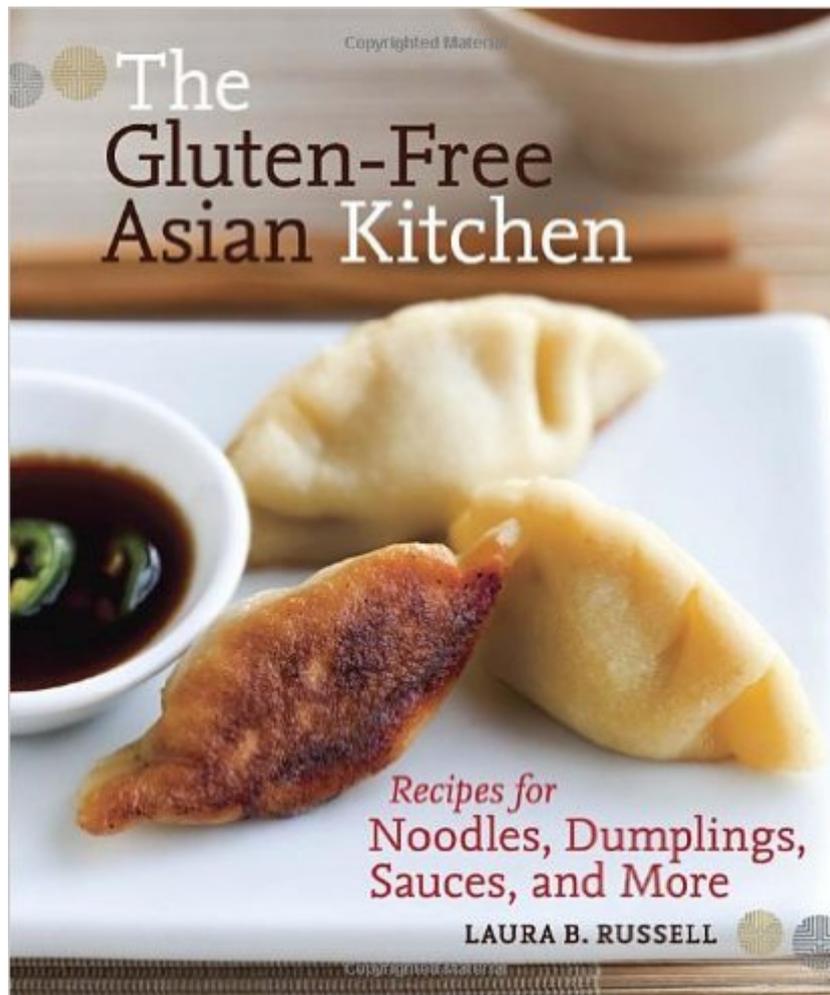


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# The Gluten-Free Asian Kitchen: Recipes For Noodles, Dumplings, Sauces, And More



## Synopsis

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.

## Book Information

Paperback: 208 pages

Publisher: Celestial Arts; Original edition (August 23, 2011)

Language: English

ISBN-10: 158761135X

ISBN-13: 978-1587611353

Product Dimensions: 7.5 x 0.6 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (110 customer reviews)

Best Sellers Rank: #58,473 in Books (See Top 100 in Books) #100 in Books > Cookbooks, Food & Wine > Asian Cooking #148 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #199 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

## Customer Reviews

OMG. This cookbook is so well done. Thank you so much Laura Russell! I haven't had a dumpling in 18 months since going gluten free. We are now devouring the Gingery Pork Pot Stickers and the Sticky Rice Dumplings with Chicken and Mushrooms. I particularly liked the section "Identifying Sources of Gluten in Common Asian Ingredients." I now know to be careful of several I had no idea might contain gluten. And now, since this cookbook includes several sauce recipes with a great variety of flavors, I can make my own for home use or to take along to my favorite asian joints.

Highly recommend. Fantastic.

