



Sprue's News™

January 2008



Get In The Game

Gluten-Free Trading Co. • 3116 S Chase Ave • Milwaukee WI 53207 • 1-888-993-9933 • 414-747-8700 • www.food4celiacs.com

New! CurrySimple Thai Curry Sauces & Soup Stock



Thai food is similar to Chinese, but with more intense flavors, aromas, spices, and textures and less reliance on soy sauce. Making Thai food has never been easier thanks to these restaurant-quality sauces prepared in Thailand, from scratch with fresh, natural ingredients to ensure an irresistible meal. Basic cooking skills are all that is required to prepare authentic Thai food at home in as little as 10 to 15 minutes.

To make one of the curries, simply heat a tablespoonful of cooking oil in a skillet and saute some cubed fresh chicken, beef, pork or shrimp for a few minutes until it is browned. Add chopped vegetables (such as frozen California blend or frozen stir-fry blend) and continue to saute until the veggies soften. Add the CurrySimple sauce mixture (and fresh tofu if desired) and heat gently until the sauce begins to bubble. Done! Serve over rice or Thai rice noodles.

To make classic Thai style soup, warm the CurrySimple soup stock in a saucepan and add some water. Stir in fresh or frozen vegetables (such as mushrooms, broccoli/cauliflower florets, carrot slices, red bell pepper strips, and bamboo shoots). Add tofu, shrimp, or slices of left-over roasted chicken, beef, or pork. Heat gently until the soup begins to bubble and the veggies are cooked to your preference. Garnish with cilantro and serve with rice, Thai rice noodles, etc.

- ❶ **Red Curry Sauce.** A medium-spicy curry, its reddish color comes from the red chili peppers in the rich coconut milk base.
Ingredients: Coconut milk, water, red curry paste (lemongrass, garlic, red chili, shallot, salt, sunflower oil, galangal [Thai ginger], kaffir lime peel, coriander seed, shrimp paste (shrimp, salt), citric acid), sugar, fish sauce (fish, salt) modified starch (from tapioca).
- ❷ **Green Curry Sauce.** A very spicy curry, its green color comes from the green chilis that are infused in the coconut milk base.
Ingredients: Coconut milk, green curry paste (green chili, galangal [Thai ginger], lemongrass, shallot, garlic, sunflower oil, salt), galangal, spices, kaffir lime peel, shrimp paste (shrimp, salt), citric acid), sugar, fish sauce (fish, salt), modified starch (from tapioca).
- ❸ **Yellow Curry Sauce.** A mild curry, its color comes from the turmeric and other savory spices in the coconut milk base.
Ingredients: Coconut milk, water, yellow curry paste (lemongrass, shallot, garlic, sunflower oil, galangal, salt, shrimp paste (shrimp, salt), dried red chili, kaffir lime peel, spices, citric acid), sugar, fish sauce (fish, salt), modified starch (from tapioca).
- ❹ **Massaman Curry Sauce.** Far East cooking meets American steak & potatoes in this mild, sweet curry with hints of cinnamon and clove. Traditionally it is prepared with beef and cubed potatoes, then garnished with crushed peanuts.
Ingredients: Coconut milk, water, massaman curry paste (garlic, shallot, sunflower oil, lemongrass, spice mix, salt, galangal, dried red chili, spices, tamarind, shrimp paste, (shrimp, salt), citric acid), sugar, fish sauce (fish, salt), modified starch.
- ❺ **Gourmet Coconut Soup.** A flavorful mixture of coconut milk, herbs, and spices for making Tom Kha soup.
Ingredients: Coconut milk, water, Tom Kha paste (galangal, lemongrass, chili, kaffir lime leaves, coriander), sugar, fish sauce (fish, salt), lime juice, salt, modified starch, sunflower oil, citric acid.

WF GF 12.3 oz bag \$4.79

Thai Kitchen Medium Width Rice Noodles

The perfect accompaniment to Thai curries and soups, they are quick and easy to prepare. Simply place the noodles in a shallow oblong dish, cover with cold water and microwave for about 5 minutes.

Ingredients: Rice flour, water.

WF GF Milk Free Vegan 14 oz box \$2.59

Freesia Adds New Pasta Shapes



A Gluten-Free Trading Company exclusive, Freesia is an affordable American-made pasta that rivals the quality of the imports. Freesia pasta cooks in just three to four minutes, developing appetizing golden color and an appealing texture. It's high in protein and fiber, too! Now there are five shapes to choose from. All shapes are wheat-free, gluten-free, milk-free, egg-free and nut-free.

