

# **Sevenoaks Area Coeliac Group**

# **TALKABOUT**

**For all your gluten-free gossip, news and events**

**October 2013  
Edition 31**



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## **Note from the Editor**

Dear Reader

Welcome to the latest edition of Talkabout.

I am delighted to say that progress is continuing to improve in the gluten free world! Many more restaurants are now providing gluten free meals and some of the bigger chains are also promoting gluten free options.

You can find some new restaurants in our Places to Eat section and a restaurant review in this edition too. Please keep sending in your useful information and venues that you've found so that we can share them with other members.

The Summer BBQ was a great success again this year and the weather was lovely which made a nice change! Thank you to all who came along and supported us and we hope you enjoyed your gluten-free feast! Many thanks go to Black Farmer for providing the sausages for the BBQ.

A few of our members spent a day on a cruise ship in September with a complimentary 6 course gluten free meal. This was to promote MSC cruises ability to cater for coeliacs. You can read more about it on page 10.

Daphne spent the day at the Volunteers Conference in York this year and had a very informative day which she has shared with us on page 12.

We are hosting an afternoon tea with home made gluten free cakes on Saturday 16<sup>th</sup> November where we hope to see as many of you as possible. Please come along and join us for a cuppa and a catch up. More information can be found on page 5.

Gill – The Editor

## **Places to Eat and Useful Information**

Have you got a local restaurant that looks after you when you eat there and understands your needs? They don't need to advertise as gluten-free on the menu but are they prepared to put themselves out a little to look after you? If each and every member contacted us and let us know about their favourite restaurant, then imagine the wonderful selection of restaurants we could all try!

If you have some useful information to share with other members then please get in contact - you'll find my contact details on the back page of the newsletter. We look forward to hearing from you soon.

### **The Lemon Tree Restaurant, Tenterden, Kent**

This restaurant has gone GF! Afternoon teas and lots more - this is only a trial run so they need lots of coeliacs to visit. Tel: 01580 763381

### **Hunny Beez**

100 High Street, Tenterden, Kent

This restaurant does anything GF. Cakes, pies, bread, pancakes, bread pudding. Tel: 01580 761933

*Wendy Gibson*

### **Manna Café – Tunbridge Wells**

When I visited Tunbridge Wells recently I decided to have a coffee in the Manna Café in Christ Church. There was a selection of 3 cakes, all gluten-free. The cupcake was delicious. I was informed that if a coeliac is in the café at lunchtime they will prepare gluten free sandwiches for customers. It is open Monday to Saturdays (closed Sunday).

It may interest members to know that they run a suspended coffee scheme whereby you can put the cost of a cuppa in a box to supply a drink, etc to someone needy. The surroundings were clean and peaceful, all on the ground floor, including the toilets. There was a baby changing cum disabled facility toilet at the end of the ladies.

*Iris Metherall*

### **Glutafin Corn Flakes**

We are delighted to announce that we will be launching a new product, Glutafin Gluten Free Cornflakes on prescription between late September / early October.

**Glutafin Team**

## **Forthcoming Events**

Recently we have found numbers diminishing at events and we have decided to concentrate on events that we feel are very valuable to our members. We have recognised that our newly diagnosed members benefit greatly from the monthly coffee mornings and our regulars also enjoy coming along for a coffee and a chat.

Therefore, for the next few months we will be concentrating on Coffee Mornings every month at Sainsbury's (see below) and will run events in the future if we feel there is a demand for them. All suggestions are welcome.

### **Coffee Morning - Third Saturday of every month**

(Our November coffee morning will not run as we are holding our pre Christmas 'Afternoon Tea and Cakes' please see details below, December will not run either as it is too close to Christmas. 18 January in Tunbridge Wells, 15 February in Sevenoaks, 15 March in 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 all members.

We meet between 10.00am - 11.30am. We look forward to seeing you soon - look out for the Crossed Grain magazine on the table. We meet at alternate locations each month. One month at Sainsbury's Café in Sevenoaks (Oxford 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).

### **Afternoon Tea and Cakes – Saturday 16 November, 2.30 – 4.30pm Oxford Methodist Church Hall, TN14 5PH**

We will be serving tea and a selection of home made gluten free cakes along with a short update of coeliac news from Fiona. Please join us for a catch up and a chat with fellow coeliacs.

