"Cooking Gluten Free with Demonstrations and 2020 Holiday Inspirations" Webinar: Q&A

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How can I be positive that a product I buy off the shelf to bake with is gluten-free?
The gluten-free labeling law requires that a product labeled gluten-free should meet the gluten-free requirements of containing less than 20 ppm gluten. Look for products labeled "gluten-free," "free of gluten," or "no gluten." You can also call the company and ask them directly if their product is gluten-free as an added step. These are the key steps to take to be as certain as possible. Ninety-six percent of the hundreds of products tested through Gluten Free Watchdog (www.glutenfreewatchdog.com) are testing below 20 ppm in compliance with the gluten-free labeling rule.

Are raw turkeys safe for a gluten-free diet?
*When the only ingredient is "raw turkey," it is considered free of gluten-containing ingredients. If there are any other ingredients, including saltwater, the ingredients must be declared on the label.
For information on processed turkeys (products that contain ingredients other than only raw turkey), please see https://www.glutenfreewatchdog.org/news/confused-by-usda-ingredient-allergen-labeling-read-the-facts-recently-confirmed-by-the-agency/*

Look for processed turkeys labeled "gluten-free" whenever possible.

If my family does not like pumpkin, what is a good substitute for pumpkin puree in recipes?
You can replace the pumpkin with butternut squash or sweet potato puree, both of which have a milder flavor.

Can you substitute a gluten-free pumpkin quick bread instead of gluten-free sandwich bread or buns in the bread pudding recipe?
You could, but the texture may be quite different than what you would expect in a bread pudding.

Do you have any suggestions for a substitute for the crab in the stuffed mushrooms or crab cakes when you have someone who is allergic to shellfish?
If you can eat fish, you can substitute a flaky white fish like cod. There are also imitation shellfish products, however most of them still contain small amounts of shellfish, so these are not safe for someone with a shellfish allergy. Imitation shellfish products may also contain gluten-containing ingredients. Spinach and artichoke stuffing makes a delicious substitution, and another solution would be using shredded zucchini or butternut squash. Just be sure to drain out as much of the liquid as you can (I.e., press down on the shredded veggies with paper towels first.)

Can you suggest a brand of gluten-free crab meat?
Most fresh lump crab brands are fine but be sure you double check the ingredient list.

What is the best way to make breadcrumbs?
Pulse gluten-free bread in a food processor. Use the ends and leftovers from a loaf you already have on hand! Gluten-free bread is very expensive, so don't let any of it go to waste.

What is a good substitute for milk in holiday recipes?
Coconut milk, soy milk, almond milk or rice milk – these should be labeled gluten-free.

What is the best way to prevent cross-contact with gluten during holiday gatherings?
Hygiene is key! Thoroughly washing hands, pots, pans, utensils and cooking spaces before cooking gluten-free food is critically important. Plan to cook gluten-free food items first to avoid intermixing with the items that contain gluten. Keep the gluten-food items separate and labeled on the counter or table so there is no double dipping between gluten-free and gluten-containing foods. And it's always a good idea to kindly remind your family members about keeping the gluten-free food free of cross-contact.

Also, as you plan 2020 holiday gatherings, please remember to visit the CDC's website for guidance on safe holiday celebrations that seek to protect individuals and families from COVID-19.
https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html.