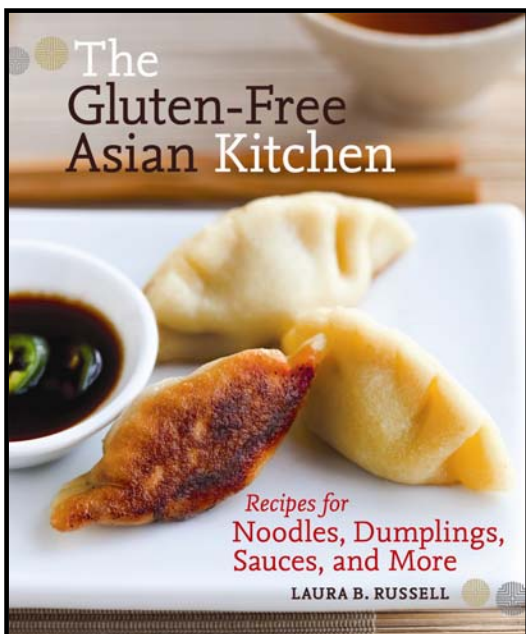


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The Gluten-Free Asian Kitchen

Recipes for
**Noodles, Dumplings,
Sauces, and More**

LAURA B. RUSSELL

Over the last few years gluten-free dining has exploded onto the mainstream, but with much of the commercial focus on getting favorite breads, pizzas, and cakes back on the plate. Other popular foods, such as Japanese, Korean, and Chinese, have remained mostly off-limits to gluten-free cooks (until now). Food writer Laura B. Russell shines the spotlight on Asian cooking with the first gluten-free cookbook to focus exclusively on the vibrant cuisines of China, Japan, Korea, Thailand, and Vietnam.

Adding well-loved ethnic fare to the gluten-free diet, *The Gluten-Free Asian Kitchen* puts cooking delicious Asian meals at home well within reach for any Asian food lover, whether they are on a restricted diet or not. Along with sharing easy, approachable recipes, Russell demystifies Asian ingredients and helps readers navigate the grocery store so that everyone can enjoy popular dishes from some of the world's best-loved Asian cuisines.

Asian food poses unique challenges to the gluten-free cook where essential condiments like soy sauce, tamari, even oyster sauce and hoisin sauce can be thickened or sweetened with wheat product. Dumplings, pancakes, and many types of noodles are blatant offenders, but it's the omnipresent sauces, quietly painting each bite with gluten, that are harder to avoid. In trying to dodge these roadblocks, it can be hard for gluten-free diners to find even a simple stir-fry that's safe to eat. Thanks to Russell, they can now enjoy their favorite Asian foods at home. *The Gluten-Free Asian Kitchen* offers culinary know-how and ingredient awareness along with 100 tasty recipes so that any home cook can quickly and simply turn out full-flavored dishes that have all of the goodness with none of the gluten, such as Korean Green Onion Pancakes, Sticky Rice Dumplings, Chilled Tangy Soba Noodles, Tempura, Soy Sauce Chicken, and Banana and Sweet Potato Fritters.

This vivacious new collection shares gluten-free (and also dairy-free) recipes that never lack in taste, texture, or temptation. Beautifully photographed, *The Gluten-Free Asian Kitchen* and its wide range of Asian dishes will be a welcomed addition to the menus and global tastes of today's gluten-free cooks.

LAURA B. RUSSELL, former associate editor of *Food & Wine* cookbooks, is the "Gluten-Freedom" columnist for the *Oregonian* and a frequent contributor to *Prevention* magazine. She has followed a gluten-free diet since 2004. Laura lives in Portland, Oregon, and is available for interviews. Visit www.laurabruscell.com.

***The Gluten-Free Asian Kitchen: Recipes for
Noodles, Dumplings, Sauces, and More***
by Laura B. Russell

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