

THE COLOURS OF AUTUMN ARE IN FULL BLOOM

Hello Everyone

Hope everyone is keeping well and enjoyed what has been a lovely summer.

We held a Coffee Morning in the middle of September, I was a little disappointed that there were only 3 of us there. although we had a lovely time 'trying to put the world to rights'. I know some of you couldn't make it because of other commitments and thank you for letting me know.

Miranda from Coeliac UK is leaving the organisation at the end of October and as yet her replacement hasn't been announced, she has worked very hard over the last 10 years for Coeliac and we wish her all the best in her new venture.

Due to family health commitments I will definitely be stepping down at the AGM in May (date to be confirmed) and when Miranda's replacement is announced I will be formally inform Coeliac in the New Year.

200g White Flour (GF)
1 tsp Salt
3 tsps Baking Powder (GF)
284 ml Buttermilk (wholemilk & squeeze lemon juice)
3 Eggs
1 tsp Tomato Puree
2 tbsp Olive Oil
50g Sundried Tomatoes in oil
(6 -8 coarsely chopped)

GLUTEN-FREE SUNDRIED TOMATO BREAD (Goodfood.com)

1 Heat oven to 180C/fan 160C/gas 4. Mix the flour, salt and baking powder in a large bowl. In a separate bowl, whisk together the buttermilk, eggs, tomato purée and oil. Fold the wet ingredients into the dry, then add the sundried tomatoes and half the Parmesan.
2. Grease a 900g loaf tin and pour in the mixture. Sprinkle the remaining Parmesan on top and bake for 50-60 mins until a skewer inserted into the middle comes out clean. Turn out onto a wire rack to cool

NEWS

AUTUMN GROUP MEETING - we will be having a visit from Marks & Spencer with tastings and products to buy

RESEARCH MEETING - Coeliac UK are holding a Research Conference/Meeting on Saturday 10 November in Birmingham and any members who would like to attend need to contact Katie at Coeliac UK on to register their interest

FISH & CHIP LUNCH - another Fish & Chip lunch is being held on Saturday 24 November at the United Church, High Street, Lye, DY9 8LX. We are going to have a Christmas Theme to this event and anyone wishing to attend must contact me before 24 October as I will be away on holiday. It is important that you let me know if you are attending to enable the correct number of portions to be ordered.

COFFEE MORNING - we will hold another Coffee Morning in March when hopefully we will have had the worst of the winter weather.

AGM SPRING MEETING - provisionally 11 May 2019

AUTUMN MEETING
Saturday 20 October
2.30 pm start
The United Church, Lye
Stourbridge
DY9 8LX



COFFEE MORNING 11 am

27 March 2019
at M & S Cafe

MERRY HILL CENTRE

FACEBOOK PAGE [www.facebook.com/Stourbridge and District Local Coeliac Group](http://www.facebook.com/Stourbridge%20and%20District%20Local%20Coeliac%20Group)

Please contact the group by email at stourbridge@coeliac.org.uk or 01299 832366