

HAPPY NEW YEAR**GROUP ORGANISER:
PAT SIVITER****IN THIS ISSUE**

New products

New suppliers

Coffee Morning

Gluten Free Recipe
(specially for Easter)Forthcoming Events
Coffee Morning
Fish & Chip Lunch
Spring Meeting/AGM

Hello Everyone

I hope everyone had a lovely Christmas and New Year. Peter and myself were at home this year which seemed quite strange after the last couple of years 'sailing the high seas' but I did have a new toy to play with this year by the name of Sebastian and I had forgotten how much more Christmas means when there are young children around.

When I returned from holiday I had a letter and donation from the son of Mrs Margaret Hall from Dudley who had recently passed away, I am sure some of the longer serving members of the group will remember her. I have forwarded the donation onto Coeliac UK and asked that it is added to the research fund and sent a letter of condolence to the family and expressed our thanks for their donation in memory of their Mother.

How do you like the look of the Coeliac website, I personally think it looks much brighter and welcoming, let us know your opinions and do you have any suggestions how we can improve our own pages.

I still have not received any definite response for someone to take over the Group Organiser role and as I have said previously I would not like to see the Group fold.

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 or 01299 832366

COFFEE MORNING To be held at Tesco Cafe in Castle Road, Kidderminster on Wednesday 8 March at 11 am. Please do remember that Tesco has now introduced a parking charge which is refunded with a minimum spend of £5, including any cafe spending. We always have a good time so please do come along.

FISH & CHIP LUNCH We are holding a Fish and Chip Lunch at the Church on Saturday 1 April. We will need to order the correct number of portions so will need to know who will be coming along. We are going to make it a sociable time with a quiz and games for all ages followed by the lunch. I would also add that Zach at Oldswinford Fish Shop has just been included in the National Fish & Chip Awards 2017.

NEW PRODUCTS

Delicious Alchemy Ltd has introduced a Berry Granola is packed with strawberries, cranberries, blueberries and tasty seeds – www.deliciousalchemy.com

Pizza Express are pleased to announce that Peroni Nastro Azzurro Gluten Free will now be available at Pizza Express branches throughout the UK.

Evexia Thrive have four new gluten free fresh pastas now available from Sainsbury's and Asda.

Etc.venues have gained GF accreditation. Now all fifteen of their venues can be enjoyed by coeliacs with peace of mind - www.etcvenues.co.uk

Isabel's Cuisine www.isabelsfreefrom.co.uk have received accreditation

GLUTEN FREE RECIPE CORNER!

Gluten-free hot cross buns

courtesy of www.bbcgoodfood.com

300ml full-fat milk, plus 2 tbsp more
50g butter
500g gluten and wheat-free white bread flour (we used Doves Farm gluten & wheat free white bread flour)
1 tsp salt
75g caster sugar
1 tbsp sunflower oil
2 tsp quick or fast-action yeast
1 large egg, beaten
1 tsp olive oil
75g sultana
50g mixed peel
zest 1 orange
1 apple, peeled, cored and finely chopped
1 tsp ground cinnamon

For the cross

30g gluten and wheat-free plain flour, plus extra for dusting

For the glaze

3 tbsp apricot jam



1. Bring the milk to the boil, then remove from the heat and add the butter. Leave to cool until it reaches hand temperature. Mix the flour, salt, sugar and yeast with the warm milk and egg in a mixer with a dough attachment, or with a wooden spoon, then bring together the dough with your hands. **Don't knead.**

2. Put the dough in a lightly oiled bowl. Cover with oiled cling film and leave to rise in a warm place for 1 hr or until doubled in size and a finger pressed into it leaves a dent.

3. Tip in the olive oil, sultanas, mixed peel, orange zest, apple and cinnamon and mix into the dough. Shape into buns by lightly oiling your hands and dividing the dough into 100g pieces before rolling into balls. Leave to rise for another hour.

4. Heat oven to 220C/200C fan/gas 7. Mix the flour with about 3 tbsp water to make the paste for the cross – add the water 1 tbsp at a time, so you add just enough for a thick paste. Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses. Bake for 20 mins on the middle shelf of the oven, until golden brown.

Gently heat the apricot jam to melt, then sieve to get rid of any chunks. While the jam is still warm, brush over the top of the warm buns and leave to cool.

FORTHCOMING EVENTS

Please contact Pat either by email: stourbridge@coeliac.org.uk or 01299 832366



COFFEE MORNING TESCO KIDDERMINSTER

on
Wednesday 8 March
11 am
DY11 6SW

FISH & CHIP LUNCH

on
Saturday 1 April
12.30 pm start
The United Church, Lye
RSVP required

SPRING MEETING/ AGM

Saturday 6 May
2.30 pm start
The United Church, Lye
Stourbridge
DY9 8LX



Zero Gluten Baker

Get £50 OFF this month when you purchase a Zero Gluten Baker and enjoy delicious gluten free fresh crusty bread and cakes. Enter CUKJAN17 at the checkout. Offer expires 28.02.17

www.zeroglutenbaker.co.uk

BROMSGROVE COFFEE SHOPS - 2 new coffee shops on the High Street, Bromsgrove have been recommended by one of our members, Coffee2 and Loritas both serving GF cakes and sandwiches.

CATCHEM END FISH SHOP BEWDLEY - Gluten Free on Mondays 5pm - 9pm

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.