

## Editorial

*Michelle Selinger*

What a wet start to 2014! I hope you all managed to avoid being flooded and are enjoying the longer evenings and the lighter mornings. The year for the group kicks off on March 29<sup>th</sup> with the AGM, details of which you have recently received. We hope to see as many of you as possible and we have put in our order for it not to snow again as it did last year!

Jackie has worked tirelessly with whittling down the list of potential members to the group and contacting people who may not have had any contact with us before. If you are one of those, we do hope you will join us at the AGM or some of the other many events we have organised for this year. Details of these are listed in the next column.

We have also launched a youth group for 11-18 year olds and had our first meeting on Sunday 3<sup>rd</sup> March. Please read the reports from the youth who attended. We are now planning a pizza lunch on a Saturday for them in the not too distant future. If you have children in this age range who would like to be involved, please let Jackie know and we will make sure you are kept informed. We have also had a request for a group for under-11s and will probably do a trip to Woodside Animal Farm near Luton where the café is run by a lady who is coeliac herself, so all her home made cakes are gluten free.

And the mysterious baker of the Mary Berry Cake was Mary Picton. It seems that she and Peter kept adding more sherry to it on the run up to Christmas... I wonder how drunk they were after eating it?

If you have any queries on membership or want to get a message out to members please contact Jackie Diamond. Her email is [jackie.diamond@ntlworld.com](mailto:jackie.diamond@ntlworld.com)

For any other questions or comments please contact me, Michelle. My email address is [glutenfreeherts@live.com](mailto:glutenfreeherts@live.com) and you can phone me on 07826 858533.

## Upcoming Group Events



### 2014 Event Calendar

29th March 2014	AGM with Coeliac UK speaker Greenwood Park
28 April 2014	Fish and Chip Supper, Godfreys, Harpenden
15 May 2014	Dinner at Atrium Restaurant Broxbourne
16 June 2014	Fish and Chip Supper, Godfreys, Harpenden
20 July 2014	Afternoon Tea, Aylett's Nursery St Albans
7 September 2014	Garden Party, Abbots Langley
11 October 2014	Meal at Cinnamon Indian Restaurant, Harpenden
November 2014	Meeting at Greenwood Park

# News

## Youth Meeting 3<sup>rd</sup> March

We asked the young people tell us what they thought ...

*Sophie Travis*

The coeliac youth group was GREAT!! It was so good to be able to meet other kids around my age with the same concerns about having coeliac disease. We all got on really well and I really hope that I can stay in touch with them. Also, the test at the beginning of the meeting (separating foods) helped me to learn how to check ingredients labels correctly.

I would recommend any young person in this area to come along to the next meeting if they are worried about being a coeliac. Talking things through with the others really helped me today. This is the first time I have joined anything like this and I cannot thank Jackie and Michelle enough for inviting me.

*Jack Fleming*

I hadn't really met anyone who could relate to my experiences of living with Coeliac disease until I came to this meeting. I really enjoyed being able to talk about it and realise that I wasn't alone. I would definitely recommend coming!

*Emily Collis*

I thoroughly enjoyed meeting people my age and learning their experiences. It was inspirational and fun and made me feel my situation wasn't so bad and that I could still enjoy myself.

## #Lunchoff

Bring your recipes to the AGM for this challenge

## Coeliac UK AGM

Make sure you save the date of 21 June 2014 as this year's AGM is being held in the leafy setting of Windsor Racecourse. On the day, Coeliac UK will be running their dietetic clinics, giving you the opportunity of booking valuable face to face time with qualified dietitians.

This year the Food Fair is back again and the Berkshire Local Group is organising the event. More than half of the available exhibition space is already sold ensuring that lots of your favourite manufacturers will be there!

The agenda for the day is being finalised so look out for more information in the April and May editions of eXG and in summer Crossed Grain.

# Reviews

## Hot Cross Buns

Easter isn't far away now so the committee thought they would review ready made gluten free hot cross buns in the shops at the moment. In the Recipes section, Lynda Brandham has provided us with a recipe so you can make your own

*Jackie Diamond says*

My vote goes to Marks and Spencer I found their hot cross buns to be a decent size and far less doughy and sticky than others so they keep their shape and they cut and toast beautifully and taste delicious.

**NEWBURN BAKEHOUSE**  
GLUTEN FREE & WHEAT FREE

# #Lunchoff

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## The Challenge

Join us for the ultimate lunchtime challenge where Newburn Bakehouse will inspire you to challenge your lunch habits, excite your taste buds and offer you new delicious gluten and wheat-free lunch ideas that will get everyone's mouths watering.

Choose from a selection of 9 recipes each week to create your own lunch meal planner – just add your favourites to the daily slots from each recipe page below. Once you've finalised your planner, you can e-mail it to yourself along with a 50p coupon off Newburn Bakehouse lunch products.

You can vote for your favourites too on the recipe page, whether you've tried it at home or just like the look of it! And spread the word by sharing your own lunch creations on Facebook, Twitter and Pinterest or e-mail us at [newburnbakehouse@webershandwick.com](mailto:newburnbakehouse@webershandwick.com)

**#Lunchoff Ambassador**  
**GBBO's Howard Middleton,**  
**will judge your creations**  
**over the coming weeks**

# Recipes

More recipes from our November cake competition meeting plus some seasonal ones

## Lemon Cake

7 oz (200g) sugar  
2 eggs  
7 oz (200g) gluten free flour  
1 tsp GF baking powder  
4 oz (115g) soft margarine  
4 oz (115g) milk  
Finely grated rind of 1 lemon  
Juice from the lemon

Cream sugar and margarine. Add beaten eggs, flour, milk and lemon rind.

