



# DELICIOUS<sup>TM</sup>

## ALCHEMY

### Five Steps to Preparing Gluten-free Meals

- 1) Download and use the gluten free quick reference guide on the Delicious Alchemy site to ensure that the ingredients you are using are completely gluten-free. [www.deliciousalchemy.com](http://www.deliciousalchemy.com)
- 2) All packaged products should be checked – some brands contain gluten and some do not. Also, be aware that ingredients of products may change.
- 3) Ensure that cross-contamination from gluten-containing ingredients does not occur when preparing the meal.
- 4) Label the meal as gluten-free so that there is no confusion.
- 5) If you are not sure whether a product contains gluten, do not use.

### Surfaces and equipment

- Gluten-free foods must never be prepared on a wheat-floured surface or in a floury atmosphere.
- Wash down surfaces before preparing gluten-free food (because flour can take hours to settle and may contaminate surfaces and utensils).
- Use separate utensils e.g. separate bread boards and chopping boards and a dedicated toaster that has not been used previously for gluten-containing food, or use toaster bags.
- Ensure all preparation equipment is thoroughly clean and dried before use.

### Cooking

- Wash hands before handling gluten-free food and dry hands thoroughly.
- Cook gluten-free foods in separate dishes and keep all pans, utensils and colanders separate during preparation and cooking.
- Use clean frying oil for chips and gluten-free foods. Do not reuse oil that has cooked breaded or battered products.
- Do not use pasta water in the production of sauces, soups or gravies.
- Do not place gluten-free food directly into the microwave or oven shelves - use a clean, microwavable or ovenproof dish or baking tray.
- Only grease dishes with individually-wrapped fat (to avoid contamination from butter and fat that has been in contact with gluten).
- Do not use gluten-containing flour to flour fish or pans.

### Storage

- Store gluten-free products separately from gluten-containing products and label products clearly. Avoid removing original packaging which lists the ingredients.
- When receiving and storing new supplies, do not mix different brands of products together, in case one is gluten-containing.

### Making Soups, Sauces and Gravies

To make a gluten-free thickened sauce, soup or gravy:

- Use cornflour or potato flour as the thickening agent instead of wheat, barley or rye flour any pre-packaged thickening agents, stock powders or sauce mixes must be checked
- Water that has been used for cooking pasta must not be used
- Pasta or barley must not be added to soups - use rice and/or pulses instead
- Croutons must not be added.