chicken thighs. And try zucchini, asparagus, or cherry tomatoes instead of the mushrooms, peppers, or onions. You can also choose just one of the vegetables for the skewers instead of all three. Heads up: If you choose to make your own teriyaki sauce (page 26) for this recipe, you can prepare it up to 2 weeks ahead.
Featured Recipe: Teriyaki Sauce Makes: about 3/4 cup
Ingredients 1/2 cup mirin
1/4 cup soy sauce or tamari GF
2 tablespoons honey
2 thin slices unpeeled fresh ginger
1 clove garlic, smashed
Pinch of red pepper flakes
Instructions In a small saucepan, combine the mirin, soy sauce, honey, ginger, garlic, and red pepper flakes. Bring to a boil. Lower the heat and simmer until thickened, about 10 minutes. Remove the ginger and garlic. The sauce will keep, covered, in the refrigerator for about 2 weeks. “This book proves that Asian food can accommodate a gluten-free diet, and it is an excellent introduction to Asian cooking even for those who don't have gluten allergies.”—Library Journal, 6/15/11 “With this book, Laura Russell helps more people enjoy Asian cooking. Her work is chock full of tantalizing recipes and practical information.” —Andrea Nguyen, author of *Into the Vietnamese Kitchen* and *Asian Dumplings* “The *Gluten-Free Asian Kitchen* is a marvelous cookbook that brings wonderful diversity to our gluten-free lifestyle. Informatively written and beautifully photographed, it is your invitation to mouthwatering Asian cuisine that will tantalize your taste buds and have your family and guests clamoring for more.” —Carol Fenster, award-winning author of *100 Best Gluten-Free Recipes* “Laura Russell's debut cookbook delivers mouthwatering recipes with reassuring headnotes. This is an amazing book and one that is much needed for those of us who crave Asian foods but need to eat a gluten-free diet.”—Diane Morgan, author of *The New Thanksgiving Table* and *Gifts Cooks Love* “I'm so excited to see *The Gluten-Free Asian Kitchen* in the world. Laura Russell clearly cares deeply about feeding us great food—like Sweet Potato Noodles with Beef and Vegetables, Steamed Sea Bass with Sizzling Ginger, and Korean Green Onion Pancakes—without any fear of us growing sick. Finally I can learn how to make dumplings, gluten-free!”—Shauna James Ahern, author of *Gluten-Free Girl* and the Chef
About the Author Laura B. Russell is the former associate editor of *Food Wine* cookbooks, the “Gluten Freedom” columnist for the *Oregonian*, and a frequent contributor to *Prevention* magazine. She has followed a gluten-free diet since 2007. Visit www.laurabrussell.com.