Pour into 7 inch (18 cm) loaf tin and cook on electric fan oven at 170°C. Check after an hour.

Dissolve juice of one lemon and 2 tbsps. of sugar and pour over the cake straight from the oven

Leave in tin until the syrup is absorbed. Eat when the cake is really cold.



## Cherry Coconut Munchies

2 egg whites  
115g icing sugar  
115g ground almonds  
115g desiccated coconut  
Few drops of vanilla essence  
75g cherries, finely chopped  
25-50g melted chocolate

Whisk egg whites until stiff. Fold in icing sugar, the ground almonds, the coconut and almond essence to form a sticky dough. Fold in chopped cherries.

Cover 2 baking trays with baking paper. Heat oven to Gas Mark 2 or electric fan oven 130°C, regular oven 150°C.

Put 20 heaped tsps of mixture on the trays and bake for 25 minutes.

Cool on the baking sheets for a few minutes then transfer to a wire rack till cold.

Drizzle with melted chocolate and leave to set before serving.

## Gluten Free Scones

250g gluten free self-raising flour  
1/2 tsp xanthium gum ( if flour does not contain any)  
1 level tsp GF baking powder  
50 g butter  
50g caster sugar  
1 medium egg  
150ml milk  
Beaten egg to glaze  
1-2 tsp granulated sugar for sprinkling

Line a baking sheet and set over to gas mark 7 or 220°C.

Sift flour and baking powder into a bowl. Rub in the butter until the mixture resembles fine breadcrumbs then stir in the sugar (and xanthum gum ,if required).

Lightly beat the egg together with the milk. Add this to the flour mixture and gently mix to give a smooth consistency.

As it is tricky to roll and cut the mixture., it is easier to scopp 7-9 mounds of the mixture with an ice-cream scoop onot the lined baking sheet.

Brush some beaten egg over the top or each and sprinkle over some granulated sugar.

Bake the scones in the entre of the oven for 15-18 minutes until they are light golden in colours. Remove the baking sheet from the oven and slide the scones on to a wire rack to cool.

## Yorkshire Puddings

*Nicky Travis*

115g cornflour  
3 medium eggs, beaten  
120ml milk  
pinch salt

Mix milk and eggs together. Add salt and flour. Don't worry if mixture looks too runny. Pour onto indicudal pudding tin or one large tray

Back at 220°C for 25 minutes



## Hot Cross Buns



Lynda Brandham

300ml warm milk  
50g melted butter  
1 large egg, beaten  
500g gluten-free white bread flour  
75g caster sugar  
2tsp fast-action yeast  
1tbsp oil for greasing  
75g sultanas or currants  
50g mixed peel  
zest of 1 orange  
1tsp ground cinnamon  
1tsp oil  
3 tbsp apricot jam

For the crosses

75g gf plain flour or marzipan if preferred

Mix the milk, butter and egg together.

Put the flour, 1tsp of salt, sugar and yeast into a bowl. Make a well in the centre and pour in the milk mix. Mix with spoon and then use your hands to bring mix together to form a sticky dough.

Place the dough into a lightly oiled bowl and cover with oiled cling film. Leave to rise in a warm place for about an hour until doubled in size.

Mix in the sultanas/currants, peel, orange zest and oil. Leave to rise again - about an hour - until doubled in size, not forgetting to cover the bowl in oiled cling film.

Heat oven to 220C/200C fan/gas 7. Divide the dough into 100g pieces, using lightly oiled hands shape into buns and place on a baking sheet.

For the crosses mix the flour with about 5tbsp of water to make a thick paste. Make a piping bag out of greaseproof and pipe a cross on each bun. Alternatively make a cross from marzipan.

Bake for 20mins in the centre of oven, until golden brown.

Melt the apricot jam and pass through sieve, brush over the tops of the warm buns.



## Your Newsletter

Keep ideas, recipes, reviews and news coming in please. Send details to me at [glutenfreeherts@live.com](mailto:glutenfreeherts@live.com)

# Gluten Free in New Zealand

Michelle Selinger

I recently spent three glorious weeks in New Zealand celebrating 40 years of marriage. Being coeliac there is so easy. In one restaurant I even got asked if it was a life choice or whether I was coeliac. Every hotel had gluten free bread on offer at breakfast and most menus in restaurants and cafes were marked with gluten free choices. All the staff understood what being coeliac entailed and often offered alternatives to make meals on the menu available.

However my favourite place was an amazing cafe in small town a couple of hours from Christchurch. The café was Fairlie's Bakehouse and I had not one choice of gluten free cakes with my coffee, but five. I selected this amazing lemon meringue tart. It was probably the best gluten free cake I have ever had apart from the muffin I found in Harrod's food hall, but according to their website, "are taking a break during 2014" Oh No!!! (see <http://rebelbakery.co.uk/>)



## Bed and Breakfast Recommendation

Don Mahoney



May I share with you and the rest of the members a B&B we came across in Cornwall last year. Their speciality is that they cater for Coeliac sufferers.

The gentlemen who runs the B&B bakes scones, sponge cake, bread etc. specifically for coeliacs.

We had a very nice time, particularly as it was the best two weeks of weather for the whole summer..

The owners were very pleasant, his wife suffers from a gluten intolerance so they understand the condition well.

They can accommodate two families. Their address is:

York House  
24 Winsor Estate  
Pelynt  
Looe  
PL13 2JY

Tel: 01503 220006