

# How to cook for Coeliacs

There are a number of important things to remember when cooking for your **coeliac** and other **gluten sensitive** customers.



Use detergent, hot water & elbow grease

## Frying

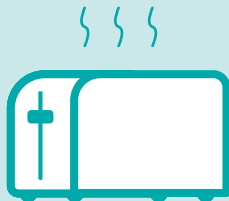
Use a separate fryer for gluten-free food  
**OR**  
Deep clean the regular fryer before preparing gluten-free food and use fresh oil.



Keep all gluten-free products separate

## Baking

For gluten-free cakes, breads, sandwiches and handling of their components, do all the gluten-free preparation first including the final packaging.



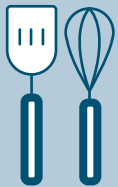
## Toasting

Use a designated toaster for gluten-free products  
**OR**  
Use toaster bags in a regular toaster.



## Boiling and Steaming

Use a clean unused saucepan to boil gluten-free food.



## Utensils

Have a separate set of utensils for gluten-free food preparation  
**OR**  
use clean utensils and avoid "double dipping".



## Preparation Area

Have a designated preparation area for gluten-free food. Make sure it cannot get contaminated with flour dust. Otherwise thoroughly clean down a work surface before preparing gluten-free food.



## Storage

Store all gluten-free alternatives such as sauces, drink powders and cakes in sealed labelled containers.

For more food allergen advice, visit [www.safefood.net](http://www.safefood.net)