



Cooking

- 7 Make your gluten free food first thing in the morning or on a specific day.
- 8 Use cleaned and/or separate utensils and boards for cooking.
- 9 Use clean fryer oil or use a separate fryer for foods such as chips. Use separate baskets and utensils to remove the food from the oil.
- 10 Use clean water for gluten free pasta and soup bases and drain the pasta in a clean colander.

Serving

- 11 Serve food with separate tongs or use paper napkins to pick up gluten free products such as muffins.
- 12 Display gluten free food away from gluten containing food. Cover the gluten free food to ensure no cross contamination.
- 13 Ensure front of house staff know which dishes are gluten free.
- 14 Educate your staff on the importance of avoiding cross contamination and the use of separate serving utensils.

TIP!

Write gluten free on the side of one set of utensils.



Coeliac New Zealand is a not for profit organisation. We support people diagnosed with coeliac disease, dermatitis herpetiformis and those who follow a gluten free diet.

For more information go to
www.coeliac.org.nz

Order our handy booklets from
www.coeliac.org.nz/coeliac-and-gluten-free-online-store



Supervising Dietitian: Alda Lee, NZ
Registered Dietitian



cafes, restaurants and caterers

simple steps with gluten free food





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STEPS TO AVOID CROSS CONTAMINATION

Storage

- 1 Store gluten free products separately — on a separate shelf, sealed container, clearly labelled and away from gluten containing products.

Preparation

- 2 Educate your kitchen staff on the importance of separating gluten free ingredients from gluten ingredients. Use separate tongs and serving spoons when preparing the food.
- 3 Clean preparation areas and equipment prior to gluten free food preparation: bowls, knives, sieves, scales, boards, pastry brushes, cutters, baking trays, colanders.
- 4 Wash and dry hands thoroughly between tasks.
- 5 Check all ingredients carefully before preparation of any dish.
- 6 Use only gluten free flour for coating meat or fish.

TIP!

Remember the number one rule
'If in doubt, leave it out'.

This information sheet will assist catering, food service and restaurant staff to prepare and serve gluten free food.

Why provide gluten free food?

Many people follow a gluten free diet because they have a medical condition (coeliac disease, dermatitis herpetiformis or other conditions) which makes it essential to totally eliminate gluten from their diet. It is not a fad or simply a menu choice, but a daily necessity. All requests for a gluten free meal should be taken seriously as some people can become very unwell if they consume gluten.

What is coeliac disease?

Coeliac disease is a permanent, autoimmune disorder caused by an intolerance to gluten, which causes the body to produce antibodies that damage the lining of the small bowel and make it impossible for the body to absorb vitamins, minerals and other nutrients from food. Dermatitis herpetiformis is an uncommon persistent itchy chronic rash associated with bowel changes identical to coeliac disease.

What is gluten?

Gluten is the main protein of the cereal grains wheat, barley, oats and rye and triticale. Foods that contain gluten include bread, cakes, cereals, biscuits, pastry, pasta, batter and breadcrumbs.

TIP!

Gluten is hidden in many processed foods such as semolina, durum wheat, couscous, sausages, processed meats, soups, stock cubes, Asian sauces, gravies, dressings, malt vinegar, cornflour [of wheat origin], liquorice, vegemite, marmite, some beverages, and some modified starches and thickeners. Please be meticulous when checking if a product is gluten free. Always read the label.

What foods are gluten free?

- Fresh fruit and vegetables, unprocessed meat, poultry and fish, eggs, nuts, legumes, milk, fats and oils and grains such as rice, corn, soy, sago, tapioca, buckwheat, millet, amaranth, sorghum, quinoa and arrowroot are all gluten free.
- Foods that are labelled gluten free.
- Foods that are gluten free because the ingredients used to make it are gluten free.
- Gluten free baking aids such as Xanthan gum, guar gum, Vitamin C and gluten free baking powder. (Baking aids improve the texture and dough stretch factor of a product.)

What is cross contamination?

This occurs when gluten free foods get contaminated by gluten containing foods. The most common places this occurs is on:

- Toasters, grills, pans, pots.
- Chopping boards, work surfaces, benches, cleaning cloths, tea towels.
- Knives, cutlery, serving spoons and tongs.
- Butter, margarine, jam, honey, chutney and mustard pots.

