

Preview of
Let's Eat Out!

Your Passport to
Living Gluten and Allergy Free

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What People are Saying about Let's Eat Out!

Individuals living with food allergies and specialized diets say:

“The book is fantastic and very comprehensive! I really enjoyed reading it. It is much more in depth and informative than anything available. The format is great as well—very easy to follow, and the standard format between chapters makes it easy to use it as a reference guide after an initial read-through. I learned about several items that I had been afraid to try, too!”

—Laurie R., living in Singapore with allergies to corn, dairy, eggs, gluten, nuts, and soy

“This book is amazing! It's packed full of so much information if I just want to eat down the street or going on vacation in the states. I'll also bring it with me when I travel to Europe for the first time. I think it's terrific that you are filling a need that no one else has been addressing. Great job!!”

—Dawn W., living in Chicago, IL with allergies to corn, soy and wheat

Family members supporting loved ones living with food allergies and specialized diets say:

“My oldest daughter has celiac and I am glad to know that you are improving the lifestyle for someone like my daughter—I appreciate it and I am sure when she eventually comes of age (a little to hard to comprehend at 3 years old), she will also appreciate the path that you are plowing for her!”

—John A., a father, living in San Francisco, CA with a daughter diagnosed with celiac/coeliac disease

Culinary professionals serving guests with food allergies and specialized diets say:

“A well researched and interesting book allowing the reader to get good background knowledge about the cuisines, the different cultures and the ingredients used. The breakdown of each dish gives the reader the opportunity to see where any hidden allergy foods may be or what questions they need to ask in the restaurant to ensure that their meals are safe to eat.”

—Tariq Z., restaurant owner in Birmingham, England



“If I have helped just one person in exploring a new location, be it in the city or country side, within their own country and/or on foreign lands, I will feel as though I have succeeded.”

—Ralph Waldo Emerson

Series Approach

Overview

The *Let's Eat Out!* series is the first set of reference materials dedicated to eating outside the home while managing 10 common food allergens including: corn, dairy, eggs, fish, gluten, peanuts, shellfish, soy, tree nuts and wheat. The *Let's Eat Out!* series currently includes:

- *Let's Eat Out! Your Passport to Living Gluten and Allergy Free*
- *American Steak & Seafood and Mexican Cuisine Passport*

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- *Chinese, Indian and Thai Cuisine Passport*
- *French and Italian Cuisine Passport*
- *Multi-Lingual Phrase Passport*

Let's Eat Out! is a 496 page full color book with over 240 photos detailing 7 international cuisines with 175+ menu item descriptions and preparation requests. This book also includes 10+ allergen quick reference guides, 230+ snack, breakfast and beverage suggestions, 300+ multi-lingual phrases and 400+ resource ideas for eating around the corner and around the world.

The three pocket-size cuisine passports are also designed to facilitate safe eating experiences. The cuisine passports focus on the following for each respective cuisine: dining considerations, sample menus, menu item descriptions, gluten-free decision factors, food allergen preparation considerations and quick reference guides. The *Multi-Lingual Phrase Passport* outlines over 1200 dining and health phrases translated from English to French, German, Italian and Spanish. These phrases are designed to aid in communications when traveling in foreign language speaking countries. Each passport is over 100 pages with dimensions of approximately 3-3/4" by 5-3/8" by 1/2".

Series Approach

The contents of this pioneering effort are based on years of personal experience, extensive research, proven results and the collaborative efforts of many individuals and organizations around the world. One of our key guiding principles was to produce easy-to-use guides that are succinct and flexible to meet an individual's needs. It's all about your preferences and areas of concern during that particular moment of the day.

Preview of International Cuisine Menus

As a preview of the level of detail provided in the series, we have outlined a four course meal for three cuisines. The *Sample Cuisine Menus* identify four dishes per cuisine which have the highest likelihood of being gluten and allergy free. The *Cuisine Menu Item Descriptions* summarize each dish's ingredients and the culinary preparation techniques involved in its creation and outline the following concerns:

- Gluten-Free Decision Factors
- Food Allergen Preparation Considerations

The *Let's Eat Out!* series can be used as a daily resource, a reference guide, or an educational tool depending upon your perspective.



