

# NORTH SURREY LOCAL GROUP NEWSLETTER



North Surrey  
Local Group

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## WELCOME FROM THE CHAIR

As these strange times continue, I wish to welcome you to an extra edition of our local group newsletter which by no means is a satisfying substitute for being able to meet up with you in person, but hopefully offers some of you comfort in knowing we are thinking of you during these ongoing unprecedented times. By now I am sure many of you have learnt new IT skills and have embarked upon the world of social media and virtual meetings/classes etc....It truly is a whole new world in that sense and while IT is without doubt an astonishing aid to keeping communication going, there is nothing quite like sitting in the same room as someone, having a good chat and sharing some delicious food and drink. I do very much hope that we will be able to offer events which allow this again soon and please know that as soon as the government gives the all clear for group gatherings in enclosed spaces, we shall endeavour to arrange our group AGM and some meals and some youth activities.

## Awareness and Fundraising

The week commencing Monday 11<sup>th</sup> May was Coeliac Awareness Week which unfortunately due to the current Covid crisis, had to be adapted some what to suit the circumstances. Hopefully, many of you took part in the virtual activities hosted by Coeliac UK such as the virtual afternoon tea and the online cookery demonstrations. The focus of the week shifted from Young Coeliac to 'the Coeliac Community' during lockdown as head office looked at ways to reach and support their members remotely, especially those who were shielding. If you are struggling to get hold of GF items, do get in touch with head office for advice.

If you did anything to celebrate awareness week, please do send us a photo or email us to tell us what you did so that we can celebrate it in future editions of the newsletter.

As a group we are always keen to hear your ideas for activities and fundraising. Now, while we cannot raise funding for our local group through events, we would appreciate your ideas more than ever on how we could make money through remote activities.

## Upcoming 2020 Events

In order to use this quiet time more productively, we would like to get an idea on what activities and events appeal to our local group membership. For example, do you fancy picnics and events with no costs to pay up front, or maybe you would like social events such as quiz nights, race nights, a social dance, party night or bingo? Are weekdays, school holidays, weekends, lunch times or evenings best for you? Does geography play a part in whether you participate? **If you could take a few minutes to complete the Monkey Survey questionnaire (click on the link) it would enable us to better plan for future events when we can start to meet up again. It is a short questionnaire (will take approx. 2 minutes) and is anonymous. Thank you**

<https://www.surveymonkey.com/r/8SWYPZD>

## Top Tips for our newly diagnosed members (By Kirsty Cranefield)

In this edition I would like to focus on top tips for the BBQ season. I apologise to those experienced, long term coeliac who know all the below and welcome any other recommendations and tips for future editions. It seems that social gathering outside is to be encouraged more than inside at present and so you may be tempted to invite extended family or some friends round to sit in the sunshine, sip some cool refreshing drinks and share a platter of BBQ meats served with an accompaniment of salads and side dishes. Sounds idyllic!

