

# South Surrey Newsletter

## Autumn 2014

*This newsletter has been sponsored by HF Holidays. Please see their advert on p.6*

### Group Organiser's Report

Hello to you all, I hope you have enjoyed the wonderful summer time for holidays or relaxing days. Since the spring we have been out for meals at Guildford College where the students learned about the need for gluten-free diets. The Royal China, Banstead and The Wheatsheaf Pub, Grayswood near Haslemere also gave us excellent meals without us feeling a nuisance. It has been good to welcome different people and is a good introduction for folk who feel anxious about eating out.

Mark and Janet hosted an informal evening for new coeliacs at a pub - we weren't sure whether anyone would turn up but they did and it was very successful! I have written to over 60 newly diagnosed coeliacs in our area since the beginning of April and from most there is no response. However, for some people, it is a very welcome 'hand to hold' during a very big change in their life, so it is important that we continue our support whenever it is needed.

Helen and Vicky continue to try to liaise with the Royal Surrey Hospital to ensure that coeliac patients can have gluten-free meals, but it is going very slowly.

Do try to support your committee at the varied events they have organised for you in the next few months. They are in different parts of our South Surrey 'patch', we are a friendly bunch and we would really like to welcome you!

**Megan**

### STOP PRESS!

Coeliac UK is raising its annual subscription for 2015.

Individual: £24      Concessionary: £12  
Household: £30

(More details from Coeliac UK in November.)

### Future Events

**11 October: Autumn Meeting, Rudgwick Village Hall**, Guildford Road, Bucks Green RH12 3JJ. Saturday 11 October at 2 pm  
A fun take on the game show, 'Ready, Steady, Cook' but of course with gluten-free ingredients! You will be able to ask them questions afterwards about your own gluten-free cooking. There will be a cake stall, with jams and preserves, a bric-a-brac stall, and our raffle. The afternoon will finish with a gluten-free cream tea (or our usual tea and biscuits for those who prefer it). Please fill in the reply slip which accompanies this newsletter as we need to know how many chairs to get out and how many scones to bake!

**6 December: Christmas Lunch at Clandon Regis Golf Club**, Epsom Road, Clandon, Guildford, GU4 7TT on Sat 6 December, meet 12 noon for 12.30 start. This lunch is a very special start to the Christmas season, and the chef and staff at Clandon Regis Golf Club have always done us proud so book your place early! (Menu and cost not available at the moment due to staff illness.) The bar will be open for you to purchase your own drinks. The entrance to the Club is off the A246 Guildford/Leatherhead Road dual carriageway (towards Leatherhead) after the Clandon junction traffic lights. Do not follow your sat nav at this point or go down The Street as you will end up in the wrong place.

### **Members' Coeliac Summer Memories**

**The Royal China 26 June** Janet Sinkins did a wonderful job organising our Chinese meal at the Royal China in Banstead. The event was well attended and we welcomed some members of the North Surrey group as well this year. The food was plentiful and excellent as always. It was beautifully presented with intricately carved birds and flowers decorating the serving plates. *Christine Hyatt*

**Windsor Food Fair. 21 June** Four of us set off for the Coeliac UK AGM and Food Fair at Windsor in plenty of time. Unfortunately it was Ascot week and the roads were very crowded. I was delighted to see the men in morning dress and top hats and the young women in short tight dresses, fancy hats and impossible shoes! There was also a coach and horses with coaching horns being played. This delayed our arrival at Windsor until 12 noon, so we decided to go straight to the food fair. There were many stalls in a large marquee providing plenty of samples- Juvela,

Glutafin, Nature's Path and some I did not know. Tesco's cakes were very sickly. I tried a pork pie from Voakes (delicious) so I bought some.

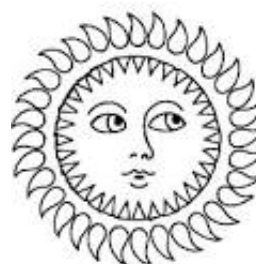
Coeliac UK had organised free trips on a Thames boat to Windsor Town every hour. The weather was glorious and sitting talking to other coeliacs from various parts of the country was interesting. A very pleasant day and a much shorter drive home! *Helen Searle*

### **Allergy & Free From Show, 4 July**

We attended this event for the first time this year. The Exhibition Centre is next door to Olympia Station which made for very easy access. There were many excellent small companies providing delicious samples and we came away loaded down with leaflets and goodies. Of particular note were NO G pies which we had for tea when we got back. *Nick Hyatt*

