

Cooking gluten free

To serve correctly in the kitchen

Remember:
safety is the most important thing



01

Wash well hands and work surface

Every crumb and even the smallest residue of flour can be harmful for celiacs. One must avoid the contamination of food.



02

Clean utensils and clothes

Dedicated cooking utensils and equipment, and aprons for serving food gluten free is an excellent strategy to avoid errors. It is another rule to avoid contamination.



03

Gluten free ingredients

There are many, but must be selected carefully. Food that is not naturally gluten free, look for the indication without gluten, the symbol (X) or look in handbook, Prontuario AIC.



04

Non-contaminated water and oil

When cooking or frying food gluten free always use water and oil that is used only for gluten free food. Do not boil or fry in the same pot or pan as food with gluten.



05

Dedicated oven

Do not cook gluten free food in the oven at the same time as cooking food with gluten, and cook after the oven has been cleaned well. For gluten free pizza use an oven only used for food gluten free.



06

Different dishes

In order not to make a mistake in serving, use distinguished signed dishes for food without gluten: colored dishes or different form, a basil leaf or etc. Be creative, but be careful! All the workers must know the difference.



07

Uncontaminated espresso coffee

You must not make a mistake. If you do not have a machine for barley coffee or flavored, dedicate a part used only for espresso coffee.



08

Informed staff

All workers must be informed of the correct way to serve in order to carry out excellent gluten free service.