1. Your first decision to make is whether you will serve all your guests gluten free or just have gluten free options. The are pros and cons to both of course:
  - with a mix you risk cross contamination and people digging into the GF by mistake leaving nothing for those who actually need it, but it can work out cheaper not having to feed everyone with GF which usually is more expensive. Also guests can contribute by bringing a dish for the buffet.
  - With all GF food, if is safer for the coeliac and you as the host can relax knowing there is no risk of cross contamination. However, it is more difficult to allow guests to contribute by bringing a dish to share and the total cost of the food will undoubtedly be higher. In addition you may also get the odd person who is 'anti GF' who has only ever experienced the poorest versions of GF food and will turn their nose up at everything you offer, which brings me nicely to my next point.....
2. Choose your food options carefully and allow time to shop around to get the nicest GF options to offer your guests. My 'go to' GF BBQ season brands are: Marks and Spencers White Bread Rolls/baps, Schar frozen white rolls, Genius Brioche Burger Buns (depending upon suitability for what I am serving), good quality shop brand sausages such as Sainsbury's Taste the Difference, Asda's Extra Special etc.... usually do not contain gluten as they are all meat and not packed out with rusk etc..., rice salad should be OK (just check any sauces that you use in it), GF pasta cooked then tossed with a Dolmio Tomato and Garlic stir in sauce and left to go cold, we use GF soy sauce as a base for many of our meat marinades..... Coops Cream Cheese Stuffed Peppers are also a nice addition to salads. For table sauces, we use Colemans Seafood sauce, Hellmans Mayonnaise, Heinz Tomato Ketchup and BBQ sauce and Salad Cream, French's Classic Yellow Mustard (squeezy bottle – ideal for hotdogs and burgers), Blue Dragon Sweet Chilli Dip. You may also need to consider that newly diagnosed coeliac may also be avoiding lactose and this may need to inform some of your menu choices to avoid embarrassment.
3. If you are not serving all GF, then I recommend that you lay your buffet table out as follows:
  - a. Keep separate ends or even more ideally separate tables for Gf and non GF options
  - b. Ensure GF options are not placed in front of gluten containing dishes as the fall off from spoons is a huge cross contamination risk – more so when there are children helping themselves, but accidents can happen to anyone and will render a GF dish completely unsafe for the coeliac.
  - c. Ensure there are separate serving utensils and enough for one for each dish so there is no cross contamination. You know your guests – you may even want to play server (like at a carvery) so you can control the situation and avoid spoons being used in multiple dishes!
4. The obvious starter or hors d'oeuvres would be some crudités, crisps and dips to share – easy, sociable and can be done with a reasonable budget. Here, you really do need to be careful as double dipping and cross contamination will be rife unless everything is GF. Once again, I always go totally GF, using the following brands and combinations: Blue Dragon Original Prawn Crackers and sweet chilli dip, Tortilla chips (Asda's or Sainsburys own brands NOT Doritos) sometimes heated with melted cheese on top, Schar GF bread sticks and fresh vegetable sticks served with dips such as sour cream and chive, salsa, garlic and herb - BUT check the ingredients and scan using the CUK Food Checker app if you have it, as some dips are not suitable for coeliac! Also be aware that some pre grated packets of cheese have a gluten based powder added to them to preserve them so always check the grated cheese as this has nearly caught me out once or twice. For extra precaution I always put out little side plates for each person and a spoon in each pot of dip to discourage people from dipping in the pot but to take a serving on their plate to dip into – you never know what gluten people ate earlier and I just prefer it for other hygiene reasons. An alternative is small GF cheese crackers (Asda's own, Co-op's sea salt and black pepper crackers or Nairns work well for me) topped with cream cheese and cucumber, brie and grape, smoked salmon and dill, cream cheese and

- prawn/smoked salmon, pate (careful to check it is GF) which can all be shared from a platter and are basically bite size so you can avoid the side plates and reduce the washing up – win win!
5. For the actual BBQ, if you are cooking a mix of GF and non GF meats, you will need to most definitely use separate utensils for the GF and non GF meats and then do one of the following to avoid cross contamination:
    - a. Separate BBQ for GF and non GF meats
    - b. If your BBQ is always used for GF food then you would want to avoid any gluten containing food going on it. If you were attending a BBQ at someone else's home, then you ideally need to ask for your GF meat to be cooked in foil trays and not to touch the grill surface where gluten containing meats have been/are currently cooking.
  6. As with everything else, the general rule of thumb is to prepare GF food first and then once that is safely covered or out of contaminations way, prepare the non GF foods.
  7. Desserts: obviously the common and easy GF dessert for summer is a meringue with fruit and cream/ice cream. For kids I find Tesco's or Co-op's Free From Frozen Choc Eclairs, Asda's Free From Frozen Doughnuts and Co-ops Free From Strawberry and Vanilla Cones, Classic Magnums (or Co-ops Free From Milk Choc Sticks for those avoiding Lactose) are an easy hit. However, if you are feeling more adventurous or you want something simple to make that looks impressive, you could try a clotted cream filled homemade madeira sponge layered with fresh strawberries (like a giant cream tea scone!), a lovely summer trifle or some easy to make devilish chocolate desserts (see the recipe section in this newsletter for ideas).

