

# Gluten-free resource guide revised

Tastefully



Margo Embury

New companies, new products, in one year there are over 260 new gluten-free food products on the market.

Shelley Case, author of *Gluten-Free Diet - A Comprehensive Resource Guide*, was as up-to-date as was humanly possible

when she brought out her first book in 2001. When international demand for *Gluten-Free Diet* necessitated a reprint this spring, Case anticipated a few minor updates. She contacted Canadian and American companies that supply gluten-free products and discovered new products, new companies, new on-line resources and books. Her new, revised edition is completely updated, including updates of Foods Allowed, Foods Not Allowed and US Labeling Regulations.

In the past year, Case has been a guest speaker at prestigious national and international Celiac and Dietetic Conferences. Praise for her book has come from dietitians and physicians who specialize in celiac disease, and from individuals who are grateful for this extremely valuable resource.

Celiac disease is "a genetically based, autoimmune life-long disorder in which the absorptive surface of the small intestine is damaged by a substance called gluten." This affects the intestine's ability to absorb nutrients (carbohydrates, fats, protein, vitamins and minerals) which we need to maintain good health. It is estimated that celiac disease affects one in every 150 to 250 people in North America, twice

the incidence of Crohn's disease, ulcerative colitis and cystic fibrosis combined.

The revised *Gluten-Free Diet* contains over 1800 gluten-free specialty foods listed by company and product name, and a complete update of all company contact information. There are also recipes and baking tips, plus creative ideas for meals and snacks.

"Shelley Case has written the definitive gluten-free guide. The extensive research behind this book will benefit everyone who needs to be on a gluten-free diet. This is a MUST HAVE reference for every physician and patient who has to deal with gluten-restriction in their life!"

*Dr. Michelle Pietzak, MD, Pediatric Gastroenterologist and Assistant Professor of Clinical Pediatrics, University of Southern California Keck School of Medicine, Los Angeles, California.*

"This guide is full of information on what's safe and healthy for people with celiac disease, and is presented in a practical, clearly organized, 'no-nonsense' format. It is a must for the celiac bookshelf."

*Bev Ruffo, Honorary Life Member, Canadian Celiac Association*

*Gluten-Free Diet, Revised Edition, is \$21.95, 176 pages, and is available at your favourite bookstore, health food store or contact Case Nutrition Consulting at 306-751-1000 or [www.glutenfreediet.ca](http://www.glutenfreediet.ca)*

## Cottage Cheese Bread

*Cottage cheese enhances the texture of this versatile and easy quick bread.*

**1 1/2 cup butter or margarine**

**1/4 cup brown sugar**

**3 eggs**

**1 cup cottage cheese OR 2/3 cup buttermilk**

**2 cups brown rice flour OR 1 2/3 cups white rice flour and 1/3 cup rice bran**

**1 tsp. baking soda**

**2 tsp. GF baking powder**

Preheat the oven to 350°F.

Line the bottoms of 3, 3 1/2 x 5 3/4" bread pans with waxed paper and grease the sides.

With a mixer, beat together butter and sugar. Add eggs one at a time, beating after each addition. Beat in cottage cheese or buttermilk.

Mix flour, baking powder and soda, then add to the egg mixture. BEAT WELL. Add extra milk or water if the batter is too stiff.

Pour the batter into the pans.

Bake for 40-45 minutes, until the bread tests dry with a toothpick. **Yield: 3 loaves**

Recipe printed with permission of Beryl Forgay, Regina, SK, Canada from *Baking Without Gluten*, Second Edition

## Sorghum Peanut Butter Cookies

*Peanut butter and brown sugar are a dynamite flavor combo and sorghum and garbanzo flours add interesting texture to a favorite cookie recipe.*

**1 1/2 cups creamy peanut butter**

**1 cup shortening or margarine**

**2 1/3 cups firmly packed brown sugar**

**6 tbsp. milk**

**2 tsp. vanilla**

**2 eggs**

**3 cups sorghum flour**

**1/2 cup garbanzo (chickpea) flour**

**1/2 cup sweet rice flour**

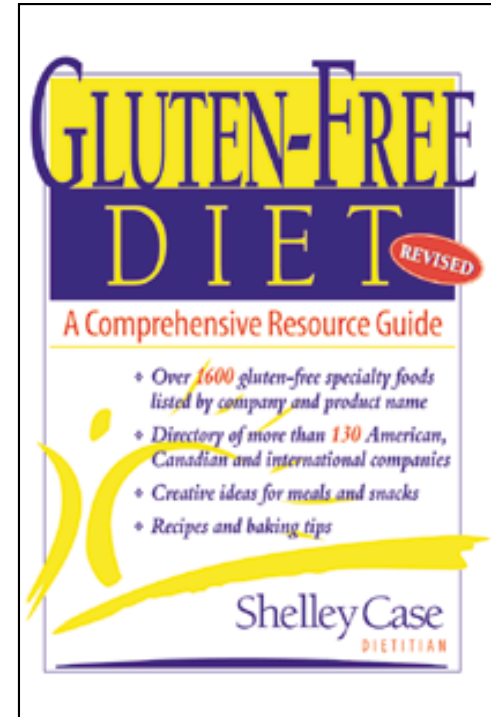
**4 tsp. xanthan gum**

**1 tsp. salt**

**1 1/2 tsp. baking soda**

Preheat oven to 375°F.

Combine peanut butter, shortening, brown sugar, milk and vanilla in a large bowl. With an electric mixer, beat on medium speed until well blended. Add eggs. Beat just until blended.



Combine flours, salt and baking soda. Add to creamed mixture at low speed. Mix just until blended.

Using a mini ice cream scoop, drop dough portions 2" apart on baking sheets lined with parchment paper. Flatten slightly in a crisscross pattern with the tines of a fork.

Bake for 8-10 minutes, or until set and just beginning to brown. Cool for 2 minutes on the baking sheets. Remove cookies from pan and cool completely. **Makes about 6 dozen cookies.**

Recipe courtesy of Barbara Klimet, Executive Director of Nebraska Grain Sorghum Board.