

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**October 2014
Edition 34**

Sevenoaks Coeliac Group
 **Voluntary**
support groups

Branch Committee

Group Organiser	Fiona Turnbull fi.turnbull@talktalk.net	01474 703869
Secretary	Daphne Paterson dpater2@btinternet.com	01322 863171
Treasurer	Mary Cunnington mary@june-cottage.com	01732 862925
Newsletter Editor	Gill Howe gillieh@tiscali.co.uk	07971 481150
Committee Member	Alison Batchelor alisonbatchelor21@hotmail.co.uk	01732 360019
Committee Member	David Apps d_apps@sky.com	01892 662684
Committee Member	Sally Spike sally.spike214@btinternet.com	01689 828883
Refreshments Organiser	Joy Oliver roliver912@googlemail.com	01732 460849
Refreshments Organiser	Wendy Gibson wendysheilagibson@yahoo.co.uk	01474 853656
Junior Committee Member	Jessica Howe	

Note from the Editor

Dear Reader

Summer is slowly fading but what a great one it's been! We had a fantastic summer BBQ this year hosted once again by Daphne and Bob in their lovely garden in West Kingsdown. It was a very enjoyable afternoon and very well attended – you can read a bit more about it on page 10.

Don't forget to check the Forthcoming Events page to get the coffee mornings in your diary. We won't be having a December coffee morning as it is a busy month for everyone but please come along to our pre-Christmas meeting in November where we'll be sharing some tea and home-made cakes.

If you like tea and cakes maybe you'd like to read our article on page 4 which lists some of London's best gluten free Afternoon Teas for that special occasion.

If you enjoy eating out and you'd like to see more restaurants offering better gluten free options then please read our article on page 12 from Lynne Curtis who would like to get a group together to look at this.

I hope you enjoy this edition of Talkabout and look forward to seeing you at our November meeting.

Gill – The Editor

London's Best Gluten-Free Afternoon Teas

These places were all mentioned in a recent Standard article, not cheap, but good perhaps for a special occasion – best to double check before you go!

The Pantry

108 Marylebone Lane, W1 (priced at £28-£38).

Scones, sherry trifle, mini superfood salad, protein flapjack, ground almond based sponges.

Claridges

49 Brook Street, W1 (£50 per head)

Finger sandwiches with the best gluten free bread & cheese and parsley scones.

The English Tea Room at Brown's Hotel

33 Albermarle Street, W1 (£41.50)

Home-made sweets including apple & lemon jelly, chocolate cup of blueberries & dense brownie, bread, clotted cream & jam.

The Drawing Rooms at The Ampersand Hotel

10 Harrington Road, SW7 (£27.50)

Scandinavian style open sandwiches, marshmallow-textured coconut mousse, gluten free scones.

The Modern Pantry

47-48 St John's Square, EC1 (£19.50)

Lotus root crisp, Darjeeling & pink peppercorn scones & green tea dacquoise.

Afternoon Tea in Brighton

My husband treated me to afternoon tea for my Christmas present. I had a list of places to go and we chose the Brighton Pavilion. When my husband booked it, he informed them that I was on a gluten free diet and they assured him that it wouldn't be a problem.

Part of our package also included a tour of the Pavilion. Afternoon tea took place half way through our tour at the pavilion café. When we arrived the waitress seated us at our table and asked who required the gluten free food. They could only give me 2 fillings out of their selection of sandwiches but we had a cake tray each, mine of course being gluten free. As well as the sandwiches, I had a chocolate cake which was nice but very rich and an almond and raspberry muffin with jam and cream which was delicious! I would definitely go back!



We had a chat with a member of staff to enquire if they usually catered for gluten free diets and she said that they normally had at least one cake that was gluten free but it was better to phone in advance to inform them if you are planning on going so that they could prepare a full afternoon tea.

The café is called the Royal Pavilion Café and their telephone number is 01273 292736.

By Annette Palin

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.

