

Mangia!

New cookbook offers gluten-free Italian options

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Rich, creamy pasta tangled with plump shrimp, roasted tomatoes and a hint of spices can fill the air with an aroma that pulls people in. Thanks to local chef Mary Capone, you can now eat these scrumptious creations gluten-free, enjoying a life without wheat with all of the pleasure.

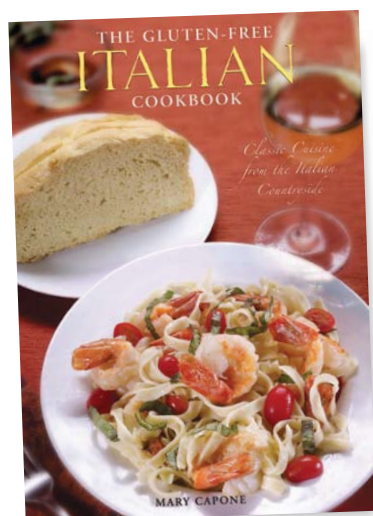
Full of recipes, stories and memories of her Italian heritage, the pages of Capone's new cookbook released in October, "The Gluten-Free Italian Cookbook," outlines what people thought they couldn't enjoy on a gluten-free diet — fluffy breads, tasty pizzas and sweet desserts. Through her love of the kitchen and creating gourmet foods, Capone shares a glimpse inside her childhood, her rich Italian background and the re-invented recipes of the treasured cuisine she grew to love. "It was a time for me to go to the family kitchens in my mind and revisit those favorite recipes," she says. Combine those visits with an exploration through the Italian countryside before starting the book, and the table was set to unroll her ideas.

Capone's interest in the gluten-free world links to her having celiac disease, which is an autoimmune intestinal disorder caused by the ingestion of gluten that interferes with the absorption of nutrients. Gluten is the common name for proteins found in all forms of wheat (durum, semolina, spelt, kamut, einkorn and faro), and related grains such as rye, barley and triticale.

With her intolerance for wheat unveiled, she pursued her mission to find ways to still enjoy her favorite foods. "I went straight to the kitchen and rewrote recipes," she says. "I wanted to bring



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gluten-free dieters delicious food."

Along with her wholesale bakery business, The Wheat-Free Gourmet, she opened the Wheat Free Cooking School in Boulder in 2005 to share the ideas of living gluten-free, teaching to date more than 1,500 people. "Our approach is to bring joy to people with restricted diets," she says. "There are a lot of ways to make delicious gluten-free food."

"The Gluten-Free Italian Cookbook" offers something for every taste, with more than 140 recipes with step-by-step instructions. Categorized into Italy's traditional six-course meal, the cookbook features recipes for Gli Antipasti (appetizers and soups), Pane E Pizza (breads or pizza), I Primi (pasta), I Secondi (main course), Le Verdure (vegetables and sides) and I Dolci (dessert).

"In Italy, you never give up a course," she says. "And the point of pride is to have meat for the main course."

Offering these traditional Italian favorites

gluten-free has opened the door for other celiacs, as well as people looking for good nutritional value in foods.

"This diet can be very good, but it doesn't have to be bland," she says. "I love to bring the elegance back into people's lives who are on restricted diets."

While the cookbook makes a great gift for celiacs who love the rich Italian feasts, it's a great option for anyone looking for a little taste of Italy. Combined with the stories that Capone mixes throughout of her family and rich Italian history, you'll feel at home in the kitchen using her proven techniques to create delicious foods.

"The Gluten-Free Italian Cookbook" is priced at \$24 and is available on Capone's Web site at www.wheatfreegourmet.com, as well as www.amazon.com; www.glutenfreemall.com; the Boulder Bookstore, www.boulderbookstore.com; and the Tattered Cover in Denver, www.tatteredcover.com.