### **New Members Event at The Jolly Farmer, Betchworth**

This was a first try at an event like this. It gave new members a chance to meet and exchange ideas and get a few hints and tips. It was a good meeting with some of us dining on gluten-free fish and chips (yeah!), some drinking (gluten-free beer), some doing both. It was a great opportunity for members of all ages to chat together and stay as long as they wanted or were able to. I think we will be running more of these at different venues and times. *Mark Sinkins*



## **Tips and Suggestions for New Coeliacs**

Coeliacs cannot eat anything containing wheat, rye, barley or oats. Some products made specially for coeliacs contain 'washed wheat' which has had the gluten removed. These are not suitable for people who are wheat intolerant

Products such as sausages and burgers often contain rusk which is wheat based. Commercially produced suet is rolled in wheat flour. Unless specifically labelled 'gluten free' many sauces contain wheat flour as a thickener.

There are many types of flour that can be used; most commonly available in this country are maize, gram or pulse, cornflour and buckwheat. Spelt is not gluten free.

Remember the following simple hints for preparing a safe, gluten-free meal:-

1. Choose ingredients which you know to be gluten free. You can do this by consulting the list of commercial products recommended by the Coeliac Society.
2. Don't touch food with floury hands or use unwashed utensils (bowls, ladles, colanders, pots, etc.) which have been in contact with non-permitted foods.
3. Do not place food on worktops, baking tins, oven trays, the hotplates, or the grill, which have not previously been cleaned thoroughly.
4. Do not use oil which has been previously used to fry floured or breaded food.
5. Do not use cooking water which has been used to cook pasta containing gluten.
6. Use greaseproof paper or aluminium foil on baking sheets and other surfaces which may be contaminated with non-permitted food,
7. Toast can be done under the grill with foil or in a toaster which is not used for anything else but gluten-free bread or you can use toast bags.
8. If you have tried to make a cake using xanthan gum but it just clogged up the beater, the solution is to use much less. There is a great victoria sponge recipe on the Dove plain flour pack. It works most of the time but beat everything very well.
9. Don't double dip the butter with gluten users.
10. Get an allergy card to show restaurants and don't be afraid of talking to the chef to make sure that they understand cross-contamination.

## Places to Eat

(recommended by our members)

**Please remember to phone first to check that your chosen place is still serving gluten-free food as eateries change hands at an alarming rate.**

- **The Royal Oak**, Aldershot Road, Pirbright, Surrey, GU24 0DQ Tel: 01483232466  
*'I cannot recommend them enough. they were extremely helpful offering a separate menu for my friend who was delighted to be able to choose three courses from a selection of suggestions. Justine is also dairy intolerant and they even adapted one of the puds for her!! One of the staff is married to a lady who has dairy, wheat and other food allergies so he really empathized and understood where we were coming from which made Justine's first coeliac meal out very relaxing.'* Jennifer
- **The Tree**, Boxhill Road, Tadworth, Surrey, KT20 7PS Tel: 01737 845996  
This restaurant is regularly used by our group. The wife of one of the owners is coeliac.
- **The Seven Stars**, Newark Lane, Ripley, Surrey, GU23 6DL Tel: 01483 225128
- **The Anchor Pub**, Pyrford LockWisley, Woking, GU23 6QW Tel: 01932342507
- **The Onslow Arms**, The Street, West Clandon, Guildford, GU4 7TF Tel: 01483 222447
- **Squires Garden Centre**, Epsom Road, West Horsley, Leatherhead, Surrey KT24 6AR Tel: 01483 282911 (Open Mon - Sat 8.45 am - 6 pm, Sunday 10.30 am - 4.30 pm. Normal hour on Bank Holiday Mondays.)
- **Clandon Park Garden Centre**, West Clandon, Guildford, GU4 7RQ Tel: 01483 479304 Coffee Shop. Open 7 Days a Week 8.30am - 4.30pm (Weekdays) (Sunday 10am - 4pm)  
*Megan Swayne recommends the five above as very good at allergies/intolerances.*



