

Gluten-Free Nosh's Gluten-Free Passover Foods 2013

See full post at:

<http://glutenfreenosh.com/2013/03/14/gluten-free-passover-foods-2013>

Many Passover foods are labeled “gluten-free” and some are labeled “non-gebrokts” (which is the equivalent of gluten-free). Still, always read ingredients to make sure the products do not contain any matzo meal or cake meal, which are forms of wheat. Be careful to avoid my eternal mistake (when will I ever learn?), and don't overbuy Passover products. Passover foods are almost always expensive, but they don't always taste great. That being said, here are some products to check out:

Matzo Balls:

— [Lieber's Knaidel Mix](#). This gluten-free matzo ball mix makes light and fluffy matzo balls (called knaidlach in Yiddish).

— [Frankel's Matzo-Free Balls](#). These premade frozen gluten-free matzo balls (six to a package) are convenient when you want to take individual gluten-free matzo balls to a relative's house to drop in their chicken soup.

Gluten-Free Matzo:

— For gluten-free oat matzo, try [Lakewood Matzah](#) or Rabbi Kestenbaum's [Gluten-Free Oat Matzos](#).

— For gluten-free matzo-style squares (cheaper, tastier), [Yehuda Gluten-Free Matzo-Style Squares](#) come in regular, toasted onion and fiber-enriched versions. Manischewitz also offers Gluten-Free Matzo Squares. Yehuda, Manischewitz and a few other companies make good gluten-free matzo crackers.

Gefilte fish:

— Gluten-free options include [Kedem Gourmet Gefilte Fish](#), [Rokeach "Gourmet Sweet"](#) and [Rokeach "Heimeshe Sweet"](#) gefilte fish. Also, some of the frozen gefilte fish loaves are gluten-free.

Chicken Nuggets:

— Don't let the “breaded” fool you, Spring Valley Breaded Chicken Pattie Nuggets are coated with potato starch – a great find, since it's hard to find gluten-free kosher chicken 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.

Blintzes and other frozen items:

—Spring Valley Blintzes 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, not the ones they produce the rest of the year.

— Frankel's makes a frozen gluten-free [Passover cheesecake](#) that's great, as well as gluten-free [potato knishes](#) and [gluten-free blintzes](#).

— [Dr Praeger's](#) offers some nice gluten-free options year-round and even more during Passover, including "Potato Crusted Fishies."

Baking items:

— [Jeff Nathan Creations Gluten-Free Panko Flakes](#) come in seasoned and plain versions.

— [Gefen Tapioca Starch](#) comes in an easily reclosable canister.

— Various brands sell reclosable canisters of potato starch.

Macaroons:

— Most macaroons are gluten-free, including [Manischewitz](#) and [Streit's](#) macaroons, which also use sulfite-free coconut.

— This year, Manischewitz introduced a [frozen gluten-free macaroon dough](#).

Cookies, Cakes:

— You can now buy so many gluten-free cookies, crackers and cakes throughout the year, it doesn't make sense to buy the Passover versions, which are generally less nutritious and less tasty. Sometimes I'm tempted to buy the boxed bakery-style cookies, though most tend to be expensive and sugary. Still, it is sometimes nice to keep a box or two in the freezer. [Shabtai Gourmet](#), a kosher bakery, is dedicated to baking gluten-free Passover goodies year-round. [Oberlander's](#), Schick's and Hagadda also have a selection of gluten-free, bakery-style Passover cakes and cookies. Some frozen cake loaves can be worthwhile, such as [Osem](#) marble cake and pound cake, which are small and easy to keep in the freezer.

— Generally, I skip the Passover noodles, pizza, pancakes and waffles. They usually end up mushy and gummy. Although this year I did buy frozen Heaven and Health gluten-free potato gnocchi.