

Holiday Hints & Tips

(The unrealistic attitude) Nobody can be perfect.

Gluten-free Holiday Food and Gift Tips
From Celiac.com

With a little of planning and a few tips, anyone with celiac disease or gluten intolerance can enjoy safe, delicious gluten-free [foods](#), treats, and baked goods this holiday season without worrying about accidental gluten consumption.

For those planning to prepare a gluten-free turkey dinner, here are some helpful tips to help it go smoothly:

- Start your gluten-free holiday dinner with a gluten-free turkey. Not all brands of turkey are gluten-free. Some contain gluten in their additives—so, as with everything else, check the ingredients.
- Demand gluten-free stuffing! Accept no substitute. Don't risk putting non-gluten-free stuffing in your turkey.
- Top that stuffing with simple, delicious gluten-free gravy from either a gluten-free gravy mix, or a gluten-free gravy recipe. Remember, some bouillon cubes contain gluten, so be sure to use gluten-free bouillon cubes. Tip: Thicken your homemade gravy with either corn starch or arrowroot flour.
- Prepare easy, tasty gluten-free side dishes by browsing.
- Nothing says holidays like the smell of baking. Load up on your gluten-free baking ingredients and other hard-to-find items like prepared gluten-free pies, gluten-free cakes, brownies and baking mixes ahead of time.

Keep your loved ones happy and spend more time with friends and family and less time in the kitchen! Many excellent prepared gluten-free products can now be ordered and delivered directly to your door from places like the Gluten-Free Mall.

Don't forget those gluten-free cookies and crackers. Nothing anchors out the holiday snack selection like a good cracker. Choose from a wide selection of gluten-free crackers for your family and guests. Pair them with your favorite wines, cheeses, and hors d'oeuvres for a smashing holiday spread.

And who can get through the holidays without nibbling on a cookie. Not Santa, that's for sure! Keep plenty of gluten-free cookies and crackers on hand this holiday season, and remember to leave a gluten-free cookie for Santa!



(The bad attitude) Don't scare people away from inviting you over.

Keeping Celiac Guests Safe: Gluten-Free Food Guidelines From ASK.COM

Preparing gluten-free food for a guest with celiac disease is a serious responsibility, because the guest's health is at stake. This doesn't mean you should hesitate to invite someone who's on a gluten-free diet -- it just means you need to prepare in some special ways. Celiacs must avoid wheat, barley, rye and most oats. This is tricky, because these grains and their derivatives are hidden in many packaged products. But don't be afraid!

A simple, safe menu would include: plain meat or fish (grilled on a clean grill, broiled, or cooked in a pan with some olive oil or butter), a fresh salad with some olive oil and balsamic vinegar, cooked vegetables (steamed, roasted, or sautéed with olive oil), some safe starch (plain potatoes, corn, quinoa, rice or kasha), and fresh fruit for dessert.

Cook from scratch. Avoid "convenience" ingredients such as gravy mixes, soup mixes, bottled sauces, salad dressings, condiments, seasoning mixes, etc.

Only use a packaged product if it's labeled gluten-free. If your favorite ingredient is not labeled "gluten-free" and you're wondering whether it's safe, call your gluten-free guest and let her be the judge.

Involve your gluten-free guest in your menu planning. Call in advance, tell what you're planning to serve, and go over the ingredients for each item.

Invite your gluten-free guest to bring some food. If you feel you can't prepare enough food for your gluten-free guest, invite him to bring some of his own.

Avoid cross-contamination in your kitchen. Be careful not to prepare gluten-free foods on the same surface used to prepare foods with gluten unless it's been thoroughly cleaned. Make sure your utensils are cleaned after preparing gluten-containing foods.

Beware of even microscopic amounts of gluten. It's not OK to stuff a turkey and feed the "outside" meat to a celiac guest, or to add "just a drop" of an unsafe seasoning mix, or to grill the celiac's meat on a grill that hasn't been wiped clean of unsafe marinades. If you've made a mistake and added something that's not safe, let your guest know.

Avoid cross-contamination at the table. Along with kitchen risks, certain cautions apply to parties:

- Try to leave croutons out of your salads.
- Wheat-based crackers will contaminate dips for a celiac. Use raw veggies and gluten-free crackers or chips for dipping, or reserve a separate portion of dip for the gluten-free guest.
- If you're preparing soup, remember to set aside an uncontaminated portion before you add any noodles, matzo balls, etc.
- If you place bread at the table during meals, try to keep it away from the celiac's plate. If bread crumbs fall on a loaded plate, the food has been contaminated.

If you put butter or preserves on the table, open a new stick or bottle and let the celiac guest take some before your other guests have contaminated it with bread crumbs from their knives.

