

# TIPS FOR SUCCESS WHEN COOKING WITH GLUTEN FREE PASTA



## Gluten Free

The demand for gluten free dishes on menus is soaring. As many as 30% of adult consumers are looking to cut down or eliminate gluten in their diet due to celiac disease, wheat allergies and wheat intolerance.<sup>1</sup>

Barilla America Executive Chef Lorenzo Boni explains, “In the past, chefs haven’t had access to a delicious, quality gluten free pasta. Our gluten free pasta was four years in the making. **We wanted it to be PERFECT.**”



## TIPS AND TECHNIQUES FROM THE CHEF

For many consumers, going gluten free has meant giving up on pasta or settling for substandard quality, texture and taste. Here are a few tips and techniques for cooking with *Barilla*® Gluten Free pasta that will delight your customers and have them coming back for more.

- Agitate the pasta during the first 1-2 minutes of cooking to achieve balanced distribution and avoid clumping.
- Add your sauce immediately after draining your gluten free pasta. Too much time in the skillet can lead to over-thickening of the sauce.
- Serve pasta salads at room temperature to maintain optimal texture.
- Double-cook gluten free pasta as you would traditional pasta, just reheat and serve it quickly.

Keep your gluten free pasta dishes separate from other foods in your kitchen to avoid cross-contamination.



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Visit [www.BarillaFoodserviceRecipes.com](http://www.BarillaFoodserviceRecipes.com) for great Gluten Free pasta recipes!

1. Sources: NPD Group's Biweekly Dieting Monitor (year ending January 30, 2013); NPD: CREST