



## A Gluten-Free Shabbos Made Easy

-Another Project By: The Frum Celiac Team-

We're here to show you how easy it really is to cook for someone with Celiac, so you can help make it easier for those on such a strict diet!

For recipes please visit at [www.frumceliac.com](http://www.frumceliac.com) .

If you have any questions you can either e-mail us at [thefrumceliac@gmail.com](mailto:thefrumceliac@gmail.com) .

Or if you're in Israel you can call us at 054-680-0547 (please leave a clear message with your name and number).

## Basics

- Firstly, never decide on your own (if you are uncertain) if something is, or could contain Gluten.
- Secondly, always check ingredients. The same way you always check to make sure there is a Hashgacha, make sure it is still gluten-free.
- Gluten may be served by the meal just may not come in contact with any food the person with Celiac may eat.
- The following items are definitely a problem for those with Gluten intolerance, unless they specifically say 'Gluten-Free' or 'Llo-Gluten'.
  - Flour
  - Pasta
  - Pastry Dough
  - Pie Crusts
  - Licorice
  - Matzah Meal
  - **Barley-never GF**
  - Malt
- The Following items may be a problem for those with Gluten intolerance, unless they specifically say 'Gluten-Free' or 'Llo-Gluten'.
  - Chewy Candies
  - Chocolate (many fancy chocolates are rolled in flour) and especially if it has a filling.
  - Soy Sauce
  - BBQ Sauce
  - Anything used as a thickener can be a question (example: for sauces)
  - Ketchup (כשר לפסח is definitely ok)
  - Modified Food Starch (may be a problem, unless made from corn)

**Below we will take you through Friday night and Shabbos day seudos, with what is ok, or not ok. First, here are some pointers.**

- All pots, pans, silverware, etc. can be used as long as they are properly cleaned from being used for Gluten.
- Cross-contamination is something else to be **very careful** with.  
For example if anything containing Gluten or even a utensil that just touched something that contains gluten (even a tiny bit, for a spilt second) the person with Celiac cannot eat from that thing.
  - Examples:
    - Bowl of tuna fish, egg salad, etc.
    - Chumus, any types of dips, etc.
    - Soup
    - Anything that you would like to serve to the person that has Gluten intolerance.

## **FRIDAY NIGHT**

- ❖ **Challah**
  - They will have to bring their own.
- ❖ **Dips**
  - Must be careful about cross-contamination.
- ❖ **Fish**
  - Gefilte Fish
    - Must be Kosher L'Pesach AND Non-Gebrochts.
  - Other Fish
    - No problem as long as it is not breaded
    - Must check sauces
- ❖ **Soup**
  - Must be made without Kneidelach.
  - Must be made without Lokshen.
  - Must be made without Croutons.
  - Obviously no flour may be added.

❖ **Chicken**

- No breading unless Gluten-Free.
- BBQ/ any sauce must be checked.

❖ **Side-Dishes**

➤ **Kugels**

- No Pasta
- No Flour
- No Dough

➤ **Salads**

- No Croutons
- No Noodles
- No Flour

❖ **Drinks**

- No Beer
- Schnapps, Liquor, Whisky, Bourbon- may be a problem

❖ **Desserts**

- No flour which includes but is not all inclusive of:
  - Cakes
  - Cookies
  - Pie crusts
- Chocolate, filled chocolates.
- Chewy candies, gummy candies- may also be a problem.

## **SHABBOS DAY**

❖ **Challah**

- They will have to bring their own.

❖ **Dips**

- Must be careful about cross-contamination.

❖ **Fish**

- Gefilte Fish
  - Must be כשר לפסח AND Non-Gebrochts.
- Other Fish
  - No problem as long as it is not breaded
  - Must check sauces

❖ **Liver**

- Must not be made with flour or matzah meal.

❖ **Cholent**

- No Barley.
- Must check BBQ/ any sauces.

❖ **Side-Dishes**

➤ **Kugels**

- No Pasta
- No Flour
- No Dough

➤ **Salads**

- No Croutons
- No Noodles
- No Flour

❖ **Drinks**

- No Beer
- Schnapps, Liquor, Whisky, Bourbon- may be a problem

❖ **Desserts**

- No flour which includes
  - Cakes
  - Cookies
  - Pie crusts
- Chocolate, filled chocolates.
- Chewy candies, gummy candies- may also be a problem.

Have A Great Shabbos!