I saw this book months before it was released and immediately put it on my wish list. I have to say, it's been great to have a book that not only has great gluten free recipes for things like pot stickers but also provides the recipes for Asian sauces. That way I can make them myself so they are not only gluten but also soy free (I'm allergic to soy, too). The first thing I tried was, naturally, the pot stickers. I had been craving them ever since I found out I couldn't eat gluten. While my attempts didn't result in nearly as many pot stickers as the recipe says, they were great tasting none the less. I also made the Soy Vinegar Dipping Sauce but substituted chopped green onion for the optional jalapeño/red pepper flakes. It was fantastic! The person who said this was a waste of money if you've been gluten free for a while is wrong, IMO. Yes, the book relies on a lot of naturally gluten free products but for me, the pot stickers alone were worth the price of the book, and that is one recipe that doesn't rely on pre-made gluten free products you pick up from an Asian market.

This is a beautifully illustrated and very well-written book that fills a pressing need - how to make delicious gluten-free asian dishes (that are typically hands off for those who don't eat gluten). The author has a nice voice, the pictures are very inviting and the recipes are creative and sound great. Only tried a few so far - and with great success. My impression is the author is scrupulous about testing and retesting each recipe - reassuring quality control. Also that the author - who is a noted writer and advocate in the "gluten-free arena" - is clearly dedicated to her mission. Looking forward to working my way through many more of the recipes. On another note, my friend who is a Nutritional Therapist and very particular about recipe books - especially those that focus on gluten-free food - calls this "a great book"

If you love Asian food and have to be gluten-free, you want to buy this cookbook. Some recipes are complex but others are easy enough to do on a weeknight (more involved recipes like the dough for the pot stickers can be started ahead). Scared of rice paper? Don't be, after you read thru these recipes. Miss lovely Asian dip-able finger food? There are recipes for that. Always wanted to try some Asian food but you can't now that you're gluten-free? You'll be covered. And the ingredient lists and instructions are very well done and easy to follow (and also adapt).

This is a great cookbook. I've enjoyed making many recipes for my family, and introducing my young children to Asian food. Yes, the recipes are all gluten free as well. It's great to have a recipe

for homemade Teriyaki Sauce, as I prefer not to purchase bottled and jarred products from the grocery, because I want to know what is in it. The Roasted Pork Meatballs are full of flavor and easy; they are a big hit at potlucks and at parties. The meatballs are fabulous dipped in the Spicy Mango Sauce. The Spring Vegetable Fried Rice is a great dish to throw together during the busy week. I'm planning to make the Korean-Style Chicken Tacos next. The photos are gorgeous, and the guide to ingredients is helpful. I'm very happy with this book!

This is a really easy read. The main reason I got this book is for the pot stickers/dumplings recipes. But it has turned out to be a great book in so many ways. There's tons of recipes for various Asian sauces. And let's face it, the sauces are what make Asian food! And these little sauces keep me incorporating my veggies into my meals. She doesn't have a list of fancy tools you need to buy. Just your typical kitchen tools, pots, pans, spatulas, & spoons. My only suggestion would be to get a tortilla press to use to make your dumpling shells. Otherwise you will be using a lot of time to roll each one out individually, plus you can use it to make tortillas easily. Worth the purchase :0)

This book is filled with wonderful Asian recipes. They are easy to follow, and the end product tastes BETTER than the gluten-filled versions. I prepped it all first, then did the cooking. Start to finish-35 minutes. (With interruptions from children) I checked it out from the library, and quickly decided that it needed to be added to my cookbook collection. If you love Asian cooking, and miss it, this is a great cookbook.

Since being diagnosed with celiac, I've been looking for ways to convert all my Chinese recipes into GF. And that is a major tall order! I found this one, and ordered right away. I love all the tips on the sauces, marinades, and things that I can have. The Korean green onion pancakes are very similar to the Chinese green onion pancakes, I just use all green onions for the vegetables and it comes out great. Mung bean pancakes are great. To make Korean seafood pancakes, I double the recipe, add thawed frozen seafood mix to it, and mix well. Came out great. These flatcakes are what our family has missed the most. Steamed radish cake? Yes! To make it more like the ones you get at Chinese dimsum, add some shredded ham and dried shrimp to the mix, mix well, then follow the recipe. Her shrimp and sweet potato tempura pancakes are very tasty too. The other cookbook I use for GF American food is *Gluten-Free on a Shoestring: 125 Easy Recipes for Eating Well on the Cheap*. Thank you Laura Russell, for writing such a wonderful cookbook!!!!

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