## Places to Stay - Member Recommendations

We have been several times to Matlock in the beautiful Peak District. We found an excellent B&B called **Sheriff Lodge ([www.sheriff lodge.co.uk](http://www.sheriff lodge.co.uk))** via the Coeliac UK website. It is a short distance uphill from the centre of town. On arrival we were offered a tea tray in the lounge with a separate plate of GF biscuits. The owners, Alan & Kate, are very friendly and understand the need for a gluten-free diet. In fact they have a separate breakfast menu listing nine cooked items to choose from as well as cereals and porridge. Alan will cook a fresh GF loaf for you if it is pre-ordered. He recently won a One Show competition for his home-made bread! The rooms are comfortable with big beds and tea & coffee facilities. They do not usually do dinners but there are many places to eat within walking distance. Our favourite is a little restaurant right by the river in the centre called Stones ([www.stones-restaurant.co.uk](http://www.stones-restaurant.co.uk)). It was recommended by Kate and is a gem. They have been very good with GF, offering adjustments to the menu or alternatives so Mike has in no way felt like he was missing out. It was recently reviewed by The Telegraph. They have a new, light conservatory and a lovely patio overlooking the river. It's popular and there are not many tables so be sure to book!  
*Christine & Mike Harrison*

Nick and I stayed at the **Hayes Barton Hotel, 7 Highfield Road, Shanklin, Isle of Wight, PO37 6PP Tel: 01983 867747**. We were absolutely delighted with our holiday. All the food is gluten free with an excellent choice of dishes. Joan makes her own gluten-free bread and rolls and was happy to share her recipes. As we have a dog finding a place that is GF and takes dogs is a bit of a challenge. However, they were brilliant. Chris spent a couple of days getting to know our lurcher Loki and we were able to leave him at the hotel while we visited Alum Bay (the only way down for me was the chair lift - not a good idea with a large lurcher). We also visited the local llama farm which does excellent GF food. Our room was clean and comfortable with a room for the dog between us and the ensuite shower. We had easy access to the lovely garden and would have been allowed to let Loki run free but we chose not to as he is an escape artist of the first order. Their charming labrador Kate was very accepting of other dogs. All in all we couldn't have asked for a better place to stay. *Christine and Nick Hyatt*





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## Exclusive member weekend at our stunning Country Houses

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Full Board  
from  
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### Exclusive Coeliac UK Weekend Larpool Hall, Whitby

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### Coeliac UK **Festive** weekend Harrington House, Cotswolds

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### What's included?

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- ✓ Award winning service
- ✓ Free goody bag\*
- ✓ Daily choice of up to 3 guided walks\*\*

Terms and conditions: Offers apply to selected dates and locations at HF Holidays' UK Country Houses. Exclusive weekends already include a discount. Prices shown are for Country House Breaks. Subject to availability. Up to £150 or £75 off applies to holidays departing after the 1 January 2015 and booked by 31 December 2014. Offer cannot be combined with any other offer. Not available retrospectively. \*Goody bag for exclusive weekends only. \*\*Guided walks apply to Guided Walking breaks. Single room and sole occupancy charges may apply. Offer not available online. Offer excludes Christmas and New Year holidays. HF Holidays' non member fees apply. HF Holidays reserves the right to remove offers at any time. Not available on group bookings.

For more information, to order a brochure, or to book:

# 0345 470 7558

info@hfholidays.co.uk | [www.hfholidays.co.uk/coeliac-uk](http://www.hfholidays.co.uk/coeliac-uk)



## Copenhagen and Edinburgh - Recent trips by Kate Brind

### Copenhagen:

**Hansens Gamle Familiehave**, Pile Allé 10-12 2000 Frederiksberg [www.hansenshave.dk](http://www.hansenshave.dk) Email: [info@hansenshave.dk](mailto:info@hansenshave.dk) Phone +45 36 30 9

A family-run restaurant serving delicious traditional food. We went back twice for the roast pork alone! The staff spoke excellent English (as they do everywhere in Copenhagen) and understood my gluten-free request and requirements. They were willing to tailor things on the menu to make them suitable and the gluten-free gravy was delicious. We only discovered the restaurant because it was at the end of the road where we were staying but I think it's worth a trip, especially if you are visiting the zoo.

**Nose to Tail**, Valkendorfsgade 22 1151 København K Telefon: +45 3393 5045  
<http://nose2tail.dk/burger/en/>

Gluten-free burgers with a gluten-free bun and a range of gluten-free side dishes. The staff were knowledgeable and (despite some reviews on the internet) told me immediately that the chips were not suitable for coeliacs. A bit disappointing but still a treat!

**Chez Laurent**, Rolighedsvej 15 1958 Frederiksberg C Telefon 88 52 43 53  
<http://www.chez-laurent.dk/>

Delicious naturally gluten-free savoury galettes (pancakes) with a variety of toppings. Unfortunately, the sweet versions are not gluten free but that's not a problem if you visit the next place on the list

**Anderson's Bakeries** <http://www.andersen-danmark.dk/>

There are three in the city. We visited the one next to Tivoli gardens. They have a small selection of gluten-free cakes and bread. If you visit you must, must, must try the gâteau Marcel. A chocolate base made with almond flour, filled with chocolate mousse and topped with white chocolate shavings. Delicious and my next 'learn to make' project!

