

PREPARATION OF GLUTEN-FREE FOOD

Safe gluten-free food preparation in professional kitchens

Your guests rely on safe gluten-free dishes on your menu. If you take the necessary precautions and make sure that the rules of conduct are followed by the entire kitchen staff, you will be able to guarantee this kind of safety – for this reason, a thorough training of all employees is essential.

During the processing of gluten-free food, the following should be observed:

- ✓ Work clothes worn during the preparation of gluten-free dishes must be absolutely clean and free of crumbs.
- ✓ Employees must wash their hands thoroughly after contact with food containing gluten.

Let us go over the precautions to be taken according to different cooking methods:

WHEN COOKING

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| ✓ Never use the same pot for gluten-containing and gluten-free ingredients. | ✓ Never use water in which gluten-containing foods have previously been cooked. |
| ✓ Gluten-free food must be prepared with separate cookware. | ✓ Use one third more water for cooking compared to gluten-containing pasta. |
| ✓ Stirring must be done with spoons used exclusively for gluten-free food. | ✓ Add a few spoons of oil to the cooking water so that the gluten-free pasta does not stick together. |

WHEN FRYING

Gluten-free foods should not be fried in the same oil as gluten-containing foods. Since fryers are difficult to clean, it is recommended to purchase a separate fryer used only for gluten-free food. Alternatively, you can fry in a pan that is only used for gluten-free dishes.

WHEN BAKING

A separate oven would be ideal for baking gluten-free dishes, as this makes your work easier and virtually eliminates cross-contamination. If there is no oven specifically for gluten-free dishes, they can also be baked in the same oven as dishes containing gluten. However, the following must be observed:

- ✓ Gluten-free and gluten-containing foods must never be baked in the oven at the same time.
- ✓ For gluten-free dishes, it is essential to use a high-edge baking tray or baking tin to prevent cross-contamination by contact with the oven floor.
- ✓ Never use the fan in the oven, as this can spread gluten-containing flour dust.

When baking, you can benefit from work saving product solutions that offer absolute safety, e.g. the baking foil from Schär Foodservice. Put the portion packs of frozen bakery products with their oven-proof packaging in the oven, crisp them up and serve them to the customer with the foil.