

## Our First Newsletter

Welcome to the first newsletter for the Watford and Hemel Hempstead Coeliac Group. We hope that you will all contribute to it over the coming months. We intend to publish a newsletter every two months so need your thoughts on being Coeliac, recipes, restaurant, product and food reviews, events to help make this newsletter as interesting as useful as possible to members.

In this edition you will find a report of this year's AGM, details of your new committee, recipes and products, restaurant reviews and information about forthcoming national and local events.

### Your New Committee

At the AGM in March a new committee was announced

Michelle Selinger Group Organiser  
Tony Cartwright Committee Secretary  
Shirley Chapman Treasurer  
Jackie Diamond Membership Secretary  
Lynda Brandham  
Jean Ivens  
Hazel Fish



Debbie Ward and Stephen Mummery stepped down as group organiser and treasurer as well as from the committee. We wish to thank them for all their hard work and support for the group. I know we will continue to see them around at group events.

Jackie Diamond is now the point of contact for membership enquiries. Her email is [jackie.diamond@ntlworld.com](mailto:jackie.diamond@ntlworld.com)

The email address for Michelle is [glutenfreeherts@live.com](mailto:glutenfreeherts@live.com) and you can contact her on 07826 858533

### 39<sup>th</sup> Annual General Meeting

Members of the Group braved the snow on 23<sup>rd</sup> March to attend the AGM at Greenwood Community Hall in Chiswell Green. Our outgoing Group Organiser Deborah Ward reported on our activities during 2012/2013 – our meal at the Atrium in Broxbourne, afternoon tea at the Dutch Nursery at Bookman's Park, and a Garden Party at Michelle West's house in Abbots Langley. A Committee for the Group was elected with Michelle Selinger as our new Organiser. Our funds were in good shape with a profit during the year of £105.62 to give a balance of £837.35. Tony Ineson the Business Development Manager for Warner Leisure gave a talk on the Warner Leisure properties and holidays with special mention of their gluten-free food arrangements. At the meeting Debbie Grant and her husband sold a wide range of their delicious gluten-free homemade foods to members. We presented Deborah Ward with a bunch of flowers and a gluten-free cookbook to thank her for her years of service to the Group.



Group members can download unlimited free tickets from <http://www.allergyshow.co.uk/go/coeliacwatford>

# Recipes

## Limoncello Drizzle Cake(s)

From Lynda of the Cake Stand Bakery

### Cake(s)

Zest of 2 large lemons  
2 large eggs  
60g Doves self-raising flour  
Sugar  
1/4 tsp Xanthan gum  
60g ground almonds  
80g soya yoghurt\*  
115g dairy free spread\*  
115g golden caster sugar

### Syrup

Juice of the 2 lemons  
50ml Limoncello  
1 tbsp caster

*\*Natural yoghurt and butter can be used if not abstaining from dairy products*

Preheat oven to 180 (Fan 160, Gas 4). Prepare a 2lb loaf tin (21cm x 10.5cm x 6cm approx) or 6 individual loaf mould tins.

Start off by zesting and juicing the lemons. Beat the eggs together in a jug. Sieve the flour and the xanthan gum together a couple of times to make sure the gum is evenly distributed, stir in the ground almonds.

Beat the eggs and caster sugar together until light and creamy.

Beat in the eggs a little at a time, beating well after each addition, add a little of the flour if necessary.

Fold in the flour and almond mix. Finally fold in the yoghurt and zest. Turn the mixture into the tin. Bake for around 30 - 35 minutes until a skewer poked into the centre comes out clean.

Meanwhile measure out the syrup ingredients into a small saucepan and heat gently on the hob to dissolve the sugar, stirring occasionally.

Once the cake is cooled slightly and skewer all over. Pour the syrup over and leave the cake aside in the tin until cooled. Remove the cake from the tin.

It can be eaten like this or you can make up some glaze icing using a little Limoncello and more zest. If you are not abstaining from dairy products, then a spoonful of crème fraiche would be a divine accompaniment!

**The Cake Stand Bakery - I make cakes and bakes for any occasion (using gluten free ingredients). I take orders and also have a stall on the Berkhamsted Farmers Market on the third Sunday of the month. I am hoping to get a place**

[on other farmers markets in the near future.](#)

I am setting up a website - [www.cakestandbakery.co.uk](http://www.cakestandbakery.co.uk) where you can place orders or email [lynda@cakestandbakery.co.uk](mailto:lynda@cakestandbakery.co.uk) or phone 07525830655.

