



XL DINING GUIDE

Who's No. 1 this year? What other restaurants made the Top 10? Our annual XL Dining Guide picks the best places to eat out in the Austin area for fine dining and casual meals. ■ Coming Nov. 4

FOOTBALL ■ GEAR FOR THE GAME

Wherever you park your tailgate, dine in fantastic style

After almost a month of games on the road, the Texas Longhorns play at home Saturday afternoon, hoping to make a meal out of the Nebraska Cornhuskers. For fans, it's the perfect opportunity to go early, be loud and tailgate. For inspiration, check out these ideas, which come not only from collegiate games, but NFL, NASCAR and other sports events where parking-lot dining is a big kick.

— Kitty Crider

The Freedom Grill 50 rides with the wind. A portable grill with a 16,000-btu stainless steel burner, it will attach to a truck, SUV or RV and comes with a three-year or 36,000-mile guarantee. (Is that a first for a grill?) Made by Freedom Grill, it sells for about \$350 and is available at Home Depots in the Dallas area or from Amazon.com (one-day shipping available or free super shipping). A Longhorns logo can be had for \$11. Grill 'em.



Coke cans are typically red, except when they are burnt orange. This season, look for partially orange-colored cans emblazoned with Texas, a football player and Longhorns insignia. A 12-pack of 12-ounce cans was selling at three for \$10 last week at the H-E-B at Hancock Center. The local Coca-Cola company says some H-E-B Plus stores stock them, as well. Not to be confused with other cartons of Coke, these have "Texas" written on the outside. The fan cans are a different design from the national championship ones a couple of years ago.

See GEAR, E5



Load up

Cruise the tailgating parties around Royal-Memorial Stadium and you might be surprised how friendly football fans can be with their food and drink and rah-rah stuff.

Saturday in Life & Arts

BOWL SEASON

Recipes for chili run from red to green to light ■ E4

STAGE REVIEWS

Crowd goes wild for cooking star Anthony Bourdain as himself ■ E8

HEALTH ■ COOKING FOR CELIAC DISEASE

Going against the grain

Restaurants, stores and home cooks find a grateful and growing following when they cater to people on a gluten-free diet



These brownies at Wild Wood Art Café are a sweet treat for those who can't eat gluten.



Deborah Cannon photos AMERICAN-STATESMAN

Central Texans who have had to give up conventional French toast flock to Wild Wood Art Café for its gluten-free breakfasts.

By Meredith Hight

SPECIAL TO THE AMERICAN-STATESMAN



Larry Kolvoord AMERICAN-STATESMAN

Cheese biscuits and donuts from Wild Wood Art Café and banana bread from local cook Karen Morgan are made with gluten-free flours.

Most restaurant owners would be concerned if their customers routinely burst into tears upon perusing the menu and display case. But at Wild Wood Art Café, which specializes in wheat-free and gluten-free items, this kind of reaction is considered just part of doing business.

Gluten is a protein found in wheat, rye, barley and oats, and many on a wheat-free or gluten-free diet find themselves unable to eat the typical fare at many restaurants, including sandwiches, lasagna and breakfast foods such as French toast and pancakes. Wild Wood Art Café serves gluten-free versions of all of the above to a grateful clientele.

"At least once a week, somebody comes in crying," says Mariah Justice, one of the owners. "Because they get to eat pizza, or a cookie or something they haven't eaten in years." Others come straight from the doctor's office with a list of foods they can't eat and are eager to sample the rice bread. Justice adds that customers include a group that carools in from Louisiana to stock up and those who just drive across town on their lunch hour to scarf down a gluten-free sandwich.

On a recent Saturday morning, the bakery and café at 3663 Bee Cave Road is bustling with customers enjoying gluten-free meals amid the colorful walls lined with Oaxacan art. Sophie Werkenthin, who is 8 years old, is happily eating a sandwich with her family, who live nearby and frequent Wild Wood.

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See GLUTEN, E10

Celiac disease

Celiac disease is a genetic disorder affecting children and adults. People with celiac disease are unable to eat foods that contain gluten, a protein found in wheat, rye, barley and oats. Symptoms include diarrhea, weight loss, abdominal pain, chronic fatigue, weakness, malnutrition and other gastrointestinal problems. In children, the symptoms may include failure to thrive (an inability to grow and put on weight), irritability, an inability to concentrate, diarrhea and bloating.

Source: Center for Celiac Research at the University of Maryland

Common products that contain gluten

- Bread
- Pasta
- Crackers
- Cereal
- Bagels
- Doughnuts
- Pastries



Wheat flour substitutes

For baking, pastas and other uses, gluten-free recipes might include:

- Rice flour
- Sorghum flour
- Tapioca flour

BRING HOME WINE COUNTRY TONIGHT!

SPEC'S WINE OF THE WEEK



Italo Cescon Pinot Grigio, Grave de Friuli, 2006

This is a clean (no oak), fresh (no malo-lactic), lively, classic 100% Pinot Gris from maybe best region in Italy to grow that variety. The nose offers the aromas of fruit (pear and lime), lees, stony terroir, and a hint of perfume. On the palate, it is focused and bright with lime and green pear fruit along with a crushed stone minerality. It is light in the mouth but with good intensity and a fine feel. It finishes with lemon-lime fruit and more perfume. Quite elegant in style, it really holds the interest. Yum. Really Fine. Spec's Score: 90+HR. (Highly Recommended in relation to value)

\$11.96 bottle \$134.69 case 12x750ml

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