



# Gluten-Free Trading Co. Customer Update



Presenting A World  
Without Gluten™

April 2002

Gluten-Free Trading Co. • 604A W Lincoln Ave • Milwaukee WI 53215 • 1-888-993-9933 • info@gluten-free.net

## VIVA ITALIA!

Join us this month we as celebrate the many tastes of Italy! From traditional favorites like spaghetti and pizza to the sophisticated flavors of risotto and decadent desserts like tiramisu, Italian cuisine is packed with flavor that's easy to make gluten-free.

### Pasta!

Gluten-Free Trading Company stocks more than a dozen brands of gluten-free pasta in numerous shapes and sizes. For example, we offer Bi-Aglut pastas imported from Italy. Available in spaghetti, penne, elbows, and lasagna, this premium-quality pasta is a customer favorite made from a sophisticated blend of corn, rice, potato and soy--its taste and texture are very much like a wheat pasta. Another favorite is Tinkyada, an all-rice pasta from Canada and offered at special savings through May 15, 2002:



**SALE! Tinkyada Pasta**  
**All Shapes \$2.89**  
12 oz bags regularly \$3.19

If you've been disappointed by other rice pastas, you're in for a pleasant surprise: Tinkyada cooks up with a nice, firm texture and offers the good nutrition of whole brown rice. Choose from spaghetti, elbows, fettucini, fusilli (springs), lasagna, penne, spaghetti, spinach spaghetti, spirals, or vegetable spirals.

### GLUTEN FREE PASTA COOKING TIPS

- Use a large pot and plenty of water.
- Wait until the water has come to a rolling boil before adding the pasta.
- Add a spoonful of vegetable oil to the water to help prevent the pasta from sticking together.
- Gently stir the pasta and check its doneness every few minutes.
- Set a timer to assure that the pasta does not overcook.
- When the pasta is done, immediately drain it in a colander and rinse it with lukewarm water to wash away any excess starch.

### PASTA LINGO

**Angelhair** (Capelli d' Angelo): Similar to spaghetti but very thin, sometimes in 1" lengths for soup.

**Anellini**: Small rings (like the O's in Spaghetti-O's). Usually used in soup.

**Cannelloni**: Large, long, stuffable tubes.

**Ditalini**: Tubes about half the length of penne.

**Fettucini**: Long, flat noodles.

**Fusilli**: Spirals (similar to rotini)

**Maccheroncini**: Fluted elbows similar to macaroni.

**Penne**: Small tubes about the size of a pen cap, often with diagonal ends.

**Rigati**: Small tubes similar to penne, usually with a slight spiral.

**Rigatini**: Like rigati only shorter.

**Rotini**: Spirals

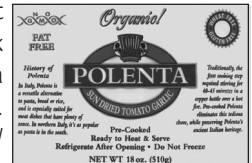
**Tagliatelle**: Long, flat noodle very similar to fettucini.

### Pizza!

For our local customers, we offer ready-made gluten-free pizzas from Dietary Specialties in two flavors (cheese, cheese & pepperoni). We also offer frozen pizza crusts from Kinnickinnic and Nature's Highlights, and shippable pizza crusts from Ener-G - just drizzle the crust with a little oil, add tomato sauce and your favorite toppings and bake.

### Polenta!

Tired of potatoes and rice? Looking for more variety? Try polenta! This Italian favorite made is made from coarse yellow corn meal that has been cooked into a thick batter. Our ready-to-eat polenta comes in a tube - just slice it 1/4" thick and fry it with a little butter or olive oil for a tasty accompaniment to fish, fowl or meat. It's also tasty topped with marinara sauce and/or cheese. **18 oz package \$3.69.**



### Risotto!

Risotto is the signature dish of northern Italy, as important in that region as pasta is in the south. Made using a special variety of rice called Arborio, risotto has a creamy texture (even if you make it without cheese). There are hundreds of variations of this healthy, deliciously craveable dish: saffron, chicken & mushroom, seafood, ham and peapod, and three-cheese, to name a few. Here's a GFCF version:

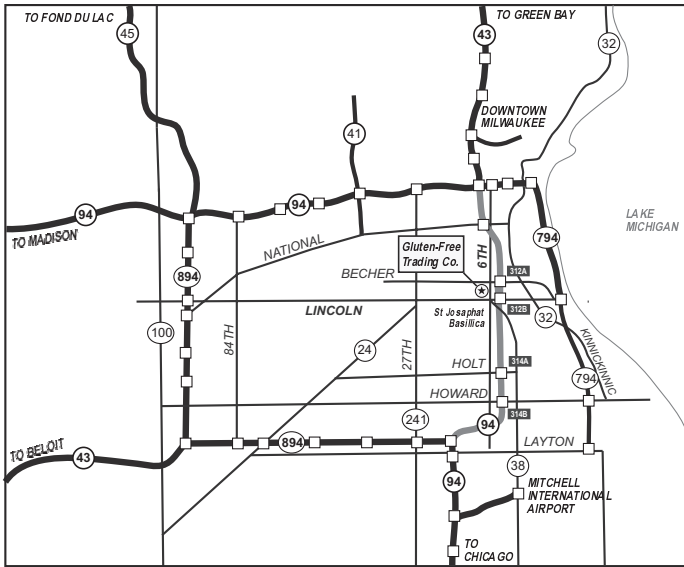
- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 4 Cans Shelton's Chicken Broth       | 1 large chicken breast, cut into 1/2" |
| 3 Tablespoons olive oil              | cubes                                 |
| 1 Medium onion, minced               | 8 oz fresh crimini (brown) mush-      |
| 3 Cloves Garlic, minced              | rooms, rinsed and diced (do not use   |
| 1 1/2 Cups Lundberg Arborio or Lotus | canned mushrooms)                     |
| Foods Caliso rice (regular long      | Salt & pepper to personal taste       |
| grain rice will not work)            | Grated Parmesan Cheese (optional)     |