*Of all the contributions this country
has made to dining out, none is so quintessentially
American as the Steak House.*

—John Mariani

American Steak & Seafood Cuisine Preview

Overview

Of the 30-plus menu items detailed in American Steak & Seafood Cuisine, below is a sample 4 course meal including:

- Sample menu
- Respective menu item descriptions
- Gluten-free decision factors for each item
- Food allergen preparation considerations for each item

**Sample Four Course
American
Steak & Seafood Menu**

Appetizer

Shrimp Cocktail

Meat Entree

Steaks

Side Dish

Baked Potato

Dessert

Flourless Chocolate Torte

Enjoy Your Meal!

American Steak and Seafood Menu Item Descriptions

Appetizer

Shrimp Cocktail

Shrimp cocktail is a common appetizer in many international cuisines. Most restaurants prepare and serve this appetizer in a similar fashion. Large shrimp are steamed or boiled in water or fish stock, shelled and chilled. The shrimp are served with a cocktail sauce (tomato sauce, horseradish and lemon juice), lemon wedges and sometimes an additional mayonnaise-based sauce.



Gluten-Free Decision Factors:

- Ensure stocks and broths are made fresh and not from bouillon which may contain gluten

Food Allergen Preparation Considerations:

- Contains shellfish from shrimp
- May contain corn from bouillon and corn syrup in cocktail sauce
- May contain eggs from mayonnaise-based sauce

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- May contain fish from fish stock
- May contain soy from bouillon and mayonnaise-based sauce

Meat Entree

Steaks



Steaks come in a variety of cuts, the most popular being filet mignon, New York strip, porterhouse and rib eye. Steaks are generally broiled or grilled and seasoned with salt and pepper. They may also be pan-fried in butter or oil. Some restaurants may marinate their steaks or serve them with a sauce, usually a béarnaise, hollandaise or a reduction.

Gluten-Free Decision Factors:

- Ensure beef is not dusted with wheat flour
- Ensure no soy sauce or wheat flour in marinade
- Ensure no wheat flour in sauce

Food Allergen Preparation Considerations:

- May contain corn from vegetable oil
- May contain dairy from butter, béarnaise or hollandaise sauce
- May contain eggs from béarnaise or hollandaise sauce
- May contain peanuts from vegetable oil
- May contain soy from soy sauce in marinade and vegetable oil

Side Dish**Baked Potato**

A baked potato is typically a safe choice in any restaurant. The accompaniments vary from restaurant to restaurant, but can include bacon bits, butter, cheese, chives and sour cream. Cheese sauce may also be offered. Mix and match what you like or have it plain. Almost all baked potatoes are made to order.



Gluten-Free Decision Factors:

- Ensure bacon bits are real—artificial bacon bits may contain gluten
- Ensure no wheat flour in cheese sauce

Food Allergen Preparation Considerations:

- May contain corn from artificial bacon bits and cheese sauce
- May contain dairy from butter, cheese and sour cream
- May contain soy from artificial bacon bits and cheese sauce

Dessert

Flourless Chocolate Torte



Yes, there is such a thing as flourless chocolate torte...even if some pastry chefs forget the title. Butter, chocolate, eggs and sugar are the standard ingredients and ground nuts may also be added to make up for the lack of flour which would normally hold everything together. Some pastry chefs may use bread crumbs or flour, even though the title suggests they are omitted.

Gluten-Free Decision Factors:

- Ensure no wheat flour as ingredient
- Ensure no bread crumbs

Food Allergen Preparation Considerations:

- Contains dairy from butter, chocolate and possibly from bread crumbs
- Contains eggs as an ingredient and possibly from bread crumbs
- May contain corn from bread crumbs
- May contain peanuts from bread crumbs
- May contain soy from chocolate and bread crumbs
- May contain tree nuts from bread crumbs



Far more indispensable than food for the physical body is spiritual nourishment for the soul. One can do without food for a considerable time, but a man of the spirit cannot exist for a single second without spiritual nourishment.

—Gandhi

Indian Cuisine Preview

Indian Cuisine Overview

Of the 25-plus menu items detailed in Indian Cuisine, below is a sample 4 course meal including:

- Sample menu
- Respective menu item descriptions
- Gluten-free decision factors for each item
- Food allergen preparation considerations for each item

Sample Four Course Indian Menu

Appetizers

Kabobs (Skewered Meat)

Soups

Mulligatawny (Chicken and Vegetable Soup)

Curry Entrees

Jhinga Masala (Shrimp in Coconut Curry)

Desserts

Kulfi (Indian Ice Cream)

Chalo, sub khana khao!