Ingredients: Navy bean flour, yellow corn flour, distilled monoglycerides.

Elbows	12 oz Bag	\$4.79
Penne	12 oz Bag	\$4.79
Spirals	12 oz Bag	\$4.79
Linguini	8 oz Box	\$4.69
Spaghetti	8 oz Box	\$4.69

Excellent New Frozen Items

Retail customers, please check our freezers for many excellent new products, including the following (among others):

- ❶ **Kinnikinnick Waffles.** These light, crispy waffles are a great way to start the day.
- ❷ **Ian's French Toast Sticks.** These kid-friendly frozen French toast strips are great for the whole family.
- ❸ **Life Beyond Wheat Pizzas.** Flavorful hand-made pizzas with plenty of real mozzarella cheese from an independent bakery in northern Wisconsin.
- ❹ **Ian's Soy Cheesy French Bread Pizza.** Thick, hearty wheat and gluten free French bread with a zesty sauce and a tasty dairy and casein free mozzarella cheese.

Bi-Aglut No Longer Available In USA

Bi-Aglut pasta, crackers, and crackertoast have long been customer favorites at Gluten-Free Trading Company. Regrettably, due to labeling issues and other importing problems these products are no longer available in the United States. We continue to attempt to find a source for Bi-Aglut. In the mean time, we'd like to suggest the following alternatives:

- Pastas from Bio-Naturae, Cornito, Freesia, Sanavi and Schar.
- Crackers from Glutino, Schar, and ValpiForm.
- Crackertoast from Natural Nectar, Orgran, and Sanavi.

Retail & Mail Order Hours

Central Time Zone

Monday	10:00 AM – 2:00 PM
Tuesday—Friday	10:00—1:00 & 2:00—7:00
Saturday	10:00 AM – 5:00 PM
Sunday	11:00 AM – 4:00 PM

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New! Snapea Crisps



Announcing a gluten-free snack that's both tasty and nutritious! Snapea Crisps are light, crispy puffs in the shape of a pea pod. They are made from snow peas using a special technique. The delicate and tasty result is a salad-like snack that contains 17% vegetable protein, 8% fiber, and an abundance of vitamins, iron, and calcium. They are relatively low in fat and salt compared to most other snack foods.

Ingredients: Green peas, corn oil, rice, salt, calcium carbonate, ascorbic acid (vitamin C). Made in a facility that also manufactures products containing wheat, milk, soy, shrimp, and fish.

Wheat-Free, Gluten-Free 3.3 Ounce Bag **\$1.79**

New! Ener-G Onion Crackers

A new companion to Ener-G's regular crackers, the Onion flavor is crunchy and bursting with flavor. Excellent in soups or with cheese. They are large in size and durable enough for any dip or topping.

Ingredients: Corn starch, palm oil, dehydrated onion, invert sugar (beet or cane) soy flour, salt, baking powder (sodium pyrophosphate, sodium bicarbonate), garlic powder, cellulose gum, soy lecithin (emulsifier), caramelized sugar (beet or cane) yeast extract.

WF GF Milk-Free, Egg Free, Nut Free 7 Ounce Box **\$4.59**

New! PatsyPie Cookies & Biscotti



PatsyPie is the nickname of Pat Libling, a resident of the Montreal, Quebec area who was diagnosed with celiac disease in 1987 and also has two gluten-intolerant daughters. Over the years, Pat and her daughters put seemingly every gluten-free product available to the test, but were often disappointed by store-bought gluten-free baked goods. Finally, Pat took matters into her own hands. PatsyPie gluten-free cookies and gluten-free biscotti are the yummy result. They have quickly become favorites of our staff. (Biscotti are the crunchy cookies that are often served in coffee houses).

❶ **Chocolate Chip Cookies.** A crunchy, comforting cookie with lots of chocolate chips.

Ingredients: Cane sugar, chocolate chips (cocoa mass, sugar, cocoa butter, soya lecithin, vanilla), butter, white rice flour, corn flour, whole liquid eggs, guar gum, pure vanilla, baking soda, salt. May contain traces of peanuts and/or other nuts.

❷ **Peanut Butter Cookies.** Home-style all the way – right down to the fork marks on top.

