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This time around we are pleased to thank Sweet Mandarin sauces for their generous sponsorship of the newsletter. Please support British Manufacturing and buy their sauces from Sainsbury's

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**W**elcome your latest fancy newsletter, bringing you the latest from the world of **Gluten Free living**. If you are newly or recently diagnosed, why not join us at our forthcoming Coffee Mornings. On 15th June at Penrith Rugby Club from 11am – 1pm there'll be a cookery demonstration by Rebecca Rayner from Glebe Farm and also a taste testing session featuring produce from the Newburn Bakehouse (formerly Warburton's GF product line). This and the many other events are the ideal way to find out what the best products to either buy or add to prescriptions are and are also useful sources of advice for the novice coeliac.

TTFN - The *North, East & West Cumbria Voluntary Support Group*

## 16th. November 2013 is our Tenth Cumbrian Gluten Free Food Fayre Do you want transport?

As you know, we are moving venue for our 10th Annual North, East and West Cumbria Group of Coeliac UK Food Fayre.

After 9 successful years split between Penrith College and more recently Rheged, we are moving to Carlisle Race Course which has more free parking and display space available.

If you are interested in going but would like to share transport or go on a bus, please let us know as soon as possible. We will then be able to assess whether there is enough interest to organise transport.

## Coeliac Event at Walby Farm Park

You could get free entry for children and cut price admission for adults into Walby Farm park on the **1st of September**. The NEW Coeliac support group have got a limited number of places for children and adults. To book your place, you must get in contact with us before the 30th June 2013. See the reply slip on page 5. Many thanks to NatWest Bank who have kindly subsidised this opportunity and to Rachel Riley for organising it.

The Group had a really interesting trip to Newburn Bakehouse in April. Warburtons really know how to do Gluten free well!

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# Gluten Free dates for your Gluten Free diary

## Coeliac Awareness Week

**15th May, Wednesday - Information Table, Sainsbury's Carlisle 10am – 2pm**

**16th May, Thursday - College Lunch, 12noon**

La Rue Restaurant, Lakes College, Lillyhall, **Workington** CA14 4JN

There are only 30 places available for this event so let us know if you wish to attend as soon as possible. First come, first served. £5 Deposit required

**18th May, Saturday - Coffee Morning & Screening of a *Gut Feeling*, a DVD for coeliac children made by coeliac children 10am – 12pm**

Theatre Royal, Washington St, Workington CA14 3AW **FREE goody bag** for all Coeliac children who come along and watch

**7th June, Friday - Chef John Crouch Cookery Demonstration** followed by **Indian Meal**, St Cuthbert's Church Church Hall, Wigton. £10 per head.



**15th June, Saturday - Coffee Morning and Cookery Demonstration**, Penrith Rugby Club 11am – 1pm



**27th July, Saturday - Mr & Mrs evening at the Theatre Royal, Workington, 7.30pm** Fun and Gluten Free snacks in the style of the popular TV show. Ben Brinicombe to host!



**1st September, Sunday - Coeliac Event at Walby Farm Park** (see newsletter item)



**14th September, Saturday - Meeting 11am Featuring Sweet Mandarin Sauces**, Braithwaite Village Hall near **Keswick**. CA12 5RY.

**28th September, Saturday - Coeliac Coffee Morning 10am – 12noon**

Theatre Royal, Washington St, Workington CA14 3AW

**17th October, Thursday College Meal, in Carlisle (More details to follow)**

**26th October, Saturday - Bingo, Pie and Peas in Carlisle. (Details to follow)**



**16th November, Saturday 10.30am – 2.30pm**

Our **10<sup>th</sup> Annual Food Fayre**,  
**Carlisle Racecourse**, CA2 4TS



Please remember to let Jean and Peter know if you are attending as we need to know numbers in advance, especially where food is involved. Tel: 01900810440 email: ca156hr@sky.com

# Goats' cheese frittata

Many thanks to the BBC Website once again and celebrity cook Nigel Slater for this recipe. See: [www.bbc.co.uk/food/recipes](http://www.bbc.co.uk/food/recipes).

## Ingredients

4 free-range eggs  
1 tbsp fresh thyme  
few basil leaves  
50g/1¾oz butter, plus extra for frying  
100g/3½oz spinach (a large handful)  
150g/5½oz goats' cheese, sliced



A simple omelette made more interesting with Goats' cheese and rosemary.

**Method:** Whisk the eggs in a bowl and season well. Tear the thyme and basil leaves and add to the egg.

Melt the butter in a non-stick pan. Add the spinach and cook for about one minute until the leaves soften. Add the spinach to the bowl with the eggs.

Place a thin slice of butter in the pan. When it starts to sizzle add the eggs. Add the sliced goats' cheese and rosemary and cook on a low to moderate heat.

Preheat the grill on a high setting.

After six minutes of frying, finish under the grill until golden on top and serve

## NOT SO SUPER...MARKETS?

This is a theme that keeps coming back. Supermarkets seem to have got you quite annoyed with their ordering practices. People constantly comment on the problem of Gluten Free items being sold out when they go to buy them, or people needing to get up early in the morning to ensure that items are available on the shelves. We have some advice for you: **TELL THE SUPERMARKETS !!** How do supermarkets know that they are not buying enough stuff? Answer: They don't, unless you tell them. Also, many supermarkets can order in for you personally if you let them know. Did you know that Newburn Bakehouse will deliver GF items to anywhere that buys their mainstream Warburtons bread???

## WRAP IT UP!

Newburn Bakehouse is now producing GF wraps. They are available in some Tesco stores. Yum Yum!

## WELL DONE!

...to Maureen Price from Seaton who won a £10 *Judi Bakes* voucher in the last reply slip draw.

