

## Welcome to the January 2015 Newsletter

Happy New Year to all Clwyd Coeliac Group members!

2014 was a year of mixed success for the Group in that some events that we organised were well attended but others didn't take off due to a lack of interest from members. Perhaps our greatest success was attendance at the Mold Food Fair where we had a stand and were able to talk to a number of people with a wide range of questions about their gluten-free diet or about the possibility of them being Coeliac – thank you to everyone who helped out on the day and to all those who talked to us at the Food Fair.

Before the Food Fair we contacted a large number of restaurants inviting them to enter our competition and submit gluten-free menus. At the Fair the committee chose the “best” submission – this was from the WHITE HOUSE in Rhualt - see across the page. Below are Gwen and William at the table at the Fair



Your Committee ... Organiser - situation vacant; Secretary - William Meredith. Treasurer - Gwen Kime; Web Manager - Peter Kime. Group Advisor – Carol Carpenter  
Email – [newccg@yahoo.co.uk](mailto:newccg@yahoo.co.uk)

## MOLD FOOD FAIR – 2014 Gluten-Free Menu Competition Winning Menu

### **Starters**

- Pan seared pigeon breast, wild mushroom and beetroot Carpaccio salad, orange glazed celeriac, jus.
- Thai fishcakes, red pepper coulis, sesame and ginger dressing, Thai salad.
- Goat's cheese and red pepper mousse, gluten free basil crisp bread, red onion puree, toasted pine nuts, tear drop peppers.
- Five spice duck breast, orange segments, chilli cashews, mixed leaves, beansprouts, honey and sesame dressing.
- Grilled fillet of mackerel, peppered mackerel, fennel and gooseberry salad, gluten free black pepper croutons.

### **Mains**

- Slow braised belly pork, Lyonnais pressed potato, roasted shallots, baby carrots, green beans, caramelized apple puree, jus.
- Lamb rump marinated in rosemary and garlic, creamed cabbage, smoked potato puree, glazed star anise carrots, jus.
- Pan seared fillet of bream, crayfish, fava bean and dill risotto, crispy saffron caper berries
- Baked fillet of hake wrapped in Parma ham, garlic butter beans, wilted red chard, tomato butter sauce, paprika potatoes.
- Gluten free linguini tossed in a wild mushroom and spinach cream sauce with gluten free garlic bread.

### **Sweets**

- Coffee crème brûlée, milk sorbet, macaroon and homemade fudge
- Black forest mousse, black cherry gel, black cherry sorbet
- Blackcurrant Bakewell, liquorice ice-cream
- Caramelised white chocolate cheesecake, raspberry sorbet, raspberry caramel
- Lemon meringue posset, amaretti biscuits

White House, Rhualt, Denbighshire, LL17 0AW.  
01745 53 00 00. [www.whitehouserhualt.co.uk](http://www.whitehouserhualt.co.uk)



# Your Clwyd Coeliac Group Committee Needs YOU



We are holding our Annual General Meeting at the Springfield Hotel, A55 Expressway, Pentre Halkyn, Halkyn, CH8 8BA, on the 14th March at 2.00pm. Tea/ coffee plus biscuits and cake will be served at a nominal charge. The meeting will include a talk by a dietitian who will provide lots of useful advice on managing your GF diet and the importance of GF foods on prescription, and will be there to answer any of your questions or problems relating to Coeliac disease. Newburn Bakery and Juvela are providing samples for goody bags. There will also be a raffle. Hope to see you there

As you may have noticed from the front page of the newsletter, we do not have a Group Organiser at the moment as Emma Coates our previous Organiser, after over two years of sterling work, has sadly had to resign due to pressure of work. For the committee to continue, new volunteers are needed - SO, your Clwyd Coeliac Group Committee really does NEED YOU to ensure the viability of the Group! If you feel you can help out then please let us know by email ([newccg@yahoo.co.uk](mailto:newccg@yahoo.co.uk)) or alternatively and more importantly please come to the Annual AGM meeting at the Springfield Hotel on the 14th March at 2.00 where you can be nominated and voted onto the committee. Tea/ coffee plus biscuits and cake will be served at the at a nominal charge per head.

## Restaurant and Cafe recommendations

- If you have not already discovered it, then ZIZZI's restaurants at Cheshire Oaks and in Chester itself do an excellent gluten-free menu
- Continuing the Italian theme - PizzaExpress, Pizza Hut and Domino's now do gluten free pizza bases – check them out. Carluccio's may not do gluten-free pizza but they do a good menu for us Coeliacs