(Bon Appetit in Hindi.

It literally means

“Come, let’s start eating!”)

Indian Menu Item Descriptions

Appetizers

Kabobs (Skewered Meat)

Indian *Kabobs* are usually offered with chicken or lamb; however, fish, shrimp and vegetarian *Kabobs* are available in some restaurants. In most cases, the ingredients are marinated in a yogurt sauce with Indian spices, which usually include chili powder, cumin, coriander, garlic, ginger and turmeric. The marinade may also include lime juice or vegetable oil. The meat is then skewered and grilled over an open flame or baked in a tandoori oven. *Kabobs* may be served with some type of chutney or *raita* (a yogurt sauce) on the side for dipping.



Gluten-Free Decision Factors:

- Ensure no wheat flour in chutney
- Ensure no soy sauce or wheat flour in marinade

Food Allergen Preparation Considerations:

- Contains dairy from yogurt sauce

- May contain corn from vegetable oil
- May contain fish if ordered
- May contain peanuts from peanut oil and vegetable oil
- May contain shellfish if ordered
- May contain soy from soy sauce in marinade and vegetable oil

Soups

Mulligatawny (Chicken and Vegetable Soup)



Mulligatawny is the most common version of spicy chicken soup found in Indian restaurants. There are hundreds of variations, but most follow a basic recipe. Fresh chicken stock is the base of the soup, with standard ingredients including carrots, celery, chicken, chili peppers, lentils, lemon juice, onions, potatoes, tomatoes and rice. Some chefs include coconut milk and milk. The ingredients of the soup are sautéed in *ghee* or oil with various types of Indian spices and then added to the fresh chicken stock. *Mulligatawny* can be garnished with cream or

coconut cream, chopped coriander leaves or parsley and toasted almonds or pistachios.

Gluten-Free Decision Factors:

- Ensure stocks and broths are made fresh and not from bouillon which may contain gluten
- Ensure no wheat flour as thickening agent

Food Allergen Preparation Considerations:

- May contain corn from bouillon and vegetable oil
- May contain dairy from butter, cream or milk
- May contain peanuts from peanut oil and vegetable oil
- May contain soy from bouillon and vegetable oil
- May contain tree nuts from almonds and pistachios

Curry Entrees

Jhinga Masala (Shrimp in Coconut Curry)



Jhinga Masala is one of the most common shrimp dishes found in Indian restaurants. The base of the curry is typically coconut milk; however, this ingredient may be omitted in some restaurants. *Garam masala* powder, garlic, ginger and tamarind are sautéed in *ghee* or oil. Chopped onions, crushed tomatoes and shrimp are then added and the entire mixture is brought to a boil. Once the shrimp is cooked, coconut milk and salt are added. Sometimes lemon or tamarind juice may also be used. The dish is usually served with basmati rice and garnished with chopped coriander leaves or bay leaves.

Gluten-Free Decision Factors:

- Ensure no wheat flour in sauce

Food Allergen Preparation Considerations:

- Contains shellfish from shrimp
- May contain corn from vegetable oil
- May contain dairy from butter

- May contain peanuts from peanut oil and vegetable oil
- May contain soy from vegetable oil

Desserts

Kulfi (Indian Ice Cream)

Kulfi is an Indian ice cream made with a mixture of sweet condensed milk, cream and ground cardamom. For different flavors, fresh fruit purée, ground nuts and occasionally, a touch of saffron may be added. The mixture is then poured into molds and frozen for 12 hours. *Kulfi* can be garnished with rose water or ground nuts.

Gluten-Free Decision Factors:

- Ensure no wheat flour as ingredient

Food Allergen Preparation Considerations:

- Contains dairy from cream and milk
- May contain tree nuts from ground nuts



One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.

—Luciano Pavarotti

Italian Cuisine Preview

Italian Cuisine Overview

Of the 25-plus menu items detailed in Italian Cuisine, below is a sample 4 course meal including:

- Sample menu
- Respective menu item descriptions
- Gluten-free decision factors for each item
- Food allergen preparation considerations for each item

Sample Four Course Italian Menu

Appetizers

Prosciutto e Melone (Cured Ham and Melon)

Salads

Insalata Caprese (Mozzarella Tomato Salad)

Meat Entrees

Costatella D'Agnello (Rack of Lamb)

Side Dishes

Melanzane alla Griglia (Grilled Eggplant)

Polenta (Boiled Corn Meal)

Buon Appetito!

