

**SUMMER DAYS HOPEFULLY WILL SOON APPEAR****GROUP ORGANISER:  
PAT SIVITER****IN THIS ISSUE****Group Organiser Vacancy****Gluten Free Recipe****Forthcoming Events:  
Coffee Morning  
Autumn Meeting**

Hello Everyone

It will get warmer soon, we all hope.

We had the AGM in May and the committee was elected as last year with no new members coming forward. I did announce that I would not be continuing as Group Organiser after the next AGM in May 2017. It is important that if the Group is to continue that someone steps forward to take on the role of Group Organiser. If this does not happen Coeliac UK will suspend our Group including all our funds. This was one of the reasons I took over in the first place to enable the Group to continue. The Group now has 9 months to resolve this issue and if somebody comes forward I am willing to work with them to make the transition as smooth as possible. I have come to this decision because of personal reasons not allowing me as much time as I wish or is needed but I will remain a member of the Group and will help in an advisory capacity in the interim period

For our next meeting in October, please note the earlier date than usual, we are hoping to put together a Mini Market, asking some local producers to come along and promote their products, more news will follow on the web page and in the next newsletter.

We also have another coffee morning planned for September.

If you wish to receive the newsletter by post please don't forget to let me have 4/6 sae's

**Please contact the group by email at [stourbridge@coeliac.org.uk](mailto:stourbridge@coeliac.org.uk) or 01299 832366****COFFEE MORNING** Our next coffee morning in September at Sainsburys Cafe, Merry Hill.**NEW PRODUCTS****GENIUS** have launched a new Seeded Brown Farmhouse Loaf available in Tesco

To celebrate the launch of Genius Gluten-Free Cookbook, we're giving away 2,000 copies FREE! Each book, which is worth £14.99, contains over 120 delicious gluten-free recipes for all occasions which have been written and developed by Lucinda Bruce-Gardyne, chef and founder of Genius Gluten Free. Enter the code from any promotional pack to instantly discover if you've won on their website

**HONEYBUNS** have launched Squillionaire a date sweetened version of the Chocolate Caramel Shortbread**NESTLE** cereals have been rebranded as Go Free**MARSTONS PUB CHAIN** recently been tested and certified with the Crossed Grain Symbol**WARBURTONS NEWBURN BAKEHOUSE** have launched 2 new breads Seeded Sourdough and Breakfast Artisan Cob with Sultanas & Orange in Sainsburys**CAKES AT GROUP MEETINGS** It has been requested if we could possibly include one of our refreshment cakes as Dairy Free for any members that have dairy or lactose allergies.

**Asparagus risotto** courtesy of  
bbc.co.uk Phil Vickery

serves 2 cooking time 10 - 30 minutes

- 6 asparagus spears, woody ends removed
- 1 tbsp olive oil
- 1 shallot chopped
- 1 garlic clove, chopped
- 200g/7oz risotto rice (eg carnaroli or arborio)
- 250ml/9fl oz white wine
- 500ml/18fl oz hot vegetable stock
- 25g/1oz unsalted butter
- 75g/2¾oz Parmesan (or a similar vegetarian hard cheese), grated



Cook the asparagus in boiling water for a few minutes until just tender. Drain and allow them to cool, then chop into small pieces and set aside.

For the risotto, heat the oil in a pan and gently fry the shallot and garlic until softened but not coloured. Add the rice and fry for one minute, stirring frequently, until coated in the oil. Add the wine and simmer until absorbed by the rice.

Add the hot vegetable stock a ladleful at a time, stirring between each addition to allow the liquid to be completely absorbed, until the rice is cooked and the stock has been absorbed (you may not need all the stock). Add the asparagus, butter and Parmesan, season, to taste, with salt and freshly ground black pepper and stir well.

For the Parmesan crisps, preheat the oven to 170C/150C fan/Gas 3 and line a baking tray with baking paper. Divide the cheese into six small piles leaving plenty of space between them as the Parmesan will spread. Press the piles of Parmesan down to flatten them, then transfer to the oven and bake for 6-8 minutes, until golden-brown. Remove from the oven and allow to cool and set.

To serve, divide the risotto equally among two serving dishes and top with the Parmesan crisps.

**FORTHCOMING EVENTS**  
Please contact Pat either by email: [stourbridge@coeliac.org.uk](mailto:stourbridge@coeliac.org.uk) or 01299 832366



**COFFEE MORNING**  
  
**WEDNESDAY 6 JULY**  
at 11 am  
  
TESCO  
KIDDERMINSTER

**COFFEE MORNING**  
  
**WEDNESDAY**  
**21 SEPTEMBER**  
at 11 am  
SAINSBURYS  
MERRY HILL

**AUTUMN MEETING**  
Food Demonstration/Sale  
  
**SATURDAY 15 OCTOBER**  
2.30 pm start  
UNITED CHURCH, LYE

**COOKERY BOOKS/MAGAZINES**

Do you have any books or magazines you would like to recommend, please let me know for inclusion in the next newsletter

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Dinner at Halesowen College

