

Practical Tips For Managing Gluten Free



SOURCING

- Identify gluten free ingredients using your Product Specification Forms
- Use a trusted supplier who validates their gluten free claims
- Use gluten free versions of kitchen staples to minimise contamination
- Ensure all components on your gluten free menu are gluten free; including garnishes, sauces and dustings

DELIVERY

- Ingredients may change. Check labels of newly delivered products with their Product Specification Form
- Check packaging is not broken
- Decant ingredients delivered in porous packaging into sealed, labeled containers to avoid the risk of cross contamination
- Cover gluten free items when transferring to storage, especially through highly floured areas

STORAGE

- Store all gluten free ingredients in sealed containers in their dedicated zone or on the top shelf
- Consider colour coded containers for gluten free foods
- When it's necessary to decant ingredients, clearly mark container with ingredient name, allergen details, best before/use by date and batch number

PREPARATION

- Use separate butters, sauces, fillings and toppings
- Consider squeeze bottles for gluten free sauces, salad dressings and mayonnaise
- Designate an area away from gluten containing ingredients, or carry out a thorough clean down before sandwich/burger/pizza preparation and assembly
- Use clean and fresh water for cooking or refreshing

COOKING

- Dedicate equipment such as fryers, toasters and ovens for gluten free or carry out a thorough clean of shared equipment and utensils
- Fryers: use a separate fryer and note gluten is NOT destroyed at high temperatures
- Grill: line grill with baking paper if unable to dedicate to gluten free
- Oven: Always cook gluten free items on the top shelf and line all trays with baking paper
- Toaster: Bon bon wrap bread if unable to dedicate this equipment
- Thoroughly clean temperature probes before use during cooking and service

DISPLAY

- Clearly label gluten free items and display on top cabinet shelves
- Avoid displaying gluten free and gluten containing foods on the same platter
- Position gluten free foods in a bain marie to avoid contamination via spills or drips
- Colour code utensils and plates for gluten free use
- Dedicate a separate buffet area for gluten free and a separate, clearly labelled toaster at breakfast
- Offer portion control spreads, jams and condiments
- Avoid biscuit or marshmallow garnishes with beverage orders