

Closing thoughts

Focaccia Per Tutti (“focaccia for all”) is a Leicestershire bakery offering gluten free Italian flatbread. This delicious bread is available by mail order in a variety of flavours and sizes. Visit us at www.FocacciaPerTutti.com or ring Anni on 0116 2375132 or 07777 600 951 for details/samples.

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Volunteers' Conference – Birmingham, Sat 20th Oct 2012

The **Chairperson of Coeliac UK** Governors commended the variety of events nationwide and also mentioned that more volunteers than ever are coming forward to support the aims of CUK.

Dr Ruth Howard gave a presentation on her work for CUK resulting in an information DVD 'Gut Feelings' for young people having CD.

It had decided that membership of CUK is now open anyone irrespective of diagnosis; applicants will receive information on CD and DH and can pay at the point of joining to become a full member and thereafter receive the benefits of membership. There is an ongoing programme of support in the training of **Pharmacy students** at UK university pharmacy schools.

Miranda Brooks led a session on **recruiting** members for local groups and committees, noting that eventually we will all wish to hand on our roles to successors; new volunteers from local groups were to be sought out and/or invited and encouraged!

Tim



Leicestershire Group

Newsletter February 2013

Happy New Year!

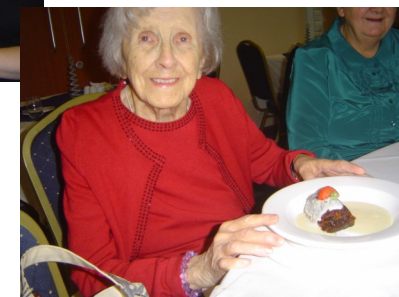
Another year, another newsletter. It doesn't seem 5 minutes since the Food Fayre in September, yet here we are in 2013! As usual, your committee is looking forwards rather than backwards, but we should say a few words about the Food Fayre and our Christmas meal at Loughborough College. We had a great day at the food fayre—fewer numbers, but all of the suppliers went away happy. We also made a profit of £1,500 for group funds. I cannot praise the committee, their family members and our volunteers—Aylene, the Rasmussens, Tony, Judith and the Mistrs, who all made vital contributions.

The Christmas meal was an altogether more relaxed affair, where I rated the service and all of the courses as excellent. The group to the left en-

joyed the main course, while special mention must go to Mary Zimath, enjoying her pud below. At 93 years of age, Mary is possibly our oldest member?



Graham



Events Calendar

**Leicester College Meal-
March 14th 2013 7:00pm for
7:30 £16 per head**

Special low-dairy menu

See menu and map opposite. All enquiries to:

Tim O'Gorman tel: 0116 275 1273, email: saraogorman@talktalk.net, mobile: 0785 383 5342

AGM: On Saturday 11th May 2013 we will be holding our AGM.

We have a cookery demo by Juvela, samples to try, goody bags, recipes and info. Join us at Market Harborough congregational church centre, Bowden Lane Mkt Harborough LE16 7JD. Bowden Lane Mkt Harborough LE16 7JD. at 2.00pm Only £1 for unlimited teas/coffees!!



Summer Treasure Hunt?

Come and join us for a fun day out in Market Bosworth

A treasure hunt followed by gluten free fish and chips at the Batter of Bosworth..... date to be advised — a summer time treat! All enquiries to Graham 07986 855850



Coeliac UK Supporters

SWEET MANDARIN Sauces

Twin chefs, Lisa and Helen Tse from Sweet Mandarin, Manchester (a gluten free friendly restaurant) who cooked their hearts out and won Gordon Ramsay's Best Local Chinese Restaurant have been featured on Dragons Den, a notoriously intimidating business reality competition where entrepreneurs ask for a cash investment in return for equity in their business. This entrepreneurial family have had to endure a murder, utter poverty and the isolation of being immigrants - but food has been their lifeline which has pulled each generation through. Every gluten free bottle of sauce unravels another chapter in their fascinating culinary history. The initial range of Sweet Mandarin Gluten Free Sauces includes:

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.

