

GF from Ice cream to International cuisine

By Amy Ratner

GLUTEN-FREE
FOODS BY GEORGE

3 King St.
Mahwah, NJ 07430
P (201) 612-9700
F (201) 684-0334

**Full line of
READY-TO-EAT
products**

Buy Online
www.foodsbygeorge.com



Pizza
Award Winning

English Muffins

Blueberry Muffins

Corn Muffins

Brownies

**Also found in the
Frozen Food section of
Health Food & Grocery Stores.
Can't find us?
Ask your
frozen grocery manager.**

Q. My wife and I go out for ice cream at Baskin-Robbins once a week. They have gluten-free flavors and rinse their scoops between each scoop. Is this sufficient to get a gluten-free scoop of ice cream?

A. We all know how important it is to use clean utensils when dipping into any container of gluten-free food. So it comes down to how clean the scoop is when it goes into the gluten-free flavor you have selected. Personally, I would feel safe if the scoop was rinsed. Ice cream itself is almost always gluten free. Usually, the part that contains gluten is a candy, cookie or other baked good used as a mix in. Rinsing is most likely to remove a chunk of any of these and even small crumbs would most likely be washed away. If you have doubts, you could nicely ask if the scoop could be double rinsed. You will find a list of ingredients for all flavors of Baskin-Robbins ice cream on the company's website, baskinrobbins.com. An allergen chart is included with each flavor and wheat is checked when it is an ingredient in the ice cream. You can also call (800) 859-5339.

Q. I read in your last issue that we should eat 48 grams of whole grain each day. How do you know what constitutes a serving of whole grain? Do you have any guidelines that would help me calculate how much whole grain various foods contain?

A. If the Whole Grain Stamp appears on a package, the stamp will tell you how many grams of whole grains you get in one serving. But what if there is no stamp? We turned to Kara Berrini, program manager for the Whole Grains Council, for an answer to this question. Here's her great answer, tailored specifi-

cally for the gluten-free diet, combined with some information from the Whole Grains Council website:

"You can't always calculate the number of grams of whole grains if the Whole Grain Stamp isn't present. This conundrum is exactly why the Whole Grains Council created the Whole Grain Stamp.

That being said, there are a few times when you can figure out exactly how many grams of whole grains you're getting in the whole grain food you eat, such as a bowl of gluten-free oats, or a batch of amaranth, or a pot of brown rice risotto. When it comes to single-ingredient products or products where all the ingredients are whole grain, it's very easy to calculate the grams of whole grains you're going to be eating: Just look at the serving size on the nutrition facts panel, I then divide by the number of servings when you're done cooking.

For example, if you're making some brown rice to go with dinner, a serving size of dry brown rice is about 1/4 cup or 42g, and this makes 3/4 cup brown rice when cooked. If you plan to serve two people with that amount, you'd simply divide 42g by 2 and you'd know that each of you will consume 21g of whole grains with your dinner.

But what if you're looking at a loaf of gluten-free, whole-grain bread or popcorn cakes? This is when things get trickier, and unfortunately, there's no real solid way to know how many grams of whole grains you're getting. Unless the manufacturer announces how many grams of whole grains are in each serving, whether by using the Whole Grain Stamp or by calling this fact out somewhere on their package design, it's just too tough to try to guess.

First, check the package label. Many whole-grain products not yet using the

Stamp will list the grams of whole grains somewhere on the package, or say something like “100% whole wheat.” You can trust these statements. But be skeptical if you see the words “whole grain” without more details, such as “crackers made with whole grain.” The product may contain only minuscule amounts of whole grains.

Second, check the ingredient list and see how close to the beginning of the list you find whole-grain ingredients. Here is a sample of some terms that indicate whole grains are being used: whole (name of grain), stone-ground whole (name of grain), brown rice, and oats. The term multi-grain may describe several whole grains or several refined grains or a mix of both.

If the first ingredient listed contains the word “whole” it is likely—but not guaranteed—that the product is predominantly whole grain. If there are two grain ingredients and only the second ingredient listed is a whole grain, the product may contain as little as 1% or as much as 49% whole grain (in other words, it could contain a little bit of whole grain, or nearly half).

