

Gluten-Free Passover Foods 2012

From *Gluten-Free Nosh* at www.glutenfreenosh.com

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Please refer to web site for full story and information about gluten-free Passover foods.

<http://wp.me/pGgB6-fp>

Passover, an eight-day holiday that celebrates when the Jews were freed from slavery in Egypt, seems to be a great gluten-free holiday. On Passover, we cannot eat any leavened bread -- basically, no wheat, rye, barley, spelt or oats. Sounds great so far, right? But here's the rub: On Passover, we eat matzo, which is made from wheat. Many Passover foods are made with matzo meal, so you need to read labels carefully to avoid matzo meal. Still, Passover is a great opportunity to stock up on some gluten-free foods that are hard to find year-round.

Gluten-free Passover foods are either marked as "gluten free" or as "non-gebrokts" (which means it does not contain matzo meal and is therefore gluten-free). While there are many gluten-free Passover products, many of them are expensive, don't taste great and don't have much nutritional value. That's due to Passover prohibitions against other foods such as rice, corn and soy, which means that most Passover products rely on potato starch and lack in taste and nutrition.

If you can find a grocery store with a large kosher section, or a dedicated kosher grocery store, look for these gluten-free, kosher for Passover products that have made it into my grocery cart.

-- [Yehuda Gluten-Free Matzo-Style Squares](#). A couple of years ago, the only gluten-free matzo on the market tasted like cardboard and cost \$35 per box. I am thrilled about the Yehuda Gluten-Free Matzo-Style Squares, which taste like a thin and flavorful flatbread and cost only \$5.99 to \$6.99 on sale. This year, Yehuda has a toasted onion flavor, which I have not yet tried. You might notice the box says "not for sacramental purposes." That's because, religiously, matzo should be made from wheat, rye, barley, spelt or oats. If you want a more official matzo, try [Lakewood Gluten-Free Oat Shmurah Matzah](#) (\$25.99), made from oats and certified gluten-free.

-- [Lieber's Knaidel Mix](#). This is my favorite gluten-free matzo ball mix, which makes light and fluffy matza balls (called knaidlach in Yiddish). My guests have asked for seconds, unaware that the matzo balls were gluten-free. The Knaidel Mix can be hard to find, so I bought six boxes to last throughout the year. Another gluten-free matzo ball option is [Frankel's Matzo-Free Balls](#). These premade frozen gluten-free matzah balls are convenient to take to my mother-in-law's house and drop in her chicken soup.

-- **Spring Valley Breaded Chicken Pattie Nuggets**. Don't let the "breaded" fool you, these frozen chicken nuggets are coated with potato starch. It's hard to find gluten-free kosher chicken nuggets, so I bought four bags of these tasty nuggets. Make sure the bag is labeled kosher for Passover and non-gebrokts. I also bought **Spring Valley Frozen Stuffed Chicken Rolls** (a good

gluten-free kosher quick lunch) and [Meal Mart Potato and Pastrami Knishes](#), both of which are labeled non-gebrokts.

-- **Spring Valley Blintzes**. It's impossible to find gluten-free blintzes during the year, so I stock up on these "non-gebrokts" or gluten-free frozen blintzes, which come in cheese, apple and blueberry flavors. Make sure the box is labeled kosher for Passover and non-gebrokts, as only the Passover blintzes are gluten-free.

-- [Kedem Gourmet Gefilte Fish](#). Gefilte fish traditionally is a part of Passover meals, but most gefilte fish contains matzo meal (wheat). The Kedem Gourmet line is made without matzo meal, is gluten-free and does not contain MSG.

-- [Streit's Macaroons](#). I love coconut macaroons and am always tempted by the variety of different flavors. Most are gluten-free, but I was happy to see that this year the Streit's label proclaims "gluten-free." I avoid a lot of Passover packaged cookies, because I try not to have too many sweets in the house. I did buy a box of [Gefen Gluten-Free Almond Cookies](#), because they look like almond cookies from old-school Chinese restaurants. I also bought a [Manischewitz Chocolate Macaroon Pie Shell](#); maybe there's an ice cream pie or chocolate mousse pie in my future. [Shabtai Gourmet](#), a kosher bakery, is dedicated to baking gluten-free Passover goodies year-round. Try their Baby Swiss Rolls (think Ho Hos). [Oberlander's](#) and [Hagadda](#) also have a selection of gluten-free Passover cakes and cookies, like black-and-white cookies; all are pretty expensive and sugary, though.

-- Did you know that most licorice contains wheat? It's hard to find gluten-free licorice, which is why I was happy to pick up [Sweet Goodies Gluten-Free Licorice](#), new this year from Kedem Foods, in strawberry, sour strawberry, sour green apple and sour blueberry. (When it's not Passover, I also like [Clif Kid Twisted Fruit Rope](#) as a gluten-free licorice substitute.) For a salty snack, I bought [Paskesz Onion Rings](#).

-- My mother always serves mandlen, or "soup nuts," with chicken soup on Passover. [Lieber's Mini Mandlin](#) are gluten-free, and my kids like tossing them into their soup. [Oberlander's Soup Mandlen](#) and [Osem Soup Mandel Rings](#) are also gluten-free.

-- I'm looking forward to using [Jeff Nathan Creations Gluten-Free Panko Crumbs](#) as a gluten-free crumb coating for chicken and fish. I also bought [Paskesz Bake or Fry Coating Crumbs](#).

-- This was the first year I saw tapioca starch in the Passover aisle. I like the fact that the [Gefen Tapioca Starch](#) comes in an easily reclosable canister, as usually my bags of tapioca starch become powdery disasters. I also bought two canisters of [potato starch](#), because I like the reclosable canister and it's good for gluten-free baking throughout the year.