White rock Inn

Underiver between Tonbridge and Sevenoaks, TN15 0SB

The Chef there can make most dishes gluten free for you and even makes a gluten free and dairy free chocolate pudding - it is fantastic! Also it is very good value for money. She also makes gluten free Yorkshire puddings for Sunday roasts, along with gluten free bread and rolls to go with your meals.

Jo Drury

Deep Blue Fish Bar

4 Hermitage Walk, Maidstone, ME16 9NZ

Does gluten free fish and chips on a Monday - these are cooked in a separate fryer.

Jo Drury

Newburn Bakehouse

A new range of gluten free, wheat free and dairy free Farmhouse Loaves and Soft Round Rolls are now available from Asda, Sainsbury's, Tesco, Morrisons and Waitrose. The new White, Brown and Seeded Farmhouse Loaves and White and Seeded Rolls taste delicious, are now even softer, low in saturated fat and in larger sizes. The new loaves and rolls will replace the current products in store and will be available on the Free From aisle.

Voakes Port Pies

If you miss pork pies, you really must try these – they are delicious. They are freezable. You can find out more at www.voakesfreefrom.co.uk

Places to Eat Around the UK

Yorkshire

A couple of places to try in the Dales which have been recommended:

Mill Race Teashop at Aysgarth Falls, Leyburn, North Yorkshire DL8 3SR - the best gluten free home made bread I've ever tasted (3 different types) and lovely cake and soup - www.themillraceteashop.co.uk

The Chippie in Hawes, Main Street, Hawes DL8 3QL - fish and chip restaurant, a 30 minute wait which you could fill by having a stroll around the shops. Tel: 01969 667663

<http://dalesfoodguide.com/2013/04/24/the-chippie-hawes>

Launceston

If on holiday in Cornwall - why not try the Madhatters, 28 Church Street, Launceston, Cornwall, PL15 8AR - the gluten free menu is extensive and you can take items home frozen if he has them in stock. The lasagne, scones and many other treats are great! Check out their website as they have a Gluten free shop! www.the-madhatters.co.uk - you will need to collect though.

Torquay

A great Fish and Chip bar is Drakes, 64 Babbacombe Road, Babbacombe, Torquay, TQ1 3SW - offers Gluten free on Mondays and Tuesdays - the fish and chips are great! All cooked in a separate fryer.

Ashford

Another restaurant, this time in Biddenden is Ye Maydes, 15 High Street, Biddenden, Nr Ashford, Kent, TN27 8AL - most things on the menu are Gluten Free as so many of their customers require this. Even a few desserts are available!

NO.G Wins Listing in Sainsbury's and Launches New Products

Fast growing free-from brand NO.G will be stocked in Sainsbury's from September 17th. Six products from the gluten-free brand will appear in the chilled aisle of 150 stores across the UK. NO.G is also stocked by Ocado and Whole Foods Market stores across the UK.

The NO.G range in Sainsbury's will include: Chicken, Bacon & Leek Pie, Steak & Ale Pie, Vegetable Pie, Quiche Lorraine, Cheese & Onion Quiche and Crustless Garden Veg & Feta Quiche.

NO.G - a Coeliac UK registered product - launched in April at the 2014 Food & Drink Expo where it scooped top place in the innovation award. NO.G Brand Manager Sam Benjamin said: "We're delighted that Sainsbury's is stocking six products from the NO.G range. They have created a dedicated chilled free from shelf within the aisle to help signpost customers to the range. "Customers love the high quality and great taste of our products and the fact that you don't have to be a coeliac to enjoy them."

The brand is appearing at a number of food festivals across the UK this summer. The NO.G catering van - an eye-catching converted 1957 2CV horsebox - made its first appearance at the BBC Children In Need's CarFest North. While there, staff were invited to cater for Chris Evans' private party where stars including Paul Hollywood dined on NO.G pies and quiches. The NO.G van has recently appeared at CarFest South and Jamie Oliver's The Big Feastival and featured at Kirstie Allsopp's The Handmade Fair 19-21 September.

