

The Gluten-Free Casein-Free Pantry

Eating Gluten-Free, Casein-Free, and (Mostly) Soy-Free. What's left to eat?

MONDAY, SEPTEMBER 6, 2010

GF Pasta Review: Gillian's Fusilli



Before going gluten free, pasta was a staple around here. We would eat it at least twice a week, sometimes more. We do love pasta.

We pretty much stick with the Tinkyada brand, but when the wonderful people at Gillian's Foods sent me a sample of their fusilli pasta we were eager to test it. The ingredients are the same as the Tinkyada: whole grain brown rice, rice bran, water.

Since my son prefers his pasta plain (with only a little olive oil), we are pretty tough pasta testers. I cooked the fusilli in salted boiling water for 10 minutes. The timing was just right—cooked through but not overcooked.

The instructions on the bag say to rinse and drain. I generally don't like to rinse gluten free pasta so I skipped the rinsing. The pasta really held up. It was not mushy as some GF pastas can be. I think this fusilli would hold up quite nicely in a salad or casserole.

We thought the Gillian's pasta was great and we will certainly be purchasing more. Gillian's pasta is available at Whole Foods and the [Gluten-Free Mall](#).

Posted by Caren at Monday, September 06, 2010



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