10% discount for orders from Watford & Hemel Hempstead group members.

## Cheesecake

From Michelle Selinger

### Filling

450g cream cheese  
450g curd cheese  
125g granulated sugar  
2 eggs  
1 tsp vanilla essence

### Topping

200ml sour cream  
50g granulated sugar  
1/2 tsp almond extract  
Juice of 1/2 lemon

### Crust

6-8 gluten free digestive biscuits  
100g pecans, finely chopped

Preheat oven to 170°F or 150 for a fan oven. Grease and line a 23cm springform tin.

**For the crust:** whiz the biscuits and the pecans together in a food processor. Press the crust mixture onto the bottom of the springform tin.

**For the filling:** in a large bowl, combine the cream cheese, sugar and vanilla with a mixer. Add the eggs, one at a time, mixing just until blended. Pour this mixture into the crust. Bake for 30 minutes.

While the cheesecake is baking, prepare the topping. Combine the sour cream, sugar, almond extract and lemon juice in a bowl. Mix thoroughly.

After the first 30 minutes of baking, remove the cheesecake from the oven and spoon the topping on it, being careful not to overfill the pan. Bake the cheesecake for an additional 10-20 minutes. Cooking times will vary. It should be done when the cake starts to solidify. Cool the cheesecake and refrigerate for several hours or overnight prior to serving.



# Reviews

## Godfrey's Fish and Chip Shop, Harpenden

By Jean Ivens

After 15 years working in financial software, Luke Godfrey decided on a change of direction. When he was growing up, his parents owned a fish and chip business and Luke worked in the shop during the school holidays and whilst he was at university, so the choice seemed obvious. As he lives in St. Albans, he looked for premises there but without success. However, he found the building in Harpenden that had previously been the Royal Orchid restaurant, which had just become vacant.. This was a listed building and many months of consultations with St. Albans Planning Department followed but, after receiving the keys on the 6<sup>th</sup> January 2012, Luke was finally ready to open on the 6<sup>th</sup> November, having done a lot of the conversion work himself.

Soon after this I asked Luke if he would be considering cooking gluten free fish and chips. He said that he had had various enquiries about this and as soon as he was up and running would definitely start gluten free food in the early spring. Initially, it is only on a Monday evening and he has been surprised how popular this has been. A restaurant upstairs is now serving lunch and as business increases Luke

will open all day with GF fish and chips being served on a Monday. Should a ceeliac group want to book on a Monday, Tuesday or Wednesday, he will be happy to cater for them.

The fish and chips I have eaten there are excellent, delicious haddock with a crisp batter and chips as good as, if not better than, "normal" chips.

There is a great choice of non-GF food too.

### GROUP VISIT TO GODFREY'S

The Committee has booked Wednesday, 12<sup>th</sup> June 2013 for a Fish and Chip Supper at Godfrey's, so it will be a good opportunity for you to come and give it a try, you won't be disappointed.



41 High St, Harpenden, AL5 2SD

Tel: 01582 462965



## Toaster Bags

By Jackie Diamond

Would you like to be able to use a toaster at home/work/elsewhere where it may also be being used to toast 'ordinary' bread without the risk of cross contamination of your gluten free bread. Toaster bags are the answer. Just pop your bread or cut roll into a toaster bag and pop it in the toaster. Toaster bags can be put through a dishwasher or hand-washed. They can be used many times and have been a cause of many a conversation at my workplace. Colleagues have been intrigued by what I am putting in the toaster so my toaster bags are increasing awareness and knowledge about Coeliac Disease as I explain why I am using them. I have three sets – one for home, one at work and one spare set as a replacement as they get worn or torn. I wouldn't be without them!

These are made by a few companies and can be purchased from some supermarkets, Poundland (best thing I have ever purchased for £1) and Lakeland.

