



## 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](http://www.laurabrussell.com).

## Users Review

### From reader reviews:

#### Carol Welch:

Here thing why this kind of The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More are different and trustworthy to be yours. First of all reading through a book is good however it depends in the content of the usb ports which is the content is as scrumptious as food or not. The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More giving you information deeper including different ways, you can find any reserve out there but there is no e-book that similar with The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More. It gives you thrill looking at journey, its open up your current eyes about the thing that will happened in the world which is probably can be happened

around you. You can actually bring everywhere like in recreation area, café, or even in your means home by train. For anyone who is having difficulties in bringing the printed book maybe the form of The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More in e-book can be your substitute.

**Willie Long:**

People live in this new morning of lifestyle always aim to and must have the spare time or they will get large amount of stress from both day to day life and work. So , if we ask do people have free time, we will say absolutely indeed. People is human not a robot. Then we request again, what kind of activity do you possess when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading guides. It can be your alternative in spending your spare time, the particular book you have read is actually The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More.

**Robert Robertson:**

Reading can called brain hangout, why? Because when you are reading a book especially book entitled The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More your brain will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely might be your mind friends. Imaging just about every word written in a book then become one type conclusion and explanation which maybe you never get just before. The The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More giving you yet another experience more than blown away your thoughts but also giving you useful details for your better life on this era. So now let us explain to you the relaxing pattern here is your body and mind are going to be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

**Mark Thomas:**

That publication can make you to feel relax. This book The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More was bright colored and of course has pictures on the website. As we know that book The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More has many kinds or type. Start from kids until teenagers. For example Naruto or Investigator Conan you can read and think that you are the character on there. Therefore not at all of book usually are make you bored, any it can make you feel happy, fun and chill out. Try to choose the best book in your case and try to like reading in which.

**Download and Read Online The Gluten-Free Asian Kitchen:  
Recipes for Noodles, Dumplings, Sauces, and More By Laura B.  
Russell #F68V0PELYG7**

## **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**

**F68V0PELYG7: The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More By Laura B. Russell**