### **AGM – Saturday 1<sup>st</sup> March 2014, 1.30 – 3.30pm Oxford Methodist Church Hall, TN14 5PH**

Please save the date in your diaries for the AGM. We will give you more information closer to the time.

## Gluten Free Cookery Days at River Cottage

When I was diagnosed as a coeliac almost ten years ago, the news brought both shock and relief. It's the reaction many coeliac's have to diagnosis. The relief of having an answer to all this pain and illness, comes with the realisation that nothing will ever be quite the same again.

My glass is pretty much always at least half full, so I set about discovering how I could heal myself and delight my taste buds in new and unexpected ways. Previously a total foodie and artisan home baker, I made it my mission to try it - if it was gluten free. The journey took me around the world by way of indigenous grains, native breads that are inherently gluten free such as Injeera, Socca, Dosas and Blinis and into the amazing online community of fellow bloggers who experiment and share both culinary failure and success with infectious enthusiasm alike.

As a nutritionist, I find that my own experience helps me to understand some of the feelings that people have when dealing with dietary restrictions. Coeliac disease can feel like an enormous burden to carry and fear of contamination can ruin meals out and spontaneity. But I always emphasise the potential that we have as coeliacs to eat delicious, nutritious, interesting food if we want to. We don't have to be content with genius bread, white flour substitutes and cardboard pastry! We can create breads that are like nothing else – not just facsimiles of Mothers Pride and Kingsmill granary. I personally want to eat dark, malty Teff sourdough; light, nutty sorghum and almond pastry; moist, fruity chestnut and apple muffins and wicked chocolate and coconut brownies. What a shame that more people don't get a chance to eat these amazing things!

I teach a beginner and advanced gluten free day course at River Cottage in Dorset and teach trainee chefs at the Ashburton Cookery School in Devon. On both courses I aim to inspire people to get into the kitchen and bake their own bread, pastry, pancakes, muffins, cakes and cookies using nutritious whole grain gluten free flours and none of the gums and additives that you find in commercially produced gluten free products. It's liberating because none of the recipes are complicated, they all freeze well and with a little planning, you could have a month's supply of home baked goodies in your freezer, for an afternoon's enjoyable baking.

Sound like fun? It is! I can answer all of your gluten free questions – and usually a lot more besides. There is nothing serious about the day and even the least experienced cook can go away with newfound kitchen confidence. Those with more experience might want to look at my advanced day where we make pitta breads, puff pastry, choux buns and chiffon cake.

Find more information on the course here:

[http://www.rivercottage.net/shop/product/gluten\\_free\\_cookery/](http://www.rivercottage.net/shop/product/gluten_free_cookery/)

Check out Naomi's blog – full of gluten free recipes:

<http://milkforthemorningcake.blogspot.co.uk>

Naomi Devlin - Nutritionist

## **Boulder Brands UK**

Susannah Faulkner contacted us recently as she is the Outreach Coordinator for Boulder Brands UK. She was excited to tell us about their new line of products to the UK from Udi's Gluten Free!

Udi's is the number 1 gluten free brand in North America, and they will be launching their products made locally here in England this Autumn. From breakfast bars to bagels and mince pies to muffins, they hope that Udi's Gluten Free products will be a hit here in the UK.

We are hoping to have some samples of their new products to try and take away at our November meeting so don't miss out on this great opportunity and join us for tea and cakes on Saturday 16<sup>th</sup> November – check the Forthcoming Events section for more details.



## Now Available from BARKAT

Two new exciting Breakfast Cereals available from Barkat, the leading brand in the UK of dedicated gluten and wheat free foods. All products are manufactured exclusively gluten free and comply with the international standards of less than 20ppm.

These exciting breakfast cereals are a chocoholic's dream of waking up to even more chocolate in the bowl. Try the Chocolate Pillows Cereals for a crisp chocolate shell filled with chocolate cream.

In addition to the new cereals, the Barkat breakfast range has 7 great breakfast choices to offer, for more product information please contact us on 020 8953 4444 or visit us online at [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)

## **Villagio Restaurant**

I don't know about fellow Coeliacs but I feel as if restaurants are finally getting the message about providing us with gluten free pizzas, as well as pasta. Over the last 6 months, I've enjoyed various gluten free pizzas from Pizza Express, Bella Italia and Prezzo which are all very nice and haven't affected me.