Enlist your other guests, if possible. Explain that some of your food is gluten-free. No matter how carefully you prepare in advance, if one of your guests uses the spoon from the crouton-filled Caesar salad to serve himself some of the gluten-free potatoes, the potatoes are no longer gluten-free.

Give your guest a tour of the food. Here's another thing that always warms my heart, and it's easy for you to do. Just before everyone's ready to eat, take your gluten-free guest for a tour of the food. Point out what's safe, and what's not. Offer your guest the opportunity to take portions before the food has been accidentally contaminated by the other guests.

(Realistic Helpful tips to give to people preparing a holiday meal for you.)

Keeping Celiac Guests Safe: Gluten-Free Food Guidelines

Preparing gluten-free food for a guest with celiac disease sometimes sounds more difficult than it is. Celiacs must avoid wheat, barley, rye and most oats. But by following these simple guidelines you and your guest will have an enjoyable and tasty meal together.

Safe does not mean boring: serving someone with Celiac does not mean that you have to serve plain meat or fish, steamed vegetables, baked potatoes and fresh fruit for dessert.

Involve your gluten-free guest in your menu planning. Call in advance, tell what you're planning to serve, and ask for suggestions.

Just because a package is not labeled "gluten-free" does not mean it contains gluten. If your favorite ingredient is not labeled "gluten-free" and you're wondering whether it's safe, call your gluten-free guest and let them be the judge.

Avoid cross-contamination in your kitchen. Be careful not to prepare gluten-free foods on the same surface used to prepare foods with gluten unless it's been thoroughly cleaned. Make sure your utensils are cleaned after preparing gluten-containing foods.

Beware of small amounts of gluten. It's not OK to stuff a turkey with gluten containing foods and feed the "outside" meat to a celiac guest, or to add "just a drop" of an unsafe seasoning mix. But, if you've made a mistake and added something that's not safe, let your guest know. They will thank you for it.

Avoid cross-contamination at the table. Along with kitchen risks, certain cautions apply to parties:

- Use corn chips instead of croutons in your salads.
- Wheat-based crackers will contaminate dips for a celiac. Use raw veggies and gluten-free crackers or chips for dipping, or reserve a separate portion of dip for the gluten-free guest.
- If you're preparing soup, remember to set aside an uncontaminated portion before you add any noodles, matzo balls, etc.
- If you place bread at the table during meals, try to keep it away from the celiac's plate. If bread crumbs fall on a loaded plate, the food has been contaminated.
- If you put butter or preserves on the table, open a new stick or bottle and let the celiac guest take some before your other guests have contaminated it with bread crumbs from their knives.

Enlist your other guests, if possible. Explain that some of your food is gluten-free. Make sure you have separate serving utensils for each dish so gluten containing foods do not get mixed with gluten-free foods.

Give your guest a tour of the food. Here's another thing that always warms my heart, and it's easy for you to do. Just before everyone's ready to eat, take your gluten-free guest for a tour of the food. Point out what's safe, and what's not. Offer your gluten-free guest the opportunity to take their portions first.

(Other good basic holiday tips)

Top 10 Tips for a Gluten-Free Holiday

From myrecipes.com

- 1. Be part of the planning.** Call the host in advance to discuss the menu and what can be made gluten-free. It's not difficult for someone to make turkey gravy with cornstarch or gluten-free flour instead of traditional flour if they know in advance. Waiting until the last minute will leave you with fewer options.
- 2. Make gluten-free versions of your must-have dishes.** Whether it's stuffing, sweet potato casserole, rolls, pie or cheesecake, offer to bring a gluten-free version of that dish to make sure it really feels like the holidays for you.
- 3. Offer to be the host.** When you are the host, you can relax and enjoy all of the food, knowing that everything is gluten-free.
- 4. Do a test run.** Gluten-free flours or ingredients may behave slightly differently when you use them in a traditional recipe. Try making stuffing or gravy for a dinner before the holiday to make sure you work out any kinks. [Click here to see how to prepare gluten-free dressing and gravy.](#)
- 5. Double-check ingredients.** Ask anyone bringing dishes that you think might be gluten-free to save ingredient lists or packaging so that you can double-check that everything is gluten-free.
- 6. Be aware of potential cross-contamination.** Even if some of the dishes are gluten free, it's easy for someone to casually use the same serving utensil for gluten and gluten-free dishes alike. If the dinner is being served "buffet-style" try setting up a side-table with the gluten-free dishes.
- 7. Don't eat it if you aren't sure it's gluten-free.** "When in doubt, leave it out." If there are any questionable ingredients, don't risk it. Feeling sick is no way to spend a holiday.
- 8. Turkey, stuffing, gravy, cookies, pies and cakes can all be made gluten-free with a few simple adjustments and advanced planning.** Check out these videos on making holiday favorites gluten-free: [Gluten-Free Turkey](#), [Gluten-Free Herbed Bread Stuffing](#), [Gluten-Free Turkey Gravy](#), [Gluten-Free Sweet Potato Casserole](#), [Gluten-Free Pecan Pie](#), and [Gluten-Free Pineapple Cheesecake](#).
- 9. Enjoy all of the naturally gluten-free foods the holidays have to offer.** Fresh fruits, vegetables and meat are all naturally gluten-free. [Click here for naturally gluten-free appetizers, soups, and desserts.](#)
- 10. Remember the real reason for the holiday.** Take advantage of this opportunity to spend time with family and friends and focus on the people rather than the food.

