



# **IDENTIFYING GLUTEN IN COMMON ASIAN INGREDIENTS**

**Presented by  
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## SOY SAUCE/TAMARI

SOY SAUCE is made from 50% wheat and 50% soy.

TAMARI is made with LESS wheat or NO wheat.

Not all tamari is wheat-free. Read the label to confirm gluten-free tamari.

Brands:

San-J

Kikkoman

Eden

Mitoku

Little Soya

and more...





## FISH SAUCE

Frequently used in SE Asian cooking.

Gluten-free brands are readily available.

Most contain only anchovies, salt, and perhaps sugar and water.

Avoid any containing hydrolyzed wheat protein.







## SAUCES: TERIYAKI, HOISIN, PEANUT, PLUM, CHILI BEAN PASTE, OYSTER

Many sauces are soy-sauce based or they are thickened with wheat flour, sweetened with wheat paste, or based on fermented soy-and-wheat pastes.

GLUTEN-FREE BRANDS: Premier Japan, San-J, Wok Mei, Thai Kitchen, Taste of Thai



## MISO

Fermented soybean paste.

Most commonly available brands are made from rice and soybeans.

Some miso incorporates barley (mugi miso) or other grains; read label.

Darker color = saltier, bolder flavor

Soy free? Try chickpea miso. Miso Master or South River brands.







## SAKE, MIRIN, RICE VINEGAR

Sake = alcoholic beverage brewed from polished rice

Mirin = a sweet, almost syrupy cooking wine brewed from sweet rice

Rice vinegar (also called rice wine vinegar) = a mild, low acidity vinegar. Do not use "seasoned" rice vinegar

Sake, mirin, and rice vinegar are not interchangeable ingredients.

Chinese Shaoxing wine often contains wheat. Use medium-dry sherry or sake instead.



# NOODLES

## Rice noodles

(dried): made from rice flour, water.

Be aware that fresh rice noodles can contain wheat starch.

## Cellophane

**noodles:** also called mung bean noodles, glass noodles, bean threads, *sai fun* or *harasume*.

Made from the starch of mung beans.

## Soba noodles:

Made from buckwheat flour.

Most soba contains wheat flour as well; use only 100% buckwheat soba.





## MORE NOODLES

**Sweet Potato Noodles:** a type of cellophane noodle made from sweet potato starch. Also called *tangmyon*. Found in Asian markets, specifically Korean.

Other gluten-free noodles:

Tapioca

Potato starch

Acorn starch

Kuzu root

Shirataki “noodles”

Kelp “noodles”





# RICE

One of the most versatile ingredients in the gluten-free Asian kitchen.

Rice is inherently gluten-free.

Rice

Sticky/sweet rice

Rice flour

Sake

Miso

Mirin

Rice noodles

Rice paper wrappers = rice flour or rice + tapioca.



# GLUTINOUS RICE

Sweet rice = Sticky  
rice = Glutinous  
rice

Glutinous ≠ gluten

Glutinous (with an  
i) means sticky.





# SOY FREE, TOO?



- Substitute fish sauce or coconut aminos for tamari.
- Try chickpea miso (Miso Master or South River) instead of soybean miso.
- Skip the tofu.



# THE GLUTEN-FREE ASIAN KITCHEN AND BRASSICAS

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