It may all sound too much to cope with but I am telling you, it becomes second nature after a few times and I am far more relaxed and laid back now, knowing that we can be the host, entertain with large numbers and keep everyone safe. Plus the whole time it is educating our friends and family so they feel more confident to invite us to their house and can see it is possible to serve a lovely spread that is all Gluten Free – Stress Free!

## **Mental Health and Wellbeing Resources**

As many of you may still be shielding through this troubling time, it would be remiss of us to focus purely on gluten free and coeliac disease when in fact it could be isolation, loneliness and sheer boredom that can be taking the biggest toll on people.

We are not the experts in this field but for your reference we would like to share some links to relevant websites and resources that have been created by the experts in the field of mental health and social wellbeing, should you feel that you may benefit from what they have to offer.

### **World Health Organisation (WHO)**

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

<https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health>

### **Mental Health Foundation**

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

### **Coeliac UK**

<https://www.coeliac.org.uk/information-and-support/coronavirus-information-hub/practical-support/>

### **MIND – for better mental health**

<https://www.mind.org.uk/information-support/coronavirus/>

### **National Health Service (NHS)**

[https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc\\_id=MentalHealthGeneric&&gclid=Cj0KCQjws\\_r0BRCwARIsAMxfDRhGGhUq5GPv-sTXIVQb47PO0up92TM7zPOvJZY1DGM-uTWY6sYJd3QaAuBFEALw\\_wcB](https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&&gclid=Cj0KCQjws_r0BRCwARIsAMxfDRhGGhUq5GPv-sTXIVQb47PO0up92TM7zPOvJZY1DGM-uTWY6sYJd3QaAuBFEALw_wcB)

## Restaurant and GF Supplier Recommendations

Many restaurants, cafes, coffee shops and bars offered takeaway only menus during lockdown, but withdrew their special dietary options to keep things simple..... so the question is have/will they reintroduce Gluten Free or Non Gluten Containing options on their menus as restrictions are lifted? Please do check out the restaurant websites or phone ahead before visiting and please DO NOT assume that those which once were GF still are. Coeliac UK show on their website (July 2020) a post lockdown venue directory: <https://www.coeliac.org.uk/information-and-support/coronavirus-information-hub/eating-out-safely-post-lockdown/>

### Naturally Chinese, Surbiton

We used to go to Naturally Chinese maybe every 8 weeks for our fill of Chinese delights, as they offer a varied GF menu, friendly service and they are Coeliac Accredited so you can have peace of mind. As with everything else, lockdown meant the restaurant had to close but we noticed in June that their website offered a takeaway option with kerb side collection. Great!!! So we ordered our GF Chinese feast on line (picking from the GF menu), paid on line, received email confirmation and then drove (heated cool bag in hand) the 25 minute drive to Surbiton from Epsom Downs to collect our food. The smell filled the car on the return journey and we had to resist pulling over and tucking in there and then! On arriving home the food was still hot and devoured in less time than the journey had taken but WELL worth it – oh my goodness it was truly scrumptious!! We thoroughly recommend.

(Kirsty Cranefield)



### Bake to Taste (G Free Ltd)

This is a family run company based in Devon manufacturing gluten and wheat free products with over 17 years of experience.

They have remained operational during the Covid crisis, offering a wide range of products including bread rolls, cakes, meat, vegetarian and vegan pasties, pies and quiches via their website



[www.bakedtotaste.co.uk](http://www.bakedtotaste.co.uk)

We have made several orders from them during lockdown and they do not disappoint, with deep filled meaty pies and pasties (we can recommend chicken and chorizo pies, Beef pies, spicy chicken pasties and the sausage rolls so far) and scrummy cakes (millionaire shortbread is a real hit in our household). You order and pay on line, and the food is delivered frozen in insulated boxes with disposable ice blocks to ensure they arrive in perfect condition to freeze, ready to cook when you're ready.

"I bet that's pricey" I expect you're saying... the truth is, not compared to other GF pies out there on the market that are available in the supermarkets and these are nicer in my opinion!  
(Kirsty Cranefield)

## **Recipes** *(Please check individual links for nutrition information)*

In this edition we have four lovely recipes received from members. So please do keep sending in those tried and tested recipes for future editions of the newsletter.

