

Gluten-Free Cooking

November 2012

Whether you have been diagnosed as celiac or simply have a gluten intolerance or sensitivity, this pathfinder will be useful in finding information about gluten-free cooking and baking.

For an introduction to the topic, see:

- About.com, "Gluten-Free Cooking,"
<http://glutenfreecooking.about.com/od/glutenfreecookingbasics/u/userpathsglutenfreecooking.htm>

Key Resources at a Glance:

- [*Gluten-Free Cooking for Dummies*](#) by Danna Korn and Connie Sarros (2008) (641.5638 KOR)
- [*Complete Gluten-Free Cookbook: 150 Gluten-Free Recipes, Lactose-Free Recipes, Many with Egg-Free Variations*](#) by Donna Washburn and Heather Butt (2007) (641.5638 WAS)

Resources

Books

- [*Paleo Comfort Foods: Homestyle Cooking for a Gluten-Free Kitchen*](#) by Julie Mayfield, Charles Mayfield, and Robb Wolf (2011) (641.5638 MAY)
- [*Complete Gluten-Free Diet & Nutrition Guide: With a 30 Day Meal Plan & Over 100 Recipes*](#) by Alexandra Anca and Theresa Santandrea-Cull (2010) (641.5638 ANC)
- [*The Gloriously Gluten-Free Cookbook: Spicing Up Life with Italian, Asian, and Mexican Recipes*](#) by Vanessa Maltin (2010) (641.5638 MAL)
- [*Gluten-Free Recipes for the Conscious Cook: A Seasonal, Vegetarian Cookbook*](#) by Leslie Cerier (2010) (641.5638 CER)
- [*Gluten-Free Baking with the Culinary Institute of America: 150 Flavorful Recipes from the World's Premier Culinary College*](#) by Richard J. Coppedge, Jr. and the Culinary Institute of America (2008) (641.5631 COP)
- [*You Won't Believe It's Gluten-Free!: 500 Delicious, Foolproof Recipes for Healthy Living*](#) by Roben Ryberg (2008) (641.5638 RYB)
- [*Gluten-Free Baking: More Than 125 Recipes for Delectable Sweet and Savory Baked Goods, Including Cakes, Pies, Quick Breads, Muffins, Cookies, and Other Delights*](#) by Rebecca Reilly (2007) (641.563 REI)

Search Aids

Search Terms

(Use for computer searches)

- gluten-free
- gluten-free baking
- gluten-free cooking

Subject Headings

(Use in card catalogs and print indexes)

- Gluten-free diet
- Gluten-free diet -- Recipes

Call Number

- 641.563 (Dewey Decimal)
- 641.5638 (Dewey Decimal)

Indexes and Abstracts

- EBSCOHost
<http://search.ebscohost.com>
- First Search
<http://firstsearch.oclc.org>

Library catalogs

- Urbandale Public Library
<http://www.urbandalelibrary.org>
- SILO – State-wide catalog
<http://z3950.silo.lib.ia.us/cgi-bin/zform.CGI?SILO>
- WorldCat - World-wide catalog
<http://worldcat.org>

- [*The Best Gluten-Free Family Cookbook*](#) by Donna Washburn and Heather Butt (2005) (641.5638 WAS)
- [*The Best-Ever Wheat- and Gluten-Free Baking Book: Over 200 Recipes for Muffins, Cookies, Breads, and More*](#) by Mary Ann Wenniger and Mace Wenniger (2005) (641.563 WEN)

Web Pages and Web Portals

- Celiac.com, “Gluten-Free Cooking”
<http://www.celiac.com/categories/Gluten%252dFree-Cooking/>
- Celiac Sprue Association, “Gluten-Free Diet: Basic Choices”
http://www.csaceliacs.info/basic_diet_choices.jsp
- Gluten-Free Cooking School
<http://www.glutenfreecookingschool.com/>
- Glutenfreeda
<http://www.glutenfreeda.com/index.asp>
- Mayo Clinic, “Gluten-Free Diet: What’s Allowed, What’s Not”
<http://www.mayoclinic.com/health/gluten-free-diet/my01140>

Organizations

- Celiac Disease Foundation
<http://www.celiac.org/>
- Celiac Sprue Association
<http://www.csaceliacs.info/>
- Gluten-Free Certification Organization
<http://www.gluten.net/gfco/default.aspx>
- Gluten Free Society
<http://www.glutenfreesociety.org/>
- Gluten Free Standards, Inc.
<http://www.glutenfreestandards.com/>
- National Foundation for Celiac Awareness
<http://www.celiaccentral.org/>

This pathfinder has been provided to you by

URBANDALE PUBLIC LIBRARY *it's your place.*

<http://www.urbandalelibrary.org>