

Press release

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## **Join MasterChef Champion for a glorious gluten free vegetarian Stir up Sunday**

You are invited to join Coeliac UK and their Ambassador, MasterChef champion Jane Devonshire on *Stir up Sunday*, 22 November as she demonstrates how to make a delicious gluten free vegetarian Christmas pudding as part of the charity's new Christmas campaign 'Tales from a Gluten Free Christmas' in support of their [Christmas market](#).

Jane is supporting the campaign, which shines the spotlight on real life Christmas experiences from the gluten free community to help people understand the importance of safely catering gluten free whether for a friend, family or customer and provide support for an inclusive gluten free Christmas.

Jane explained: "Christmas can be a challenge and feel isolating if you are unable to share and enjoy the same food as everyone else and a lack of understanding from friends, family and venues can make this even worse. Coeliac UK's new 'Christmas market' is packed with interesting case study stories, testimonials and tips as well as festive product information, Coeliac UK's GF accredited venue's festive offers and delicious gluten free recipes.'

One such recipe is Jane's gluten free vegetarian Christmas pudding recipe, which has been released exclusively to the charity ahead of publication, from her new recipe book, *Vegetarian Hassle Free Gluten Free*, which is out on 24 December 2020 and produced in association with Coeliac UK.

Join Jane for the online cookery demonstration, which guides you through your preparation on 11am on Saturday 21 November ahead of the main event at 11am on Stir Up Sunday (22 November) on Coeliac UK's [Facebook page](#). Find out more on how to watch and download the recipe here: [Stir Up Sunday](#).

Jane said: "Although this year will be very different for so many it will be lovely to kick off the festive mood in my cookalong. I am thrilled to be supporting the campaign and sharing my new gluten free vegetarian Christmas pudding recipe with everyone from my brand new recipe book. The pudding is jammed with flavour and is ideal for everyone, whether you are gluten free, vegetarian, both or neither!"

Hilary Croft, Coeliac UK CEO said: 'We are delighted to have worked with Jane on her second recipe book which is brimming with inspirational gluten free and vegetarian recipes. A strict lifelong gluten free diet is essential for anyone diagnosed with coeliac disease and Jane's support of our 'Tales of a Gluten Free Christmas' campaign really helps to highlight that adapting recipes can create delicious gluten free food so that everyone is included, especially at a time like Christmas.'

'If you need help with gluten free this Christmas, for yourself or someone you're cooking for, get inspiration and advice at our online Christmas market [www.coeliac.org.uk/gf-christmas](http://www.coeliac.org.uk/gf-christmas).'

### Top Tips for a gluten free Christmas

- Always check the label: products, which are gluten free will, be labelled with the charity's Crossed Grain symbol or state 'gluten free' on the pack.
- Use Coeliac UK's award winning Gluten Free Food Checker app to scan products and check whether they are suitable for a gluten free diet
- Make your gluten free guests feel included with snacks and treats – use this handy Christmas List to help you choose: [www.coeliac.org.uk/gfchristmaslist](http://www.coeliac.org.uk/gfchristmaslist)
- Keep gluten free foods separate from those that contain gluten to avoid cross contamination
- Wine, sparkling wine, cider and spirits are all gluten free as are mixers like tonic water, soda water and lemonade.
- Coeliac UK's GF accredited venues have a range of gluten free Christmas menus [www.coeliac.org.uk/gfvenues](http://www.coeliac.org.uk/gfvenues)

Download Coeliac UK's 12 tips for a Gluten free Christmas at: [www.coeliac.org.uk/12-tips](http://www.coeliac.org.uk/12-tips)

Ends

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#### Notes to editor

- Coeliac UK is the national charity for people who need to live without gluten, whether due to coeliac disease or another medical condition requiring a gluten free diet.
- Coeliac disease is a serious illness where the body's immune system reacts to gluten found in food, making the body attack itself.
- Symptoms include diarrhoea, vomiting, stomach cramps, mouth ulcers, fatigue and anaemia.
- In undiagnosed coeliac disease there is a greater risk of complications including anaemia, osteoporosis, neurological conditions such as gluten ataxia and neuropathy, and although rare there's an increased risk of small bowel cancer and intestinal lymphoma.
- 1 in 100 people in the UK has coeliac disease
- Average time to diagnosis is 13 years.
- 1 in 4 people diagnosed with coeliac disease had previously been diagnosed with IBS.
- Gluten is a protein found in wheat (including spelt), rye and barley. Some people are also sensitive to oats. Obvious sources of gluten include breads, pastas, flours, cereals, cakes and biscuits. It is often used as an ingredient in many favourite foods such as fish fingers, sausages, gravies, sauces and soy sauce.
- Coeliac UK has a Helpline on 0333 332 2033 and further information can be found at [www.coeliac.org.uk](http://www.coeliac.org.uk)
- *Vegetarian, Hassel Free, Gluten Free* by Jane Devonshire out 24th December 2020 (£22, Bloomsbury Absolute)