Put the chicken broth in a medium sauce pan and begin heating it (do not boil). While the broth is heating, put 1T of the olive oil in a second, large saucepan and heat the oil. Sauté the onions and the garlic over medium heat until the onions are soft and yellow. Put another 1T of the olive oil in the large saucepan and heat it. Add the rice to the large saucepan and stir it to seal the outside of the rice with oil. Reduce temperature to simmer. Add about 1/2 cup of the warmed chicken stock to the rice mixture and stir gently with a spoon. Allow rice to simmer, stirring frequently. When the rice has absorbed most of the stock, add another 1/2 cup of stock and stir gently. Continue adding stock a little at a time and simmering until the rice is cooked (white spots at the ends of the rice grains will disappear). Add mushrooms. While risotto is simmering, sauté the chicken breast in 1T of olive oil; set aside and add at the end. Risotto is done when the rice grains are firm but not crunchy. Freeze or refrigerate any leftover chicken broth.

**Lotus Foods Caliso Rice** ..... 15 oz bag **\$2.79**

**Lundberg Arborio Rice** ..... 32 oz bag **\$4.59**

**Shelton's All Natural Chicken Broth with Salt & Spices**  
Ingredients: Chicken broth, chicken fat, sea salt, celery, dehydrated onion, dehydrated celery, natural spices ..... 14.5 oz can **99¢**



For Construction Info Call 1-800-762-3947 (1-800-ROAD-WIS)

## I-94 Project Affects Southbound Customers

Resurfacing of Interstate 94 between Mitchell Airport and Downtown Milwaukee began in early April and will continue until mid August. Customers who use southbound I-94 to reach the store from Green Bay, Madison, or the western suburbs will need to re-route at certain times of the day according to the Wisconsin Department of Transportation. (Northbound customers from Chicago, Kenosha, etc. should not be affected--those ramps are supposed to be repaired at night). Specifically, southbound *Exit 312B will be closed weekdays from 2 p.m. to 7 p.m.* During these hours, southbound customers can simply exit earlier at Exit 312A (Mitchell Street) and follow the frontage road (Fifth Street) to Lincoln Avenue. If you miss Exit 312A, take Exit 314 (Holt/Morgan); turn right (west) on Holt Avenue and go one block, keeping to the right. Immediately after the Park & Ride lot, turn right (north) onto Sixth Street (you will pass under a grey railroad bridge that diagonals across Sixth Street). Follow Sixth Street north approximately 2 miles to Lincoln Avenue (second stop light; you will crest a hill and see St Josaphat Basillica).

## Univ of Chicago Celiac Benefit April 20

The University of Chicago Celiac Disease Program will hold its Second Annual Gluten-Free Gourmet reception on Saturday, April 20, 2002 from 5:00 to 8:00 pm. The fundraiser will take place at the Gleacher Center in downtown Chicago and will feature elegant hors d'ouvres catered by Wolfgang Puck. Headed by Dr. Stefano Guandalini, the University of Chicago Celiac Disease Program is the first center in the Midwest dedicated exclusively to diagnosis and treatment of celiac condition. For details call 773-702-7593.

## Fax Typo in New Catalog

In the Gluten-Free Trading Company Spring 2002 Mini-Catalog, there is an error in the fax number on the Order Form (page 25). The correct fax number is 414-385-9915. ©2002 GFTC

## Friends of Celiac Benefit May 4

Friends of Celiac Disease Research is a Milwaukee-based organization that is raising money to fund medical research and to promote celiac disease awareness. The organization will hold its annual fund raising dinner on Saturday, May 4, 2002 at Brynwood Country Club. Enjoy a superb gluten-free banquet, bid on exceptional items at the silent auction, and make new friends in the gluten-free community. For details contact Friends at 414-540-6679 or visit [www.friendsofceliac.com](http://www.friendsofceliac.com).

### STORE & CATALOG HOURS (CENTRAL TIME)

Monday .....	Closed
Tues-Fri .....	10-1 & 2-7
Saturday .....	10:00-5:00
Sunday .....	11:00-4:00