Lisa Tse, head chef of Sweet Mandarin, says: "We are delighted to be supporting Coeliac UK – one in a hundred people suffer from this disease and generally this means they cannot enjoy Chinese cuisine because of the gluten used in the cooking sauces. By offering a range of gluten free sauces, we are able to help dispel the ignorance and misunderstanding surrounding coeliac disease and show how easy it is to provide gluten-free options."

Pizza 2

I thought it was about time I tried the new Pizza Hut Gluten-Free experience, so took the opportunity during a Christmas shopping Saturday lunchtime. I didn't try the starters, but I still couldn't eat all of my 9inch square GF thin crust pizza! I think this was the only size - there may have been a smaller one in a different part of the menu. And I guess they do a smaller one for kids.

So I ordered a super meaty topping (I think all toppings are Gluten Free), which included chicken, pepperami, chilli and may be others. It tasted great, but as I said, I couldn't eat it all.

The only other selection I made was to visit the salad bar. This came included with the pizza. I would say some caution is required here. I was told all of the salad bar was gluten free, which was obviously not the case as there were croutons and bulgar wheat on show. I think all of the dressings are GF, but I didn't check and I didn't chance it.

Overall it was quite impressive, and reasonable value at around £10 with a soft drink. I didn't think to take photo, but it looked good as well.

Graham

College Meal Menu

Leek, carrot & almond tart, baby leaf salad

Crispy chicken with coq au vin drumstick, parsnip & potato mash and pickled red cabbage

-or-

Thai coconut tofu curry, fragrant rice, steamed pak choy with a sesame dressing, tempura battered vegetables

Served with a selection of fresh market vegetables and potatoes

Dark chocolate brownie, cherry brandy rippled ice cream

Coffee and after dinner sweet-meats



Bulletin



The York food fair is booked for Sat 11 May 2013 at the Bar Convent in Blossom Street, York 10.30 to 2.00 pm entrance fee £2 children free. York has lots of other attractions for the family and makes a good weekend break or day out.

Would you be interested in going on a trip to the Hambleton's Brewery in Ripon?.

We have the chance to organize a day trip to the country's fourth smallest city with the opportunity to visit Hambletons Brewery in the evening. Approximate cost would be £30 per person. All enquiries to Tim O'Gorman

Suggested time of year– July/August—let us know your preference...



Glutafin Rumours

Rumours that Glutafin Gluten Free, Wheat free fibre and white rolls have been discontinued are incorrect. You can still get these from pharmacies.

Contributions for Newsletter to: annerstuart@gmail.com
Clearly marked with Subject: coeliac newsletter



Pizza 1

People on 'free-from' diets can now enjoy tasty, take away pizzas, thanks to a partnership between the world's leading pizza delivery firm and a North West gluten-free food producer.

Domino's Pizza has just launched its' new gluten-free pizza range, after a lengthy search for a supplier capable of meeting their stringent demands, brought them to Nor-side Foods Ltd of Wigan, the owner of Glutamel brand.

Glutamel actually began 19 years ago as a company producing high-quality, hand-crafted pizza bases. But it soon found the demand for its 100% "naturally, free from" gluten versions was so high that as well as gluten-free pizza bases, they also developed free from bread rolls, all to NHS specifications.

Since then it has become a market leader in 'free-from' bread products. Glutamel's pizza bases contain no codex

wheat starch, which make them exceed even the strictest

European Standards while still maintaining a great taste and texture.

The news will be welcomed by the thousands of UK Coeliacs who have been waiting for years for a gluten-free pizza that still tastes great. They are already familiar with Glutamel's food and will see this as a long overdue 'marriage'.

Glutamel's Managing Director, Hazim Al Hashimi, said: "It's such an exciting time for us. We've always tried to make our products easily accessible and what better way than with a company as internationally renowned as Domino's. I've always believed our products were the best tasting around and our partnership with Dominos just strengthens this belief".