## HEROES!

The Lowther Arms in Whitehaven will be stocking Gluten Free "Plan B" Draft Ale from mid April 2013. Hurrah!



## VILLAINS!

The NHS in Cumbria who wrote to a recently diagnosed coeliac suggesting that it was a "wheat allergy" D'oh!



## Need to send us a cheque?

Please make it payable to: **NEW Cumbria Group of Coeliac UK. DO NOT MAKE IT PAYABLE TO ANY INDIVIDUAL MEMBER OF THE COMMITTEE!**

There now, block capitals make it important. We resisted the urge to make the font red as that constitutes shouting.

## MR & MRS style evening!

We are planning to hold a Mr & Mrs evening in the Theatre Royal, Workington on 27th July at 7.30pm.



If you are interested in coming along and being in the audience or are interested in being a contestant to try to win amazing prizes, then please use the reply slip to tell us.

## I've got a bad feeling about this...

As we reported in the last newsletter, Coeliac Awareness Week 2013 is *Gut Feeling Week* which will focus on the diagnosis of coeliac disease.

The disease is still not as recognised as it should be, often meaning that accurate diagnosis can take up to an average of 13 years. 1 in 100 people have Coeliac disease however only 1 in 8 are diagnosed.

The good news is that you can help help improve awareness of coeliac disease and drive up diagnosis rates.

To get involved and help raise awareness of the importance of diagnosis you could ask people to listen to what their gut is telling them and see if they have symptoms, hand out cards with symptoms listed to people who might have the condition, hold a meeting or even take our poster to your GP surgery and ask them to display it. Make sure you order your Gut Feeling Campaign Toolkit by emailing [gutfeeling@coeliac.org.uk](mailto:gutfeeling@coeliac.org.uk) for information and ideas on what you can do.



### Meet the Committee

**Jean Foster  
(Organiser)**

Olivia Blackburn  
Rachel Brincombe  
Peter Foster  
Andrea Martin  
Anne Sowerby  
Anna Whitehead

Newsletter editor in chief, all hail his golden typewriter of truth:  
Ben Brincombe

### FEED ME, SEYMOUR!

WADAMS in Workington's next operatic production is *Little Shop of Horrors*. They have been kind enough to offer us two family tickets for the show. For a chance to win, please fill in and return your reply slip and you will be automatically entered into a draw for the tickets.

### Recipe Books SOLD OUT (ish)!

...ok, they're not sold out. No, not at all. In fact we've still got piles of them. Oodles even. Why not help free up space in Jean's back bedroom and buy one at a forthcoming event.  
£3.50ea

# Reply Slip

Name .....

Address .....

Email Address .....

Telephone Number.....

Please let us know if you are attending the following events:

Event	Attending?		Number of attendees	£ Deposit / Amount Enclosed
	YES	NO		
16th May, College Lunch (Lakes College)				(£5 per head)
18th. May, Gut Feeling DVD made by children for children. FREE goody bag for all Coeliac children who watch it.				No Deposit Required
7th June, - John Crouch Cookery Demonstration, Wigton				(£5 per head)
15th June, - Coffee Morning and Cookery Demonstration, Penrith				No Deposit Required
27th July, - Mr & Mrs Evening, Workington				£2 per ticket
We are interested in being contestants at the Mr & Mrs Evening				
1st Sept. - Childrens day out at Walby Farm Park				

Please return to Jean Foster 14 North Street, Maryport, CA15 6HR. Thanks to those who sent stamps last time around. It means that we can continue to send out newsletters!

Everyone is welcome to attend meetings even if you are not a coeliac and are not a member of Coeliac UK. The group offers support to all in Cumbria.

Thought for the day: How long a minute lasts depends on what side of the bathroom door you are on.

Please fill in the reply slip as it helps us to set up venues and get the right amount of buffet / samples / chairs before our events. **ALL REPLY SLIPS WILL BE ENTERED INTO A FREE PRIZE DRAW!!!!**



Available at  
**Sainsbury's**

In the Free From Aisle

- ✓ Gluten Free
- ✓ Vegan Registered
- ✓ Dairy Free
- ✓ No Msg
- ✓ No Artificial Colourings



## The Dragons' Den Gluten Free Sweet Mandarin Sauces

Buy our award winning gluten free sauces in 500 Free From Aisles in **Sainsbury's**



**Barbecue** - a thick, fruity sauce that evokes memories of heady evenings. Perfect as a dip with prawn crackers and other snacks or as a marinade for meats.



**Sweet Chilli** - an exciting concoction of fresh red chillies mixed with garlic and vinegar that tickles the tongue. Perfect for livening up stir-fries, noodles or salads or on the side, as a zingy dip.



**Sweet & Sour** - a classic Chinese sauce of contradictory flavours to confuse and delight the taste buds. Use as a dipping sauce with spring rolls and other appetisers or use with meat as a sauce.



We have a limited number of samples of the barbecue, sweet chilli and sweet & sour sauce for you and your members to try. These will be on a first come first served basis. Please email [Helen@sweetmandarin.com](mailto:Helen@sweetmandarin.com) with your name, number and address.

The products are gluten free, dairy free and vegan accredited. Subject to availability.

**Start** with a secret recipe that has been passed down, word of mouth, through four generations

**Add** a family history that spans one hundred turbulent years and several continents and winning Gordon Ramsay's Best Chinese

**Mix** in two stylish twin sisters with entrepreneurial flair who secured investment on Dragons Den

**Combine** the authentic ingredients, flavours and aromas found in China's bustling street markets - with a modern twist

**Sprinkle** with a large dose of love and passion

**The result?** The delicious new gluten free dipping sauce range from Sweet Mandarin Sauces