

Sevenoaks and Tunbridge Wells Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**February 2021
Edition 53**

**Sevenoaks and
Tunbridge Wells
Local Group**



Branch Committee

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Note from the Editors

Dear Reader

Welcome to the 53rd edition of Talkabout.

We hope that you have all managed to stay well during this difficult time. We have added some new places to eat out which were discussed at our last Zoom meeting and have retained/added details of take away/delivery services which you may well find useful.

For those who like to cook or bake themselves, we are again listing another delicious recipe in this edition.

We are pleased to introduce a '**Member's Page**' to Talkabout and invite you to write in and share your stories: whether that's of health journeys, frustrations, recovery, recipes, a picture, something else, or a question that needs answering. We are not allowed to give medical advice or discuss individual cases but we will endeavour to find answers and solutions to your problems. Please email: fi.turnbull@talktalk.net

We hope you can benefit from this edition of Talkabout and hope to 'see' you at one of the forthcoming Zoom meetings.

Andrew and Rosemarie – The Editors

Sevenoaks and Tunbridge Wells Area Coeliac Group
Your Help is still needed once we are able to meet up again!

Do you enjoy Saturday coffee?

Have you benefitted from discussions at Saturday coffee?

Do you attend Saturday coffee when you can?

If the answer is yes, could you think about lending a hand?

There is no need to attend personally every month. We just need someone to make contact with other 'willing helpers' to ensure there is a welcoming face at each coffee morning.

Please get in contact if you can help - fi.turnbull@talktalk.net

Forthcoming virtual Events

Please come along to one of our virtual events. We look forward to seeing you soon.

As you know, our AGM due last year had to be postponed and never materialised. However, we still hope, in due course, to enjoy a cookery demonstration to be given by Paul from The Red Lion near Faversham. Once we have a date for our AGM this year, please can we invite you, in advance, to let us have any questions you may have for Paul.

Virtual Coffee Mornings (until further notice) - Third Saturday of every month

20th February 2021

20th March 2021

17th April 2021

15th May 2021

If you are newly diagnosed and want to find out more, this is a very relaxed way to meet with other coeliacs to share ideas and have a chat. We welcome everybody who is affected by this condition or is interested in finding out more about it.

We meet on Zoom between 10.30am - 11.30am until 'we can meet again' at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Otford Road, TN14 5EG) and the next month in Sainsbury's Café in Tunbridge Wells (on Linden Park Road, TN2 5QL, just off the A26 Eridge Road).

We look forward to seeing you soon.

In the meantime,

How about a chuckle?

- Venison for dinner again? Oh deer!
- How does Moses make tea? Hebrews it.
- England has no kidney bank, but it does have a Liverpool.

TAKE-AWAY/DELIVERY SERVICES, TEA ROOMS, HOTELS etc.

Bartellas - A word from Ian Eldridge, Proprietor

Our takeaway/collection menu is available on Thursday to Sunday. Hot food (pizzas, fish and chips) and pre-prepared, chilled Bartellas dishes that are ready to cook at home. Order online or give us a call - 01474 812154

When collecting, please enter through the front door, pick up your order in the waiting area and exit through the back. We'll also be happy to bring your food to your car in the car park. Email: meopham@bartellas.com

Costa Coffee

To support NHS staff and key workers we've re-opened some of our stores for Drive-Thru and Delivery only.

Cote at Home

<https://coteathome.co.uk/> Looks good, please refer to website.

Cook Foods - <https://www.cookfood.net/>

An excellent web site with easy to find gluten free options and does click and collect. They also have delivery slots although they are limited.

Nancy's Tea Room – 01732 300 401

Lamberts Yard, Tonbridge TN9 1ER

Just off Tonbridge High Street and near the river, a handy stop off point.

This place has been recommended for a nice cup of tea/coffee and GF cake!