Website: www.toogoodtobeglutenfree.com, Facebook: 'noglutenuk' & Twitter: @nog_uk

The NO.G range in Sainsbury's

Chicken, Bacon & Leek Pie – Gluten free pastry filled with chicken, maple cured smoked bacon and leeks in a rich creamy sauce topped with a gluten free pastry lid.

Steak & Ale Pie – Gluten free shortcrust pastry filled with slow-cooked beef in a rich ‘against the grain’ ale gravy. Topped with a gluten free shortcrust pastry lid.

Vegetable Pie – A cheesy vegetable sauce topped with butternut squash, spinach and char grilled red peppers.

Quiche Lorraine – Gluten free shortcrust pastry with British maple cured smoked bacon, extra mature Cheddar cheese & Emmental cheese in a free range egg custard.

Cheese & Onion Quiche – Gluten free shortcrust pastry with onions, extra mature Cheddar cheese & Emmental cheese in a free range custard. Topped with caramelised onions.

Crustless Garden Veg & Feta Quiche – A medley of green vegetables in a free range egg custard on our gluten free shortcrust pastry. Topped with pine kernels & feta cheese.



Summer BBQ

On Saturday 19 July the Sevenoaks group held their annual barbeque. Huge thanks must go to the following, without whom it would have been impossible to host such a successful event:

- Daphne & Bob Paterson for letting us use their lovely garden.
- Black Farmer for kindly donating 100 sausages, which as usual tasted delicious.
- Juvela for generously providing a very large number of burger buns (and pizza bases which were used to make desserts).

As accompaniments, Committee members provided various salads and we finished off with a range of tasty desserts and puddings and cheese and biscuits.

Tim Howe and Roy Cunnington did a sterling job on the barbeque (getting hot but not bothered in the process). Needless to say, everything was gluten free so no-one had to worry about anything they ate – and non-Coeliacs certainly enjoyed the food too – all this for a bargain £5 entrance fee which will help raise funds towards future events and editions of Talkabout.

It was a dry and warm day and over 50 guests joined us, including a number of young children, and it was great to meet some newly diagnosed people who had not been able to come along to previous events – we do hope they found making the effort worthwhile!

There were many conversations with people sharing hints and tips about living with Coeliac disease, discussing symptoms and how long they'd waited before finally being diagnosed, local places to eat gluten-free and people generally just relaxed and enjoyed themselves.

Thank you to everyone who came along and we look forward to seeing you all again in the future.

Forthcoming Events

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

Coffee Morning - Third Saturday of every month

(18 October in Sevenoaks, 15 November in Tunbridge Wells, December meeting will not run due to Christmas, 17 January in Sevenoaks, 21 February in Tunbridge Wells, 21 March in Sevenoaks)

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).

Glutafin Cookery Demo and Afternoon Tea and Cakes

Saturday 8th November – 1.30pm - 4pm

Oxford Methodist Church Hall, Oxford TN14 5PH

We have a change of plan and are delighted to say that Steph Clubb will be coming along from Glutafin to run a Christmas themed baking demonstration. She might even have some goody bags to give away. We'll also be serving tea and cakes so there'll be time for a catch up with other coeliacs too.

We will also be holding a SILENT TABLE-TOP AUCTION. If you would like to donate items, or have any good quality unwanted presents, we will be pleased to receive them at the start of the meeting.

Children's Party – Saturday 24th January – 2.30–5.00pm

Oxford Methodist Church Hall, Oxford TN14 5PH

We are organising a children's gluten free party for January. Once the excitement of Christmas is over the children can look forward to some fun. Following the success from last year we will have gluten free pizza bases to top and eat at the party along with some fairy cakes to decorate.

There will be a bouncy castle too so don't miss out on the fun! Parents must stay on the premises but please come and enjoy a cup of tea and a chat with other parents. Please contact Gill at gillieh@tiscali.co.uk to book a place by 9th January so that we know how many to cater for.