Italian Menu Item Descriptions

Appetizers

Prosciutto e Melone (Cured Ham and Melon)

Prosciutto e Melone is a common dish found in many Italian restaurants. It is fresh cantaloupe or honey dew wrapped with *prosciutto di parma*, an Italian cured ham. Sometimes the dish contains aged hard cheese such as *parmigiano reggiano*.



Gluten-Free Decision Factors:

- None

Food Allergen Preparation Considerations:

- May contain dairy from cheese

Salads

Insalata Caprese (Mozzarella Tomato Salad)

Buffalo mozzarella and tomato salad is an Italian classic. Large slices of buffalo mozzarella are stacked with freshly sliced toma-



toes. It is usually seasoned with salt and pepper and potentially other dried herbs on occasion. Large leaves of basil garnish this dish, which is lightly dressed in olive oil and sometimes balsamic vinegar.

Gluten-Free Decision Factors:

- None

Food Allergen Preparation Considerations:

- Contains dairy from cheese
- May contain corn from vegetable oil
- May contain peanuts from vegetable oil
- May contain soy from vegetable oil

Meat Entrees

Costatella D'Agnello (Rack of Lamb)



Costatella (rack) or *costoletta* (chop) are widely considered the most flavorful cut of lamb. They are taken from the rib and have a good amount of marbling, which provides the rich flavor. Italians traditionally roast lamb with olive oil, rosemary, salt, pepper and

plenty of garlic. If the menu description states that the dish is herb encrusted, bread crumbs are usually used. The dish is typically served with a side vegetable or pasta.

Gluten-Free Decision Factors:

- Ensure lamb is not dusted with wheat flour
- Ensure no wheat flour pasta—order gluten-free pasta or polenta if available
- Ensure no bread crumbs

Food Allergen Preparation Considerations:

- Food allergens may vary in side vegetables
- May contain corn from bread crumbs and vegetable oil
- May contain dairy from bread crumbs
- May contain eggs from bread crumbs and pasta
- May contain peanuts from bread crumbs and vegetable oil
- May contain soy from bread crumbs and vegetable oil
- May contain tree nuts from bread crumbs

Side Dishes

Broccoli Rabe (Broccoli Florets)



Broccoli Rabe is a slightly bitter tasting relative of broccoli. It is also called *broccoletti di rape*, *rape* and *rapini*. It resembles the leafy flower of regular broccoli and is very popular in Southern Italy. Outside of Italy, many restaurants may substitute *broccoli rabe* with regular broccoli. The Italian preference is to boil *broccoli rabe* for a few minutes to take out the bitterness, then sauté it in olive oil with garlic, salt and chili peppers. In Northern Italian restaurants, butter may be added along with various Italian herbs. The dish is usually garnished with chopped parsley and sometimes lemon wedges.

Gluten-Free Decision Factors:

- None

Food Allergen Preparation Considerations:

- May contain corn from vegetable oil
- May contain dairy from butter
- May contain peanuts from vegetable oil
- May contain soy from vegetable oil

Intention of these Materials

This preview is solely for marketing purposes. AllergyFree Passport™, LLC as the authors, R & R Publishing, LLC as the publisher, the contributors and reviewers of these materials (collectively “we”) have made reasonable efforts to make sure that the information provided is accurate and complete. We believe that factual information was correct to the best of our knowledge at the time of publication.

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The information contained in these materials should not be viewed as medical advice. Questions regarding specific food allergies, specialized diets, drug and food interactions and anything related to a specific individual should be addressed to a doctor or other medical practitioner.

About the Authors



Kim Koeller has spent the last 23 years eating 80% of her meals in restaurants across the globe while managing over a dozen food-related allergies/sensitivities and celiac/coeliac disease. Robert La France has spent over twelve years in the restaurant industry and devotes his spare time to a passion for the culinary arts. Collectively, they have traveled over 2 million miles across the globe, dined in 30-plus countries on four continents, and have conversational skills in French, German, Italian, Portuguese and Spanish.

Kim and Robert now promote awareness of food allergies and celiac/coeliac disease as President and Executive Vice President respectively of AllergyFree Passport™. The mission of AllergyFree Passport™ and its affiliates, including GlutenFree Passport™, is to empower individuals with food allergies and specialized diets to safely dine outside the home, travel and explore the world.