However, if you fancy going somewhere different, you could try going along to Villagio in Chislehurst (located in the Old Police Station), just along from Cafe Rouge. They have a separate gluten free menu to choose from - though I noticed their ordinary a la carte menu included gluten free pizza (which wasn't on the gf menu they'd given me) so I opted for that and I have to say I think it's my favourite from all the chains I've mentioned.

It's a large restaurant, and has a wide menu selection, and most of the dishes chosen were tasty. Our party of 13 chose to sit outside in the bar area - which was fine as it was mid-week and relatively quiet. They currently have a special offer of 25% off food until the 22 November, Sunday to Fridays all day - just remember to print the voucher from the website before you go ([www.villagiorestaurants.co.uk](http://www.villagiorestaurants.co.uk)).

Do hope others have a similar enjoyable experience.

**Elaine Bowdery**

## **MSC Cruises and Coeliac UK Event in Dover 10 September 2013**

A small group of us attended this event to tour one of the MSC cruise ships – Musica, a sixteen passenger deck vessel with 1275 cabins and a capacity of 3223. We were also being treated to a complimentary gluten free six course meal – it all sounded too good to be true! The event was organised to promote their ability to cater for coeliacs.

Initially, we had a meet and greet welcome from MSC Cruises and Coeliac UK with champagne, fruit juice, coffee, savoury biscuits and small cakes. We also had a cookery demonstration of a pasta dish comprising spaghetti, chilli, garlic and herbs. Later on we sampled this dish – very tasty!

We then had a tour of the ship which was very impressive - lots of art décor and sumptuous surroundings. We viewed two cabins, the first being an inside cabin and the second, larger room had a balcony. We also had a look at the gym, health treatment spa, several restaurants / bars, swimming pool, jacuzzi, and theatre.

We were then treated to a delicious six course meal:

- Appetiser – tuna, barlotti beans, black olives and parsley.
- Salad – a bowl of very fresh salad with a tasty relish/dressing.
- Pasta Dish – spaghetti, ingredients as above.
- Main course – choice of three:
  - Eggs Benedict
  - Veal
  - Trout
- Cheeses
- Dessert – Fruit platter or Ice cream and fruit.

They informed us they have at least one galley on this ship designated solely to gluten free cooking. Some of their ships are more coeliac friendly than others.

## MSC Cruise Details:

Their new brochure is now available. To get the best price, book with them direct - they quoted us £649 for seven nights during April/May (off season), but this is for a tiny inside cabin with no window and you would have to add the mandatory service charges, drinks and excursion costs.

They are offering Coeliacs and their partners a 10% discount on top of any other discounts. It is also worth noting that if you pre-book excursions you get a 30% reduction on the list price.

We had a thoroughly good day out, it was fascinating to tour a large cruise ship and the meal was absolutely delicious.



## Volunteers' Conference

I attended the Volunteers' Conference in York on Saturday 21<sup>st</sup> of September. There were about 100 delegates there from all parts of the British Isles. Many, especially those living at a distance from York, had done as I had done and visited relatives before or after the Conference.

The day was very well organised and very busy. On arrival we started with 75 minutes of 'Registration and Networking'. This was quite a long time and it was nice to be able to get a cup of tea or coffee and wander round the stands which had been set up by the 5 sponsors. Old favourites like Juvela and Glutafin were there, also M&S and Newburn (Warburtons). The fifth sponsor was Udi's and I am told their many products will be in the shops soon; Tesco to start with. I think they originate from the USA. Certainly I enjoyed all of the products that I tasted. They were the only stand to provide us with breakfast in the way of bacon sarnies! Wandering round and getting the feel of the venue and meeting and chatting with the other delegates was a good way to start the day. We are hoping that Udi's may provide us with some tasty morsels for our pre-Christmas get together.

The 3 morning sessions were for everyone.

Sarah Sleet (COE) welcomed us and gave a short talk about the prescription situation. She identified that she last talked to the Volunteers in 2011 when we were in a state of panic. Now we are slowly beginning to get somewhere. 12 areas have reinstated fresh bread, one of them is Medway. Interestingly of the 6 named areas identified as having the least available on prescription, 3 of them were Greenwich, West Kent, Dartford Gravesham and Swanley.