### Edinburgh

**Mamma's American Pizza**, 28-30 Grassmarket 0131 225 6464  
<http://www.mammas.co.uk/>

An American pizza restaurant and hands down the best gluten-free pizza experience I have had so far. One of the managers (Cait) is a dietician and all the gluten-free items are prepared in a separate area of the kitchen and cooked separately from the gluten-containing items. The menu is clearly marked with what contains gluten and everything else you can have including two sizes of pizza base, nearly all of the 30+ toppings, nachos, chips, sweet potato chips and Green's gluten-free lager. They are happy to put any leftovers in a box which meant that, with the help of a microwave, I could enjoy a take-away style snack at the end of a night of comedy at The Fringe.



**Café Andaluz**, 77 George Street Edinburgh EH2 3EE Tel: 0131 220 9980

<http://www.cafeandaluz.com/>

Delicious tapas and a menu that is clearly marked with the gluten-free items. Staff were helpful and knowledgeable. They do a great value pre-theatre menu Monday to Friday before 6.30 of three tapas dishes and a dessert for £14.99. According to the website, they also have a restaurant in Glasgow.

## **Gluten-Free on the Move**

The app for iOS devices is now available in [the App Store](#) and for Android devices in the [Google Play Store](#).

### **Getting started with the app**

#### **Who can use the app?**

Anyone can download the app and look at its free services which include:

- a Label Guide to help you understand food labelling
- a Gluten-free Checklist
- Eating Out Tips
- the latest news from Coeliac UK.

#### **You must be a Member of the Charity to access the app's other services:**

- our searchable Food and Drink Directory on the move which holds information on products sold in the UK, with the ability to scan barcodes on foods to see if they are in the Directory
- and our Venue Guide with over 4,000 venues listed, mostly in the UK – use your location services to find venues near you.

#### **The app works on the following phones:**

- iPhone 4, iPhone 4s, iPhone 5, iPhone 5s, iPhone 5c
- Android smartphones that can download apps – for example Samsung Galaxy. See our full [list](#) of supported devices.

#### **Using the app on an iPad, iPad mini, iPod**

You can download the app to your iPad following these instructions:

- change your settings in the app store to show 'iPhone only'
- search for Coeliac UK Gluten-free on the Move.

As the app is developed for iPhone it will work on an iPad but there may be issues with formatting.



## In Praise of Gluten-Free On the Move      Coffee and Walnut Cup Cakes Recipe

The Coeliac UK app 'Gluten-Free on the Move' was launched on 9 June for iPhones with the Android version following on 23 June.

The app enables members to access the Food and Drink Directory and Venue Guide on their smart phone. It is very easy to look up products in the directory and, using the camera on the phone, one can scan the barcode on products to check whether they are in the directory. This is easy to use but I find that a number of products come up as "product not found". This does not necessarily mean that the product is not gluten free but one would need to check the ingredients list for allergens. The Venue Guide is quite handy as it produces a map centred on your current location and shows any listed venues in the vicinity - useful if you are travelling or in an unfamiliar area. It will become more useful if more venues can be added to the database. One can also search for venues under various categories as on the website. In summary the app is easy to download and use, with clear instructions on the screen. Coeliac UK state that it will be developed further with feedback from members.

*Mile Harrison*

Oven temperature: 180C 350F Gas 4  
Cooking Time: 20 minutes

Ingredients:

- 2 large eggs
- The same weight as eggs in butter sugar and flour. You can use any gluten-free flour.
- A scant teaspoon of baking powder. Be sure it is gluten free.
- 2 teaspoons of Camp coffee or half teaspoon instant coffee in 1 tablespoon hot water.
- 100g. chopped walnuts

Method:

- Beat the sugar and butter until pale and fluffy.
- Add the eggs one at a time with a little flour to prevent curdling.
- Add coffee
- Mix in sieved flour and baking powder with a metal spoon.
- Add walnuts and mix well.
- Put in cake cases and bake as directed. Top of cakes should be springy when touched.

**Editor's note.** This is your newsletter and I want to have your views on the content and ideas for future articles. Please let me know about places you have eaten or stayed that have done you proud. My contact details are Christine Hyatt, 18 Curran Avenue, Wallington, SM6 7JN or [chris@hyattfamily.co.uk](mailto:chris@hyattfamily.co.uk).

