



December 2018 Newsletter



The Committee would like to wish all our members a very Happy Christmas and a healthy New Year.

Christmas can be a very daunting time especially if you are newly diagnosed, so we have put a selection of items available in the Supermarkets in the newsletter. Keep an eye out on the Coeliac UK website for a list of Gluten Free items at Christmas. If you require any help or have any questions, please do not hesitate to get in touch. Stay in touch via our Croydon Group of Coeliac Facebook page which is kept up to date on a regular basis.

2019..... If there is anything you would like us to put on for you, ideas for guest speakers etc, please let us know as we will be planning next year's events very soon.

Coeliac UK needs your help.....

to support the GF accreditation and Crossed Grain Trademark schemes as well as helping with the work to improve gluten free products and labelling. Please could you spare 10-15 minutes to do the surveys?

Shopping Habits survey: <https://goo.gl/7KEBHC>

Eating out survey: <https://goo.gl/EYxKBa>

Eating out survey for parents/carers of a child following a gluten free diet:
<https://goo.gl/ExeEgT>

Thank you for contributing your opinion.

Rudolf's reward

makes: 12 cakes
health: gluten-free
store: 5 days in fridge.
Freeze well

125 g/4½ oz/generous ½ cup butter
125 g/4½ oz/6 tbsp golden syrup
85 g/3 oz milk chocolate, chopped
40 g/1½ oz dark chocolate, chopped
90 g/3¼ oz/generous 3 cups gluten-free
rice crispies

TOPPING

50 g/1¼ oz milk chocolate buttons
20 g/¾ oz/1½ tbsp butter
20 g/¾ oz dark chocolate, chopped
12 whole natural colour glacé (candied)
cherries

These chocolate rice crispy cakes are lovely for children to make – with grown-up help when melting the chocolate. They're so easy and fun to do. The process is messy but the results are very pretty, especially when you use metallic and patterned cake cases. As the name suggests, we originally introduced these as a Christmas special, but we nearly had a mutiny when we tried to take them off the menu.

Put 12 pretty cake cases on a baking sheet.

Put the butter, golden syrup, milk chocolate and dark chocolate in a saucepan and melt over a medium-low heat, stirring until smooth (or in a microwave). The mixture should thicken slightly as you stir it, but if too hot will become runny. If this happens, stir well and set to one side to cool and thicken.

Weigh out the rice crispies into a large mixing bowl. Pour the melted mixture over the rice crispies and stir well with a wooden spoon until all of the rice crispies are well coated.

Using 2 metal dessertspoons, spoon the mixture into the 12 cake cases. Press the mixture gently into the case so that you have a reasonably solid little cake.

For the topping, sprinkle the milk chocolate buttons over the top of each cake, pushing them in slightly.

Melt the butter and dark chocolate in a heatproof bowl set over a saucepan of gently simmering water, stirring until smooth (or in a microwave). Pop a glacé cherry on each cake and drizzle the butter-and-chocolate mixture over the cakes with a metal spoon. Place in the fridge for 1 hour to set.

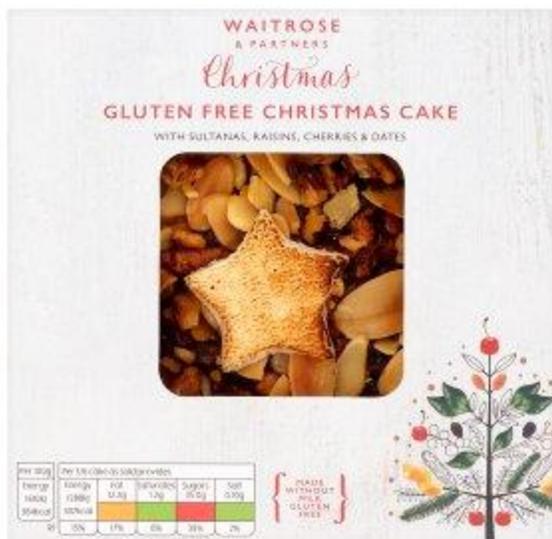
Baking tip

Make this in a shallow 30 x 23 x 4 cm/12 x 9 x 1½ in baking tin and, when set, cut into 15 pieces using a long sharp knife.



Gluten Free Christmas food from Waitrose

Check the gluten free Christmas goodies available at Waitrose. They have a range of gluten free options suitable for Christmas lunch, Christmas nibbles and Christmas treat!



Gluten Free Christmas from Tesco

Tesco is offering a wide range of gluten free Christmas recipes
<https://realfood.tesco.com/christmas/gluten-free-christmas.html>

Gluten Free Christmas food from M&S

Check the gluten free Christmas goodies available at M&S. They have a range of gluten free options suitable for Christmas lunch, Christmas nibbles and Christmas treat!



A British Outdoor-Bred Garnish Selection (Serves 8)



The Collection Posh Beef Gravy (Serves 6)



Made Without Wheat Gluten-Free New York Cheesecake (Serves 6)

Every effort has been made to ensure the accuracy of information contained in this newsletter. Furthermore, any articles, contributions or opinions contained herein are printed in good faith. However Coeliac UK and the Croydon Group can accept no responsibility for any errors or items this newsletter contains.

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