AGM and Cookery Demo

Saturday 18th April 2015 – 3 – 5pm

Oxford Methodist Church Hall, Oxford TN14 5PH

Rebecca Rayner of Glebe Farm Foods will be coming to do a cookery demo for us. She will be making some delicious gluten free foods which we will be able to sample and some others that can be purchased on the day.

We will also be talking you through the highlights from the past year and updating you on the financial status of the group followed by tea and coffee and a chance to chat.

Encouraging Gluten Free in Local Restaurants

I live in Oxted. I don't know how many other members there are in Oxted and the surrounding areas at the moment, as I was diagnosed with Coeliac Disease over 20 years ago, and although I used to be a member of the 'local' group that meets in Warnham I dropped out some years ago because of the distance.

My husband and I enjoy eating out and do so a fair amount, but find that many of the restaurants and pubs in our area (Oxted, Reigate, Lingfield, Westerham, Hever, etc.), although much more aware than they were, are still not really geared up to serving gluten free food. Now that places like Cote Brasserie provide a separate gluten free menu, rather than a complicated table of allergens or nothing at all, I think it would be good to put the pressure on other restaurants to do the same.

I was wondering whether, through this newsletter, I might meet up with other like-minded people in my area, perhaps for coffee locally. We could plan how to encourage some of the local restaurants to introduce a gluten free menu and we could exchange information about the local restaurants at which we've had a good experience.

If anyone would be interested in meeting up, please email me at lynne@chartside.freeserve.co.uk or ring me on 01883 712148.

Lynne Curtis

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



Recipe Corner

Gluten Free Oatmeal Lace Cookies

Prep time: 10 mins Cook time: 10 mins

Makes about 30 cookies

Ingredients

- 200g certified gluten free porridge oats
- 70g all purpose gluten free flour
- 1/4 teaspoon xanthan gum
- 1/2 teaspoon salt
- 200g granulated sugar
- 225g hard margarine
- 1½ teaspoons pure vanilla extract
- 1 egg at room temperature, beaten

Directions

1. Preheat your oven to 165°F. Line rimmed baking sheets with unbleached parchment paper and set them aside.
2. Melt the margarine in a large bowl then add the oats, flour, xanthan gum, salt, sugar, vanilla and egg and whisk to combine well. The dough will be quite soft.
3. Place the dough in heaped teaspoonful about 2-inches apart on the prepared baking sheets.
4. Place in the refrigerator until the dough is firm (about 10 minutes—if you're in a rush, use the freezer). Remove from the refrigerator and roll each mound of dough into a ball and flatten into a ½ inch disk, still 2-inches apart from one another. (optional)
5. Place in the center of the preheated oven and bake until the cookies are browned around the edges and set in the center (about 10 minutes).
6. Allow to cool on the baking sheet until firm. It isn't possible to move them when they first come out of the oven.

VG Sweet & Sour Sauce (Pineapple)

Ingredients

This is double quantity as I never seem to have enough of this yummy sauce.

- 200ml vinegar (any, cider; malt; mixture; add some lemon juice for a real bite)
- 200ml pineapple/ other fruit juice
- 3 tablespoons TAMARI Soya Sauce
- 5 tablespoons tomato ketchup
- 6 tablespoons caster sugar
- 3 lg tsps cornflour 2tbs Water
- Small pineapple pieces / cucumber (optional)
- Salt & Pepper

Directions

Prep time: 2 mins › Cook time: 5 mins › Ready in: 7 mins

1. Add vinegar, fruit juice, ketchup and sugar into a pan.
2. Dissolve cornflour in 2 tablespoons water and add to pan.
3. Continuously stirring, bring all ingredients to the boil, then turn down to simmer and add pineapple & cucumber, before stirring for another 2 minutes.

Tip If you want the sauce sweeter then add more sugar or pineapple juice (you may need to add more cornflour if adding more liquid).



Talkabout

Sevenoaks Area Coeliac Group

Please send your letters or enquiries to:

**Gill Howe at Bramcott, 54a Sunningvale Avenue
Biggin Hill, Kent TN16 3BX**

Tel: 07971 481150 Email: gillieh@tiscali.co.uk