



# The Gluten-Free Asian Kitchen: Recipes for Noodles, Dumplings, Sauces, and More

*Laura B. Russell*

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For the estimated three million Americans suffering from Celiac disease, wheat allergies, and severe gluten sensitivities, Asian food is usually off-limits because its signature ingredients—noodles, soy sauce, and oyster sauce—typically contain wheat. In the *Gluten-Free Asian Kitchen*, food writer Laura B. Russell shows home cooks how to convert the vibrant cuisines of China, Japan, Korea, Thailand, and Vietnam into gluten-free favorites.

Authentically flavored dishes such as **Crispy Spring Rolls, Gingery Pork Pot Stickers, Korean Green Onion Pancakes, Soba Noodles with Stir-Fried Shiitake Mushrooms, Salt and Pepper Squid,** and **Pork Tonkatsu** will be delicious additions to any gluten-free repertoire.

Along with sharing approachable and delicious recipes, Russell demystifies Asian ingredients and helps readers navigate the grocery store. Beautifully photographed and designed for easy weeknight eating, this unique cookbook's wide range of dishes from a variety of Asian cuisines will appeal to the discriminating tastes of today's gluten-free cooks.

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