

Sevenoaks and Tunbridge Wells Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

October 2021
Edition 55

Sevenoaks and
Tunbridge Wells
Local Group



Branch Committee

| | | |
|--------------------------|---|------------------------------|
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Note from the Editors

Dear Reader

Welcome to the 55th edition of Talkabout.

We hope that you have all managed to stay well during this difficult time. After a 5 week long stay in hospital, we would like to welcome back Daphne and are pleased that she is now recovering well at home.

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 not one but two delicious recipes in this edition.

We have introduced 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, 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 meetings.

Andrew and Rosemarie – The Editors

Sevenoaks and Tunbridge Wells Area Coeliac Group

Your help is still needed now that we can 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

COFFEE MORNING

Come and join us

WHERE?

**Sainsbury's Café ~ Tunbridge Wells or
Sevenoaks (look under Forthcoming Events)**

WHEN?

Between 11pm and 12

On the third Saturday of every month

WHY?

**For a cup of tea or coffee and a chat
with fellow coeliacs**



Forthcoming Actual or Virtual Events

Please come along to one of our actual or 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.

Coffee Mornings - Third Saturday of every month

16th October 2021 – Sevenoaks, 11.00 – 12.00 noon

20th November 2021 – Tunbridge Wells

18th December – Christmas Zoom

15th January 2022 – Sevenoaks

19th February 2022 – Tunbridge Wells

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 at alternate locations each month (or on Zoom). This month at Sainsbury's Café in Sevenoaks/Otford (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?

- Jokes about German sausage are the wurst.
- I know a guy who's addicted to brake fluid, but he says he can stop any time.
- I stayed up all night to see where the sun went, and then it dawned on me.

Member's Page

I'd like to thank Andrew and Rosemarie Pilcher for this edition of our newsletter, Talkabout. This is our only way of contacting you all, as I know not everyone has the internet.

The monthly coffee mornings on Zoom have been great to catch up and chat. Thank you, Daphne Paterson, for arranging Zoom for us.

Our contact details are on page 2, please get in touch if you have any Gluten Free queries we might be able to help with. Please remember we are not allowed to give medical advice.

Hopefully, we will be able to start large group meetings by the spring of 2022, pandemic permitting.

Fiona Turnbull

Just a few more words from Andrew Pilcher:

I thought I would mention some foods that I have recently discovered and enjoy very much:

- Genius g/f Sourdough Bread
- Genius g/f Gut Lovin (no g!) Tiger Bloomer
- Genius g/f Roasted Vegetable Quiche – 2 pack
- Genius g/f muffins – blueberries or chocolate
- Schar g/f Salty crackers
- The Best Free from Tagliatelle from Morrisons

I have been advised to eat all of the above, as I need to put on weight! Aren't I lucky?!

Please let us know if you have come across some new goodies.

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

Juliets

54 High Street, Tunbridge Wells Daytime café with vintage china and mismatched furniture. Delicious food and fab cakes, including gluten-free.

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. 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.

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

'Cook' Foods have an excellent web site with easy to find gluten free options and does click and collect. They also have limited delivery slots.

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

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.

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.

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.

No. One Fish Shop – 01892 544020

1 Quarry Road, Tunbridge Wells TN1 2EY

Recommended for gf fish & chips with excellent reviews. Check which days gf is available.

Royal Fish Bar – 01732 672358

62 High Street, Borough Green, Sevenoaks TN15 8BJ

Gf fish & chips on Wednesdays. Phone to check. This shop has been recommended by members.

The Red Lion – 01233 740309

Ashford Road, Bedlesmere, near Faversham ME13 0NX

Fully g/f meals. Mike commented on line that he thoroughly enjoyed his lunch. I am pleased to report that when we dined there, we had a similar experience and everybody loved the food, especially the sweet!

Thank you to Daphne for the following recipes:

Simnel Traybake

Good (and easy) at any time, not only Easter!

- * The cake is topped with 11 marzipan balls to represent the eleven disciples minus Judas

Ingredients

- 125g Butter/Hard Marg
- 125g Caster Sugar
- 50g Ground/Flaked Almonds
- 3 Eggs
- 1 Tsp Xanthan Gum
- 1 Tsp Mixed Spice
- 175g GF Self Raising White Flour
- 150g Mixed Dried Fruits

Decoration

- 150g Marzipan
- 25g Flaked Almonds
- 200g Icing Sugar
- 2 Tbsp Lemon Juice

Method

1. I soak the fruit to soften it while I am preparing the rest
2. Rub some oil around the inside of a 20x30cm/8x10" traybake tin or insert a cake liner and pre-heat the oven to 170°C, Fan 150°C, 325°F, Gas 3.
3. Measure the caster sugar and marg/butter into a mixing bowl and beat together until light and fluffy.
4. Break the eggs, add ground almonds, xanthan gum and mx spice into the bowl and beat to incorporate.
5. Tip the flour, stir to incorporate.
6. Stir in the mixed dried fruit.
7. Spoon the mixture into the prepared baking tray and smooth the surface.
8. Bake for 40 minutes.

Decoration

1. Cut the marzipan into pieces, roll them into 11 balls* then flatten and place under a hot grill for a few minutes to lightly brown the tops. Remove and leave to cool.

2. Toast the flaked almonds under the grill for two minutes until light golden brown.
3. Put the icing sugar into a bowl, add the lemon juice and stir into a smooth icing.
4. Spread the icing thinly over the cold traybake.
5. Before the icing sets, place the marzipan balls randomly onto the traybake and scatter over the toasted almonds.
6. Slice the traybake and store in a tin.

Coffee & Walnut Cake

Ingredients

250g pack softened butter, plus extra for the tins
100ml strong black coffee (made with 2 tbsp coffee granules), cooled
280g self-raising flour
250g golden caster sugar
½ tsp baking powder
4 eggs
1 tsp vanilla extract
85g walnut, 2 tbsp roughly chopped, the rest finely chopped

For the filling

100g icing sugar, sifted, plus a little extra for dusting
150ml double cream
100g mascarpone, at room temperature

Method

1. Heat oven to 180C/160C fan/gas 4. Butter 2 x 20cm cake tins and line with baking parchment. Set aside 2 tbsp of the coffee for the filling.
2. Beat the butter, flour, sugar, baking powder, eggs, vanilla and half the remaining coffee in a large bowl with an electric whisk until lump-free. Fold in the finely chopped walnuts, then divide between the tins and roughly spread. Scatter the roughly chopped walnuts over one of the cakes. Bake the cakes for 25-30mins until golden and risen, and a skewer poked in comes out clean. Drizzle the plain cake with the remaining coffee. Cool the cakes in the tins.
3. Meanwhile, make the filling: beat together the icing sugar, cream and mascarpone, then fold in the reserved 2 tbsp coffee. Spread over the plain cake, then cover with the walnut-topped cake and dust with a little icing sugar or a water/icing/coffee glaze over the walnut top.



Talkabout

Sevenoaks and Tunbridge Wells Area Coeliac Group

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

Please send your letters or enquiries to:

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