### **Banana Polenta cake (recipe supplied by Val Pomroy)**

#### Ingredients

150g Marge/butter  
150g caster sugar  
half cap of Vanilla essence  
2 eggs  
150g ground almonds  
100g polenta  
1/2 tsp g free baking powder  
1-3 ripe bananas  
2 handfuls of raisins or sultanas

#### Method

1. Grease and line a 20cm cake tin heat oven 160C / 140C fan.
2. Cream marge and sugar together, add eggs one at a time and beat in, fold in almonds, polenta, baking powder and vanilla essence.
3. Chop bananas into small pieces and add in
4. Add in raisins/sultanas.
5. Beat the mixture and then pour into the cake tin.
6. Bake in oven for up to 1 hour 15 but check after 1 hour.

### **Hazelnut Chocolate Cake (Val Pomroy says this recipe from Hugh Fearnley-Whittingstall is excellent)** <https://www.rivercottage.net/recipes/hazelnut-chocolate-cake>

#### Ingredients

50ml rapeseed or sunflower oil, plus extra for oiling  
150g ground hazelnuts (or almonds)  
1 tsp baking powder  
1 tbsp cocoa powder  
2 large eggs  
50g caster sugar  
1 tbsp runny honey

#### Method

1. Preheat the oven to 180C/160C fan/Gas 4. Line a 20cm springform cake tin with baking parchment and brush very lightly with oil.
2. Thoroughly combine the ground hazelnuts, baking powder and cocoa and set aside.
3. Put the eggs, sugar and honey into the bowl of a free-standing mixer (or use a hand-held electric whisk in a regular bowl) and whisk together for 4-5 minutes until very thick, pale and foamy and roughly tripled in volume. The mixture should hold a trail on the surface when you lift the beaters.
4. Add the hazelnut mix to the bowl and continue to whisk while you trickle in the oil. Keep whisking for 30-60 seconds until the mix is thoroughly combined.
5. Scrape the batter into the prepared tin and level it out. Bake for 20 minutes or until just firm to the touch in the centre (it will remain quite shallow). A skewer inserted in the middle of the cake should come out clean.
6. Leave to cool completely in the tin then remove and carefully peel away the lining paper. Serve in slices.

### **Easy Gluten Free Trifle (Adapted by Kirsty from a Jamie Oliver recipe)**

This recipe is quick and easy to make the day before or start making the evening before an event and finish it on the morning to keep it as fresh as possible. It can be made in one large bowl to suit the number of guests (this is tricky to serve nicely) or in individual Sundae dishes/ramekin dishes. The amount of each ingredient will very much depend on how big your bowl is or how many individual portions you will be making.

#### **Ingredients**

Mrs Crimble's GF Madeleines or GF madeira sponge/swiss roll (shop bought or homemade)

Ambrosia ready made custard

Double Cream

Fresh Raspberries or strawberries (can use tinned or frozen out of season)

Hartley's Strawberry or raspberry jelly cubes

Cadbury's Crunchie Bars (or any crunchy chocolate/honeycomb combination you can find in the GF section of the supermarket).

#### **Method**

1. Slice the madeleines or madeira sponge into slices (madeleines I halve horizontally or sponge cake/swiss roll I slice about 2 cm thick and lay in the bottom of your chosen dish/es until the base is covered in a layer of sponge.
2. Sprinkle on the washed and drained raspberries/strawberries
3. Mix up the jelly as per the instructions on the packet and pour over the sponge and fruit layers in the dish/es.
4. Place in the fridge to set
5. Once the jelly is set, pour over the ready made custard
6. Whisk up the cream until thick and fluffy
7. Smash up the crunchie/chocolate honeycomb (food blender if you have one or place in a food bag, place the bag on a chopping board, cover in a tea towel and hit with whatever comes to hand – rolling pin, meat tenderiser, frying pan!)
8. Fold the smashed chocolate honeycomb into the whipped cream and then dollop (what a good word!) onto the custard layer to top off the trifle.
9. Keep in the fridge until ready to serve.
10. Enjoy, and if you feel tempted to have a second portion – go for it!!

