



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

By Laura B. Russell

Download now

Read Online 

The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell

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.

From the Trade Paperback edition.

 [Download The Gluten-Free Asian Kitchen: Recipes for Noodles ...pdf](#)

 [Read Online The Gluten-Free Asian Kitchen: Recipes for Noodl ...pdf](#)

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

By Laura B. Russell

The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell

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.

From the Trade Paperback edition.

The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell
Bibliography

- Rank: #169136 in eBooks
- Published on: 2011-08-23
- Released on: 2011-08-23
- Format: Kindle eBook

 [Download The Gluten-Free Asian Kitchen: Recipes for Noodles ...pdf](#)

 [Read Online The Gluten-Free Asian Kitchen: Recipes for Noodl ...pdf](#)

Editorial Review

Amazon.com Review

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.

Review

“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*

About the Author

Laura B. Russell is the former associate editor of *Food & Wine* cookbooks, the “Gluten Freedom” columnist for the *Oregonian*, and a frequent contributor to *Prevention* magazine. She has followed a gluten-free diet since 2007. Visit www.laurabrussell.com.

Users Review

From reader reviews:

Patrick Pond:

You are able to spend your free time you just read this book this guide. This The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More is simple bringing you can read it in the park, in the beach, train as well as soon. If you did not have got much space to bring the printed book, you can buy the particular e-book. It is make you quicker to read it. You can save typically the book in your smart phone. Thus there are a lot of benefits that you will get when one buys this book.

Mary Crist:

Is it a person who having spare time and then spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? This *The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More* can be the answer, oh how comes? A book you know. You are thus out of date, spending your time by reading in this fresh era is common not a geek activity. So what these publications have than the others?

Cynthia Briscoe:

You can obtain this *The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More* by check out the bookstore or Mall. Only viewing or reviewing it can be your solve challenge if you get difficulties for your knowledge. Kinds of this reserve are various. Not only by means of written or printed but also can you enjoy this book through e-book. In the modern era just like now, you just looking from your mobile phone and searching what their problem. Right now, choose your own ways to get more information about your publication. It is most important to arrange yourself to make your knowledge are still revise. Let's try to choose suitable ways for you.

Joe Dix:

Reading a publication make you to get more knowledge as a result. You can take knowledge and information from your book. Book is written or printed or outlined from each source this filled update of news. In this particular modern era like currently, many ways to get information are available for anyone. From media social just like newspaper, magazines, science publication, encyclopedia, reference book, novel and comic. You can add your knowledge by that book. Do you want to spend your spare time to spread out your book? Or just in search of the *The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More* when you essential it?

Download and Read Online *The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More* By Laura B. Russell #BY54WAQKXM2

Read The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell for online ebook

The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell books to read online.

Online The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell ebook PDF download

The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell Doc

The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell Mobipocket

The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell EPub