Middle House – 01435 872 146

High Street, Mayfield TN20 6AB

This hotel has an extensive menu and was recommended by several members at the last Zoom meeting. Their menu does not show the simple GF sign next to the meal but they have a full list of allergens in a chart which, I hope, you don't have to prod through when dining! I hope to try this place in the future.

The White Hart – 01732 452 022

Tonbridge Road, Sevenoaks TB13 1SG

This Restaurant has an interesting menu and even has a separate GF menu; I am most impressed. If it were not for COVID, I would be booking today! Companies which make every effort to offer GF food should be supported.

The Beefeater Group - <https://www.beefeater.co.uk/en-gb> (closed at present)

They were recommended at our Zoom meeting. However, I am not impressed with the online menu and feel the small independents give a better GF choice. Although the choice is limited, they now have an understandable GF menu.

Voakes Gluten Free – 01423 395 511

Whixley, York YO26 8AY www.voakesfreefrom.co.uk

Pies available to order online; they are supplied in special containers. I'm told their pork or chicken pies are delicious. I will try these sometime soon, despite the small carriage charge!

M & S Gluten Free

This company are now offering on line ordering or normal in store service. At present, I have not found any items on line which I have bought in store. Their scones have been recommended, along with their creamy chicken pie. GF Pork Pie is recommended but expensive!

Neville Crest & Gun - 01892 864209

Eridge Road, Eridge, Tunbridge Wells TN3 9JR www.nevillcrestandgun.co.uk
Good gf menu, lovely sweets, nice setting with good walks nearby.

Borders Restaurant – 01892 515532

High Rocks, High Rocks Lane, Tunbridge Wells TN3 9JJ
Good gf menu, good service but not on Mother's Day, as it was extremely busy.

Member's Section

It's nice to send greetings to you all for 2021.

We haven't been able to meet in person as a group for over a year now. Talkabout newsletter is so important for us all to stay in touch. Thank you to our editors Andrew and Rosemarie Pilcher.

I hope you are managing to keep busy and able to get your gluten free shopping safely.

Our virtual monthly coffee mornings on Zoom are a good way for us to see and chat to people, especially the newly diagnosed who can ask those all-important little questions. Thank you to Daphne Paterson for organising Zoom for us.

We don't really know when we'll be able to meet up as a group; hopefully things will get better soon thanks to the vaccine.

If anyone has a question or just wants to chat, my phone number and email address are on page 2.

Take care everyone, stay safe and well.

Fiona Turnbull

RECIPE

Sticky Toffee Apple Pudding

Ingredients

- 85g melted hard marg/butter
- 140g GF self-raising flour
- 100g sugar
- 1 tbsp GF baking powder
- 215ml milk
- 1 egg, beaten
- 680g apples cooked or part cooked

For the topping

- 140g dark muscovado sugar
- 50g pecans, roughly chopped

Method

- Heat oven to 200°C/fan 170°C/gas 4.
- Grease a 2-litre/ 3½-pint ovenproof dish lightly with butter.
- In a jug, mix together the melted fat, milk and egg.
- Tip in the flour, sugar and baking powder, along with a pinch of salt.
- Mix until you have a smooth, runny batter.
- Arrange the apples in the dish, sprinkle with ground cloves/ mixed spice/ nutmeg to taste.
- Pour the batter on top, covering the apples.
- Bake for about 30 mins @ 200°C until the pudding has risen and is golden.
- For the topping, pour 120ml boiling water over the sugar and stir together until smooth. Pour the liquid over the pudding mixture, then scatter over the pecans.
- Replace pudding in the oven and turn the heat down to 180°C. Cook for another 20mins.
- Use a big spoon to serve the pudding, making sure you get some of the gooey caramel sauce covering the bottom of the dish. Serve with pouring cream, warm custard or vanilla ice cream.

Thank you, Daphne, for another yummy recipe.



Talkabout

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<https://www.coeliac.org.uk/local-groups/sevenoaks>

Please send your letters or enquiries to:

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