

Nonna's rule

One coeliac at the table, everybody eats the same lunch. Three objects make it work.



One pot

The gluten-free pasta gets its own pot and its own fresh water. Never the water the other pasta boiled in.

One colander

Its own colander, with a name on the handle so nobody grabs the wrong one. Drain the gluten-free pasta first.

One clean spoon

A spoon that never visits the other pot. Dress the gluten-free plate first with a clean ladle.

Same sauce

The sauce is the easy part. A tomato sugo is naturally gluten-free, so one pot of sauce serves everyone.

A little is still gluten. Two pots, one sauce.