Gluten Free Turkeys

A fresh or frozen turkey is not something we typically suspect as a source of gluten. Unfortunately, basting solutions injected in turkey during processing may contain gluten. Here are several popular brands of whole fresh or frozen turkey that, according to the manufacturers, are gluten-free.

Always read labels carefully! If you aren't sure about a product, contact the manufacturer before buying. Don't buy pre-stuffed turkey or use the gravy packets that accompany many turkey products- they contain gluten!

1. Empire Kosher® Turkey Products

Empire Kosher® Poultry, Inc., located in Pennsylvania is, according to the company, "the largest kosher poultry producer in the world." The company controls all aspects of poultry production from breeder farms to processing facilities."

Gluten Free Empire Kosher® Turkey Products

[Empire Whole Frozen Turkey](#)

[Empire Frozen Turkey Breast](#)

2. Honeysuckle White®

Honeysuckle White® is a Cargill brand.

Honeysuckle White® Gluten Free Fresh and Frozen Turkey Products include:

[All Natural Whole Turkey](#)

[Extra Tender and Juice Young Turkey](#)

[Fresh Bone-In Turkey Breast](#)

[Frozen Whole Turkey](#)

[Frozen Bone-In Turkey Breast](#)

Honeysuckle White® Fully Cooked Gluten Free Turkey Products include:

[Oven Roasted Whole Turkey](#)

[Hickory Smoked Whole Turkey](#)

[Deep Fried Cajun Style Whole Turkey](#)

[Hickory Smoked Bone-In Turkey Breast](#)

3. Jennie-O® Brand

Jennie-O®, Hormel brand Gluten Free Turkey Products include:

Jennie-O® Prime Young Turkey: fresh or frozen (the gravy packet does contain gluten)

Jennie-O Turkey Store® Oven Ready Turkey Breast (the gravy packet does contain gluten)

Jennie-O® Frozen Turkey Breast (the gravy packet does contain gluten)

Don't forget to toss the gravy packet which contains gluten!

4. Perdue® Brand

According to Perdue®, "All fresh, minimally processed chicken and turkey whole bird and parts, (legs, breasts, wings and giblets) are gluten free."

5. Pilgrim's Pride®

According to Pilgrim's Pride® , "All of our turkey products are gluten free."

6. Shelton's® Gluten Free Turkey Products

Shelton's®, located in California, "raises chickens, turkeys and ducks in free range conditions, without the use of antibiotics or artificial growth stimulants." They also raise organic gluten free turkey.

"We use no preservatives, flavor enhancers, modified starches, irradiated spices, animal protein or any artificial ingredients. Our ingredients lists read like home recipes instead of chemistry textbooks."

7. What About Butterball® Turkey?

Butterball®, a ConAgra brand, does not label whole fresh or whole frozen turkey products as gluten free. Product information is available at [Butterball® website](#):

"Do Butterball® products contain any allergens like gluten?"

"Butterball product labels let consumers know whether any of the top eight allergens may be present in the product. For example, a label may read "contains wheat and dairy." Specifically, gluten is not present naturally in turkey. It may be present in our gravy packets, additional rubs or flavors, and in our stuffed products."

[Butterball® Frozen Whole Turkey](#)

[Butterball® Fresh Whole Turkey](#)

Basic Gluten-Free Ginger Snap Pie Crust

This is one of the easiest gluten-free pie crusts to make, especially if you use store-bought or mail-ordered gluten-free ginger snaps. Like [Mi-Del](#).

Prep Time: 10 minutes

Cook Time: 08 minutes

Total Time: 18 minutes

Ingredients:

- 2 cups ground gluten-free ginger snap cookies (35 to 38 cookies)
- 2 Tbsp sugar
- 1/3 cup butter or margarine, melted

Preparation:

Preheat the oven to 350 F.

Put the cookies and the sugar into your food processor and pulse until you have fine crumbs. Then add butter and pulse until moist clumps form.

Press the crumb mixture into bottom and up the sides of a lightly greased pie plate.

Bake until golden, about 8 minutes. Let cool.