Note: this recipe can easily be made lactose free by substituting with Arla Lactose Free cream, Alpro Dairy free Custard, the Mrs Crimble's Madeleines are 'may contain milk' due to manufacture process rather than having dairy as an ingredient and the you can find lactose free crunchie chocolate equivalents in the the Free From aisle of most supermarkets.

### **Nigella's Instant Chocolate Mousse (recommended by Kirsty Cranefield)**

This recipe is super easy to make and can be the basis for many other homemade desserts. It can be served on its own or with a GF biscuit or topped with some cream whisked with a shot of liqueur to give it a kick.

<https://www.nigella.com/recipes/instant-chocolate-mousse>

I like to use it to develop into a Chocolate Tart:

1. Mix a packet of smashed up GF ginger/digestive biscuits (smashed until fine crumbs) with some melted butter (enough to make the crumbs start to stick together)
2. Line a flan dish with the biscuit mix, firming down with the back of a metal spoon.
3. Leave to set in the fridge while to you mix up the chocolate mousse (Nigella Lawson's recipe above) and then pour the mousse mix onto the biscuit base.
4. Return to the fridge to set thoroughly and then slice to serve.

I like to top with mandarins or strawberries to add a splash of colour and fruity sweetness to contrast against the rich chocolate. I also serve with a whipped liqueur cream (our favourite is 2 shots of Baileys added into the cream but others work well).

### **Cornbread (Recipe supplied by Suzanne Moore)**

This recipe comes from "Tilly's Kitchen Takeover" by Matilda Ramsey - daughter of Gordon. It's been adapted slightly to make it gluten free, but still works very well and is delicious, especially when it's just come out of the oven.

#### Ingredients (Serves 4-6)

55g butter or dairy free spread  
140g gluten free plain flour  
140g polenta (cornmeal)  
2 tablespoons gluten free baking powder  
2 tablespoons sugar  
pinch of salt  
2 eggs  
284ml pot of buttermilk (or a mixture of plain yogurt and milk)  
100ml milk

#### Method

1. Heat your oven to 200 degrees C/180degrees C fan/gas mark 6.
2. Melt the butter/dairy free spread in a small saucepan over a low heat.
3. Once melted, pour the butter/spread into a mixing bowl, together with the gluten free flour, polenta, gluten free baking powder, sugar and salt. Stir it all together.
4. Crack the eggs into a separate bowl, then add the buttermilk (or milk and yogurt mixture), plus the milk, and whisk it until it's well mixed.
5. Pour the egg and milk mixture into the flour and polenta and mix it all together very well.
6. Pour the mixture into a baking dish (about 20cm square and 5cm deep), and put it into the oven for 25 to 30 minutes until it's golden brown and cooked in the middle. It may take a little longer depending on your oven.
7. Cut the cornbread into squares and serve with chilli, soup or stew - or serve it on its own with your favourite topping.

### **Betty Crocker Gluten Free Dessert Recipes**

If baking is not your thing but you want to make something homemade for an event, Betty Crocker Gluten Free products are a really easy starting point and there is a surprising range of products, although sadly more are available in America than in the UK. Be careful because Betty Crocker products are not all gluten free so look out for her Gluten Free range of cake mixes usually found in the Free From aisle. Many of the frostings and icings are gluten free (stated in bold on the back near the ingredients list) and so can usually be found in the cake/baking aisles rather than the Free From aisles.

To see the full range of Gluten Free products visit

<https://www.bettycrocker.com/products/gluten-free-baking-mix>

The two most common Gluten Free Betty Crocker mixes found in UK supermarkets are: Devils Food GF Cake Mix and Chocolate Fudge GF Brownie Mix.

However, there are many desserts than can be created using the GF Devils Food Cake Mix as a starting point, see <https://www.bettycrocker.co.uk/recipes/gluten-free>

<https://www.bettycrocker.co.uk/recipes/gluten-free-chocolate-cake-with-fig-hazelnut-caramel-drizzle>

Or from the American site:

<https://www.bettycrocker.com/recipes/gluten-free-better-than-almost-anything-cake/05c4b3e4-a04a-473e-b8f4-67a893f54e32>