More information on whole grains is available at wholegrainscouncil.org.

Q. I enjoyed your story about gluten in alcoholic drinks. I wondered if Arbor Mist is gluten free.

A. Arbor Mist is wine blended with natural flavors. Alcoholic drinks do not have to have ingredient lists so we contacted Arbor Mist Winery. Here’s what the company said about its wines: “We do not test our products for gluten. However, to our knowledge, they do not contain it. Where one’s health is of a concern, we always recommend that you consult with your physician.”

The fact that a company does not test for gluten does not automatically mean gluten is present in a product. You have to decide for yourself whether you want to consume products that have little potential for gluten but no guarantee. To us it appears Arbor Mist products are highly likely to be gluten free since wine is gluten free and flavors are almost always gluten free. (See “Cheers, Selection of Alcoholic GF Drinks Grows” in *Gluten-Free Living*, Number 2, 2010)

Q. You say that Mr & Mrs T’s Bloody Mary Mix is not GF. I have carefully looked at the ingredients listed on the label and find nothing that would make me suspicious of it having gluten. What am I missing?

A. A representative of The Dr Pepper Snapple Group, which makes Mr & Mrs T’s Bloody Mary mixes, said the company does not add any gluten-containing ingredients to the Original Bloody Mary Mix. But the company does not claim the mix is gluten free because it could be cross-contaminated in the plant where it is made. The Premium Blend Bloody Mary Mix contains flavors made with wheat. Wheat is included in the ingredients statement on the bottle.

Q. I have been hearing about the Japanese drink shochu. What is it and is it gluten free?

A. Shochu is a traditional Japanese drink distilled from starches including rice, sweet potato, sugar cane, soba and barley. Since it is a distilled alcohol, it would be gluten free no matter what starch it is made from.

Some shochu is infused with flavor so you have to make sure the addition of flavoring does not add any gluten to the alcohol. In general, alcohol flavors do not contain gluten but it is possible a malt flavor made from barley might be used.

According to an article in *Restaurant News*, shochu is about 25 percent alcohol, making it stronger than wine but not as strong as vodka, gin, and rum. With a neutral taste most similar to vodka, it is said to mix well with fruit juices, leading to its popularity in specialty cocktails.

In recent years, shochu has passed sake as the drink of choice in Japan and it is being served more often in Japanese restaurants in U.S. cities. It complements grilled meats and fish, tempura, sashimi and noodles.

Q. Is premade sushi sold in stores like Whole Foods and others gluten free? I have been staying away from it because the soy sauce used is not gluten free and the seaweed might be in the soy sauce before it is rolled.



Ingredients that *dazzle*

Gluten-free peanut flour boasts more than twice the energy-boosting protein of all-purpose white wheat flour, along with a pleasingly nutty flavor profile. No wonder more and more chefs are incorporating it into both new and old favorite recipes, like the one below.

Gluten-free Peanut Butter Pound Cake

- 1-½ cups peanut flour, defatted 12%
- 1 tsp baking powder
- ¼ tsp salt, table
- ¾ cup sugar, granulated
- 3 tbsp milk, whole, room temperature
- 3 ea eggs, large, room temperature
- 1-½ tsp pure vanilla extract



Preheat oven to 350° F.

Grease a loaf pan and line the bottom with parchment.

In a small bowl, combine milk, eggs, and vanilla. Blend flour, baking powder, salt, and sugar in the bowl of an electric mixer.

On medium speed, beat the dry ingredients and half the egg mixture for 30 seconds. Scrape down sides of bowl and add half of the remaining egg mixture. Beat on medium speed for 30 seconds. Add the remaining egg mixture and beat again for 30 seconds.

Pour batter into prepared loaf pan. Smooth top with spatula or back of a spoon. Bake for 45 minutes, or until a cake tester comes out clean.

Cool the cake on a wire rack for 10 minutes. Turn out cake and continue to cool on a wire rack for 30 minutes or until room temperature.

PEANUTS:
Ingredients
for the
good Life.

Visit nationalpeanutboard.org for recipe ideas and sourcing information.