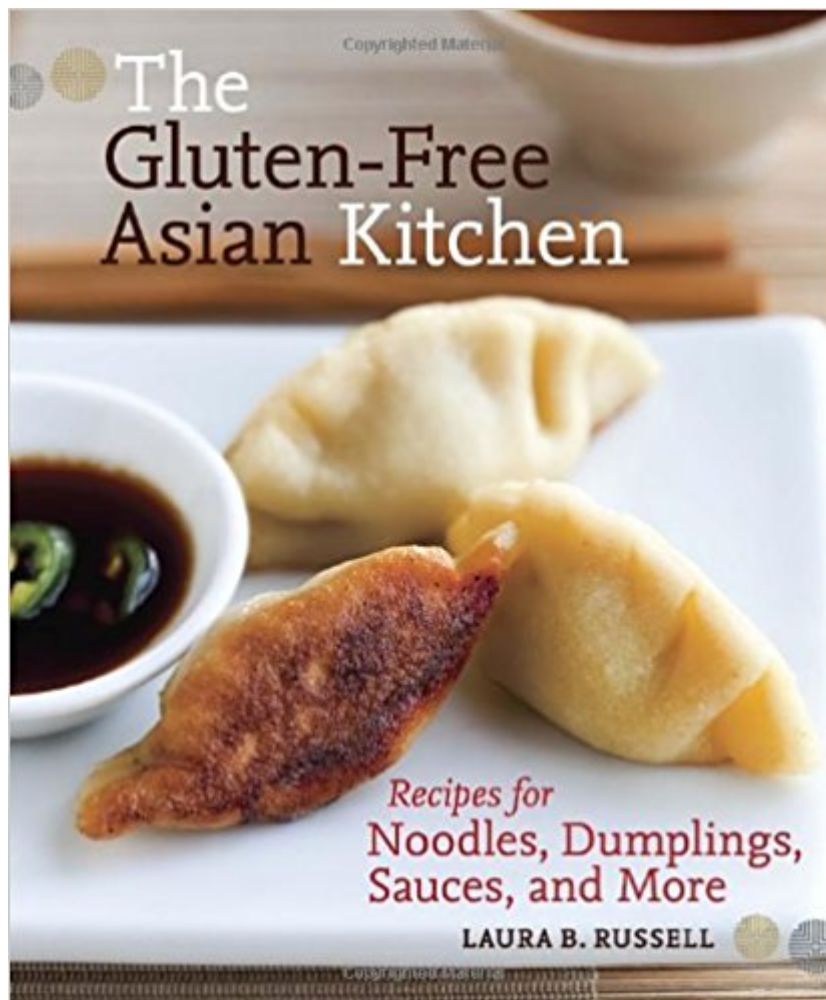




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# The Gluten-Free Asian Kitchen: Recipes For Noodles, Dumplings, Sauces, And More



## 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

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## Customer Reviews

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

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 by far my favorite gluten-free cookbook! Delving into the world of Asian cooking is intimidating enough, let alone doing so gluten free. The author explains many traditional ingredients as well as where to find them and how to create delicious gluten free versions of Asian recipes of all kinds. My boyfriend is exceptionally picky and doesn't need to eat gluten free, but has been blown away by every recipe I've tried in this book so far. I never doubt that Laura B. Russell knows what she's doing when I try a new recipe, and am excited to try every one in this book. Just made the Sweet Potato & Shrimp Tempura Pancakes (with shiitake mushrooms instead of shrimp) with the Fiery Ginger Sauce today... Yum! A+++

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!

This cookbook has a wide variety of well written, delicious recipes that have made an excellent addition to my gluten-free repertoire. I've made numerous entrees, desserts, and salads, with no failures. The recipes for Kung Pao chicken and bulgogi are standouts, simple and delicious. My

daughter, who was born in China and is half Chinese, is delighted we have this cookbook because I've been able to make many of her favorite foods (braised pork, bulgogi). There are some great, simple deserts and vegetables as well. They lychee sorbet alone is worth the purchase price of the book. I highly recommend this book to anyone who enjoys Asian food, whether or not they must eat gluten free. I have other Chinese cookbooks but I think the recipes in this book are more accessible to people who aren't as familiar with Asian cooking.

I will qualify my review by first saying that I dabble in gluten-free cooking and baking. At this point, I have found that having ways to decrease gluten consumption is a good, healthy practice. On that note, this book provides a highly effective starting point and I have found that it is thoughtfully written. Laura appears to focus on novices like myself (almost as if she's trudged the road herself and not forgotten the difficulty of preparing much of anything without gluten...read the intro.) but I've also found that I have lots of room to grow into this book. So many things covered: sauces, noodles, apps, dishes and even a handy guide on where to find the ingredients/products. As far as specific recipes go the Red Curry Soup with Chicken and Rice Noodles (Pg. 87) sticks out as a favorite! Well done Laura!

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.

After learning that I was allergic to wheat, gluten, and dairy I was really afraid that I would never eat the foods I love again. But what has actually happened is that I have become more adventurous with my food! I can't wait to try every recipe in here!

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

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

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