



ABOVE: Turtledoves' scrumptious (and gluten-free) raspberry crumble, lemon square and Nanaimo bar
OPPOSITE: Turtledoves' vegetarian-friendly sundried-tomato quiche with spinach and goat's milk cheddar

sweet pepper coulis, as well as tempeh and black walnut ragout, black bean puree and tossed frisée salad. Gluten-free options are also available with a little notice. The willingness to embrace these challenges is a natural extension of the kitchen's allegiance to flavourful and innovative "Modern Canadian Cuisine."

Turtledoves Gluten-Free Bakery

175 Plains Rd. E., Burlington, 289.337.6901
turtledovesbakery.ca
Peter Fryns eased into the gluten-free market with this local venture, which opened before Christmas on a limited basis until the official permits required to bake in-house were finalized this April. The bakery carries its own breads, pastries, cookies and squares, as well as savouries, sauces and condiments. Fryns has perfected sauces thickened by reductions rather than with flour, and tasty breads that have nice mouthfeel. Everything baked in the store is produced in small batches, so it's always fresh and limited: Flax seed and multi-grain breads on Tuesdays, white sandwich bread and cheese bread on Wednesdays and Italian herb bread on Thursdays. With the ex-

ception of the cheese bread, all breads are also dairy-free.

Ya'd Never Know Gluten-Free Foods

21 King St. W., Dundas, 905.628.2335
yadneverknow.com
Local chef/caterer Rhonda Barr (author of *What's Up With Gluten? A Chef's Perspective from My Kitchen to Yours*) runs this dedicated gluten-free bakery that has been an amazing success story since opening its doors in January 2009. "People come in here all the time in despair because they've just been diagnosed as celiac," Barr says. "I tell them they are lucky: They have a condition that can be cured with food, good healthy food." Barr spent countless hours perfecting the 64 products she makes and sells in her petite store and bakery, tucked behind the Collins Brewhouse. In addition to several kinds of breads (the multi-seed bread is addictively delicious), the bakery produces pies, cookies, hot dog and hamburger buns, pizza and pizza shells, and many other gluten-free products. Ingredients are chemical-free, locally sourced and organic whenever possible.

Ya Man! Caribbean Cuisine

315 King St. E., Hamilton, 905.546.1177
ya-man.ca
This sunny Trinidadian entry in Hamilton's International Village serves several gluten-free vegetarian, meat, fish and shrimp dishes and specializes in home-cooked Caribbean food with no preservatives, deep-frying, MSG, wheat in sauces, soya sauce or trans-fats.

Affinity Chinese Restaurant

87 John St. S., Hamilton, 905.529.2598
Affinity is the only Asian vegetarian restaurant in Hamilton. They serve authentic vegetarian Asian cuisine and feature an all-you-can-eat vegan buffet that has four or five gluten-free dishes as well as lacto- and ovo-free selections. Mains tend to simulate meat and fish dishes, with the seitan platter (a fan of various pseudo-meat medallions) and a respectably convincing kung pao "chicken" earning positive notice. Seitan, of course, is wheat-based and will not appeal to the gluten-sensitive.

Incognito Restaurant & Wine Bar

93 John St. S., Hamilton, 905.296.5832
incognitorestaurant.ca
Almost all the dishes at Incognito are gluten-free, but the kitchen is pleased to make special meals if they're advised of patrons' needs ahead of time. All of the restaurant's sauces are reductions, not thickened with flour.

Saigon Soul Food

152 James St. S., Hamilton, 905.529.8181
saigonsoulfood.com
Tam Nguyen, owner of Saigon Soul Food, is very aware of the issues involved in gluten intolerance. She cooks all gluten-free dishes separately to avoid cross-contamination, and is careful to use wheat-free ingredients. "It is a bit easier to cook Asian dishes that are gluten-free than some other cuisines. Soy sauce has gluten so I use tamari sauce, and I boost flavour with lemongrass, lime leaves and garlic." She makes gluten-free spring rolls, as well as ginger curry chicken stew, vegetable curry, sticky rice, mushroom sausages and a hearty sticky rice cake similar to a rice pudding that'd be good for breakfast with some shredded coconut and mung beans. Her roasted garlic plum sauce is gluten-free, as well as her pad thai. Great eating possibilities for the gluten-challenged.

Many, for reasons of health or ethics, live their lives without dishes that others would deem indispensable. Dining out is still not a worry-free proposition, but a dietary restriction is not the culinary exile it once was