Ingredients: Natural peanut butter, cane sugar, butter, white rice flour, corn flour, whole liquid eggs, guar gum, baking soda, pure vanilla, salt. May contain traces of other nuts. May contain traces of soy.

❸ **Chocolate Chip Biscotti.** Melt-in-your-mouth morsels of semisweet chocolate and a crispy, home-style biscotti snap.

Ingredients: Whole liquid eggs, cane sugar, white rice flour, corn flour, chocolate chips (cocoa mass, sugar, cocoa butter, soya lecithin, vanilla), guar gum, pure vanilla, baking powder (corn starch). May contain traces of peanuts and/or other nuts.

❹ **Almond Biscotti.** These crispy, home-style Almond Biscotti are so good you'll forget they're gluten-free.

Ingredients: Whole liquid eggs, cane sugar, white rice flour, corn flour, almonds, guar gum, pure vanilla, baking powder (corn starch), cinnamon. May contain traces of peanuts and/or other nuts. May contain traces of soy.

❺ **Almond Raisin Biscotti.** Delicious from first bite to last.

Ingredients: Whole liquid eggs, cane sugar, white rice flour, corn flour, almonds, raisins, guar gum, pure vanilla, baking powder (corn starch), cinnamon. May contain traces of peanuts and/or other nuts. May contain traces of soy.

❻ **Cranberry Orange Biscotti.** Chewy, zesty, and crunchy—all at the same time!

Ingredients: Whole liquid eggs, cane sugar, white rice flour, corn flour, cranberries (sugar, citric acid, vegetable oil), guar gum, pure vanilla, orange zest, baking powder (corn starch), cinnamon. May contain traces of peanuts and/or other nuts. May contain traces of soy.

❼ **Pecan.** Marvelously nutty—a pecan lover's delight.

Ingredients: Whole liquid eggs, cane sugar, white rice flour, corn flour, pecans, guar gum, pure vanilla, baking powder (corn starch), cinnamon. May contain traces of soy.

Wheat-Free, Gluten-Free 9.7 Ounce Bags* **\$7.99**

* Pecan are 8.8 ounces.

Gluten-Free Party Mix



This gluten-free version of the well-known party mix was adapted by Bev Leiven, leader of the Milwaukee Celiac Sprue Crew. It's easy to make and keeps well—excellent for football games, parties, or general snacking.

6 tablespoons butter or margarine (do not use spread or tub products)

2 tablespoons gluten-free Worcestershire sauce (see below)

³/₄ teaspoon garlic powder

1 ¹/₂ teaspoons GF seasoned salt

¹/₂ teaspoon onion powder

1 cup mixed nuts

1 cup Ener-G or Glutino pretzels

1 cup of any combination of the following, broken into 1-inch pieces:

- Bread Sticks: Glutino Bread Sticks, Sanaví Harisín Bread Sticks (Bastoncitos), or Schär Grissini
- Crackertoast: Natural Nectar Cracklebread, Orgran Corn Crispbread, or Sanaví Lightly Toasted Slices
- Glutino Rusks

⁴/₂ cups Health Valley Corn Crunch-Ems cereal

⁴/₂ cups Health Valley Rice Crunch-Ems cereal

Heat oven to 250° F. Melt margarine in large roasting pan in oven. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container. Makes 12 cups of party mix.

Microwave Directions: Melt margarine in large microwavable bowl uncovered on High. Stir in seasonings. Gradually stir in remaining ingredients until evenly coated. Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container. (Because microwaves cook differently, time is approximate).

Gluten-Free Beer Now Available At Our Store



We're pleased to announce that after much delay, at least three varieties of gluten-free beer will be available at our retail store beginning in early January. We would like to thank Alderman Tony Zelinski and the many customers who supported our effort to obtain a beer license. Our gluten-free beer lineup includes:

❶ **New Grist.** A crisp, refreshing "session ale" brewed by Lakefront Brewery in Milwaukee using sorghum, hops, water, rice and gluten-free yeast grown on molasses.

❷ **Red Bridge.** A light, moderately hopped lager brewed from sorghum by Anheuser-Busch.

❸ **Shakparo.** An unfiltered, light, crisp ale with a cider or fruit profile and a dry aftertaste, Shakparo is a West African style beer brewed in Milwaukee by Sprecher Brewery using sorghum and millet.

Beer is currently available for in-store purchase only. Customers must be at least 21 and present proper ID.

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WWW.FOOD4CELIACS.COM