



Belfast Local Group Newsletter.

IMPORTANT NOTICE



Are your contact details up to date?

We want as many of our members as possible to hear about all the events and news as soon as we do.

Please let Coeliac UK have your email address so we can email you with any news items or events as we hear them.



Phone them on
0333 332 2033

Calendar of Events

AGM followed by Gluten Free Fish & Chips and Pub Quiz, Errigle Inn – Thursday 16 May 2019

Next Coffee morning at Binky’s Dundonald – Wed 29 May 2019 10.30am



On the 26 February 2019 we had our annual Gourmet Gluten Free Meal at the Academy Restaurant at Ulster University. This was the third meal at the Academy Restaurant and a wonderful evening was had by all. Many thanks to staff at the Academy for a lovely experience.



Belfast Coeliac Society
Gluten Free Fine Dining Event
7pm for 7:30pm, Tuesday, 26th February 2019
£26
Excluding Gratuity

Amuse bouche

Crispy pork belly, apple chutney, apple gel, port jus, roasted fig.

Mojito sorbet

Guinea fowl supreme and mini pie, wild mushroom and chestnut sauce, cabbage, potato fondant.

Orange cake, mango, light chocolate custard.

Tea or coffee, petits fours.



Belfast Food Fair and Coeliac UK Chief Executive Sarah Sleet Talk – November 2018

Coeliac UK stand and Raffle Prizes



Sarah Sleet – CEO CUK



November Food Fair



We would like to thank everyone who helped the Belfast Coeliac Local Group in the past 12 months including those who donated gifts to the food fair including Honeybuns, Genius, Freeist and Skinny Gluten Free Beer. Thanks to all members who attended events last year, we look forward to seeing you during 2019

Annual General Meeting

The AGM of the Belfast Coeliac UK Local Group will take place on 16 May at 7.30pm at The Errigle Inn, Ormeau Road Belfast

We are keen to have new committee members. Any CUK members interested in holding positions in the committee can submit a nomination – please email nominations to belfast@coeliac.org.uk or submit a nomination in person on the day of the AGM.

Recipe Corner – Kathryn's Gluten Free Wheaten

Ingredients

1 cup of GF plain flour
2 cups of GF porridge oats
1tsp (heaped) of baking soda (bicarbonate of soda)
½ tsp of sugar
Sprinkle of salt
1 carton (568ml/1 pint) buttermilk

Set oven to 180 degrees C (fan)

Method

Mix together the dry ingredients
Add the buttermilk and mix thoroughly
(Add any pumpkin, sesame, poppy or linseed seeds you wish)
Pour into a lined 2lb loaf tin (Sprinkle over seeds you may wish)

Bake for 1 hour plus 5-10mins



10.30 am Wednesday 27 March 2019

Meet with other Coeliacs for a coffee and a chat.

Binky's
5 East Point Entertainment Village
Dundonald



Belfast@coeliac.org.uk



Belfast Coeliac UK Local Group



@BelfastCoeliac



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