

Indian Dining: Gluten-Free

There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out in Indian restaurants, what are some common menu items and how can you order them gluten-free?

Vegetable Pakoras: Deep fried fritters made of stir-fried vegetables, onions, and seasonings, coated in a chick pea batter. Served with sauces, chutneys, or Raita (a yogurt mixture with cilantro and cucumber)

- ✓ Ask if the pan used to fry the fritters is used to fry any wheat-containing products. Ensure that the chick pea batter does not contain wheat flour or other gluten containing flours. Ensure that sauces do not contain any gluten containing ingredients, such as wheat flour.

Chicken/Tofu/Shrimp Tikka or Tandoori: Marinated (spices and yogurt) chicken/tofu/shrimp skewered and roasted in a special oven

- ✓ Avoid spices and seasonings if wheat or wheat flour has been added to prevent caking.

Palaak Paneer: Diced homemade cheese cooked with spinach, butter, cream, and spices

- ✓ Avoid spices and seasonings if wheat or wheat flour has been added to prevent caking.

Gosht Tikka Masala: (any variety) Choice of meat/tofu cooked with tomato, yogurt, and spices

- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking. Ask if any wheat flour has been added to thicken the curry.

Chana Masala: Whole chick peas cooked with onions, tomatoes and a mixture of spices

- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking. Ask if any wheat flour has been added to thicken the curry.

Dahl Makhani: Whole lentils cooked with onions and spices, sauteed in butter

- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking.

Goshy Biryani: Choice of meat/vegetables stir-fried in saffron-cooked basmati rice with fresh herbs and ground spices

- ✓ Avoid spices and seasonings with wheat or wheat flour added to prevent caking.

Raas Malai: Homemade cheese patties, soaked in milk syrup, garnished with saffron and nuts

- ✓ Ensure that no wheat products were used to thicken the milk syrup.

Kheer/Pongul: Rice pudding cooked in sweetened milk, garnished with raisins, nuts, and saffron.

- ✓ Order as is.

Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution:

Naan (wheat flatbreads), Parathas (stuffed flatbread), and Puris (fried flatbread) are made with wheat flour. Ask if any wheat based ingredients have been used to thicken sauces, spices, or curries. Avoid Gulab Jamun (a deep-fried dessert made of wheat flour and milk).

Always identify your needs. Consider carrying a [gluten-free restaurant card](#) in different languages or a [gluten-free restaurant card in English](#).

Bring your own salad dressing or dessert with you to the restaurant.

If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.