Miranda Brooks (Volunteers' Manager) then told us how the Volunteers' Handbook had been re-written to be updated and more 'user friendly'. She also made us aware of how important it is that the Organisation has as many members as possible. Membership is around 60k at the moment but they aim to increase this to 72k by 2016. This would give us more 'clout' when negotiating improvements. Miranda also told us about the work that has been done with 'Gluten Free Accreditation'. A number of businesses and organisations have asked for and been granted this accreditation. These include: Ask; Pizza Hut; La Tasca; Pizza Express; Harrods and Domino's Pizza; also 1 hospital and 1 university.

Brendan Harris (Head of ICT) then gave us an overview of the new website which is due to go live shortly. The two main improvements are that it should be much faster and easier to navigate. There will also be a 'Scrapbook' facility which will give you your own space to save articles, recipes and links, in other words 'your own mini CUK website'.

We were entertained to an excellent buffet lunch after which we went in smaller groups to different 'breakout' sessions. I chose to go to the 'website and member list' session where we were able to log into the new trial website and explore it for ourselves. We were also shown how the new member database works. Members will soon be able to opt to belong to their choice of local support group and perhaps even two groups.

My last session was about 'Food Information Regulation' with Kathryn Miller (Food Policy Lead CUK). Yes, things are changing again! Remember that 'Allergen Boxes' on foods are voluntary and may not be correct. Always read the ingredient list. From Dec 2014 manufacturers will have to use a minimum size of font when listing ingredients (although this may still be pretty small!) They will also have to emphasise (**BOLD?**) all allergens listed in the ingredients. I have seen this already and it seems a good idea to me. Caterers will soon have to identify clearly what allergens are present in their meals. For more info go to: <http://www.coeliac.org.uk/gluten-free-diet-lifestyle/choosing-safe-foods/labelling-changes-on-the-horizon>.

Daphne Paterson

# COFFEE MORNING

## Come and join us

### WHERE?

**Sainbury's Café**

Tunbridge Wells or Sevenoaks /Otford

Look under 'Forthcoming Events'



### WHEN?

On the third Saturday of most months between 10.00 and 11.30

### WHY?

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



## **Sweet Mandarin Cookbook**

Classic and contemporary Chinese recipes with gluten and dairy-free variations by Helen & Lisa Tse.

Published by Kyle Books, 24<sup>th</sup> Jan 2014, priced £18.99

Entrepreneurial twin-sisters Helen and Lisa introduce their diverse range of traditional and adapted Chinese dishes in their fantastic first cookbook. Their restaurant, Sweet Mandarin won Gordon Ramsay's Best Local Chinese restaurant on Channel 4's The F Word, beating 10,000 other restaurants, while their gluten-free, Kosher, vegan sauces made without the dreaded monosodium glutamate (MSG) are stocked in major supermarkets worldwide, after successfully securing praise and investment offers on BBC's Dragon's Den.

With their grandmother Lily Kwok credited as one of the pioneers introducing Chinese cuisine to the UK (her restaurant was opened before China Town Manchester), her delicious recipes passed down through generations and range from stocks and sauces, poultry and eggs, to rice and noodles. All the Chinese dishes you know and love are featured in Sweet Mandarin such as Chicken Skewers with Satay Dip, Aromatic Crispy Duck and Sweet Mandarin Barbeque Ribs as well as some exciting, less familiar dishes; Cantonese Steamed Fish with Ginger and Spring Onion, Hokkien Fried Rice and Mapo Tofu. For a quick and easy dinner, try the much-loved Chicken Chow Mein or impress your guests with the indulgent Celebration Lobster Noodles. You can even finish with a flourish and enjoy a traditional Chinese desert of Mango Pudding or The Aphrodisiac Sweet Chilli Strawberry Daiquiri.

From Chairman Mao's Red Cooked Pork to Lily's 'life-saving' Chicken Stock, 'Mabel's Claypot Chicken' hailed by Gordon Ramsay and their winning dish on The F Word, to Eric's Love Offering of Steak and Leek Stir Fry, the dish that helped their father win their mother's heart, Helen and Lisa share not only their treasured family recipes, but also the endearing anecdotes which accompany each dish.

Including indispensable knowledge such as what to stock in your Chinese store cupboard, vital utensils and the secret to the perfect stir fry, the Chinese philosophy that inspires their cuisine shines through in this gorgeous collection of family recipes and stories. This is the go-to tome for Chinese food lovers!



**Talkabout**

**Sevenoaks Area Coeliac Group**

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