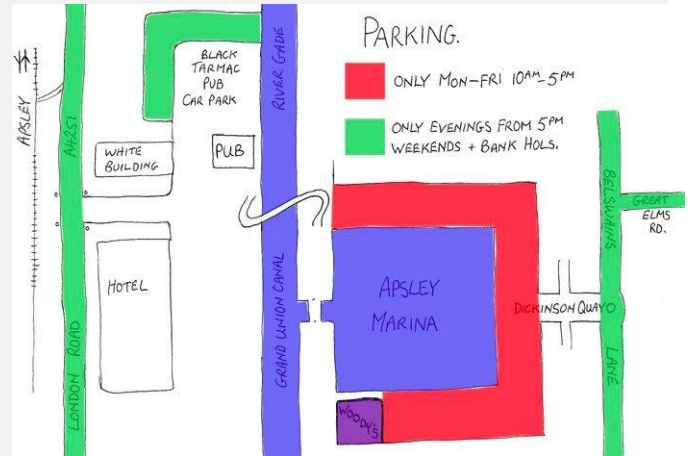
## Woody's Vegetarian Cafe

By Michelle West

This cafe is in Apsley looking out onto the grand union canal, at the old Basildon Bond paper mill. They do gluten free pizza, pasta and crepes. They are made with Buckwheat flour. I had a pizza, which was very nice, but left me to full to try the gluten free cakes ☹️.

Unfortunately I have now realised I cannot eat Buckwheat. I would like to find out if any one else has a problem with Buckwheat. Please contact me at [michelle.west50@ntlworld.com](mailto:michelle.west50@ntlworld.com)

## LOCATION OF WOODY'S VEGETARIAN CAFE



19 Dickinson Quay, Hemel Hempstead, HP3 9WG

Tel: 01442 266 280

## Lazy Day Free From Belgian Dark Chocolate Tiffin

By Michelle Selinger

I bought a pack of these in Sainsbury's in Apsley as they were on special. They are delicious and not too high in calories. They are 34% chocolate and as a chocoholic I liked that. There are 5 in a pack. They have a rich truffle texture, which encases crunchy biscuit pieces and dried fruit and in addition to being gluten free they are also dairy and egg free as well as being made in a nut free factory.

I have tried their Millionaire's Shortbread, which are OK, and the Belgian Dark Chocolate Dipped Ginger Snaps which are delicious too.

Please let us know if you can buy these products from any other retailers. You can buy them all online from <http://lazydayfoods.com>



- Hand out our symptoms credit cards to people who might have the condition
- Hold a meeting in your area to talk to people who think they have coeliac disease and help them get diagnosed

## Upcoming Group Events

More details of each of these events will be sent to you via email or post nearer the time

**15 May 2013:** Gluten Free Meal at the Atrium Restaurant, Hertford Regional College, Broxbourne. You will have received information about this from Shirley Chapman

**12 June 2013:** Fish and Chip Supper at Godfrey's Fish and Chip restaurant at 41 High Street, Harpenden.

**14 July 2013:** Afternoon tea at the Dutch Nursery, Great North Road, Brookmans Park, Hatfield. £5 per head.

**8 September 2013:** Jack's Coffee Shop, Wheathampstead and Heritage Walk

**November 2013** Sainsbury's Demonstration by Kate McBain at the Greenwood Park Hall

- Check the poster sent out by the Coeliac Society is displayed in your GP surgery and ask them to display it, if not
- Hold an information stand in your place of work or local community
- Attend one of the Coeliac Society's sponsored walks to raise funds and awareness

More details at <http://www.coeliac.org.uk/node/200793>

### Who sells the best pizzas?

Have you tried a gluten free Pizza in a restaurant or from a take-away such as Dominos?

Please tell us what it was like.

Send an email to Michelle Selinger at [glutenfreeherts@live.com](mailto:glutenfreeherts@live.com)

Let us know

1. Where did you buy your pizza?
2. In which town?
3. How would you rate the crust?
4. Would you recommend it?

## National Events

Awareness Week 2013 -  
Gut Feeling Week  
13-19 May



Raising awareness at local level is very important and for this, we need your help. By making your voice heard and taking simple steps, you will help us create national activity to help improve awareness of coeliac disease and drive up diagnosis.

It really doesn't take much time and with thousands of us saying the same thing in one week, it all adds up. So, for your part, what do you fancy doing?

You could:

- Ask people to listen to what their gut is telling them and see if they have symptoms

## Have Your Say

This is **YOUR** newsletter. Please let us know what you think, and help us to make it full of interesting ideas, gripes, thoughts, recipes and local news.

If you do not have email and can't send me your writings to [glutenfreeherts@live.com](mailto:glutenfreeherts@live.com) then call me on 07826 858533 and I will give you my mailing address.

Michelle