

Sevenoaks Area Coeliac Group

TALKABOUT

For all your gluten-free gossip, news and events

**February 2015
Edition 35**

Sevenoaks Coeliac Group
 **Voluntary**
support groups

Branch Committee

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Note from the Editor

Dear Reader

I'd like to wish you all a Happy New Year as this is the first edition of 2015. It is already racing towards Spring which I am very happy about and looking forward to some warmer weather.

We've had a busy few months in the Sevenoaks Group with a great pre-Christmas meeting in November with a fantastic cookery demonstration from Glutafin. You can read more about it later in this edition.

We also had another children's party which proved to be as successful as the last with great fun had topping gluten free pizza bases and fairy cakes! More about this on page 10.

To find out about what we've got coming up in the next few months please visit our Forthcoming Events page.

For those of you that still find eating out a bit of an ordeal we have some hints and tips that might help you later in this edition of Talkabout.

Please do send us your recommendations of places to eat locally as they are always really helpful to other members.

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

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.

Pret a Manger

We were delighted to find that Pret are now making a gluten-free Harissa Chicken Wrap. They describe it as follows: Pret's higher welfare British chicken, thickly sliced and tossed in harissa crème fraiche. We add a handful of pomegranate seeds, freshly sliced red peppers, baby spinach leaves and sprigs of coriander. Served in a gluten free tortilla wrap. This is great news that they are now stocking a gluten free wrap.

Costa Coffee

Costa are also offering a British Chicken and Basil Salad gluten free wrap. First impressions are that it is tasty and great news that they have a gluten free offering.

Cote Restaurant

2 London Road, Sevenoaks, Kent TN13 1AJ Tel: 01732 463362

The inspiration for the food and design of Cote is a modern interpretation of the many famous bistros of Paris. Inspired by new trends, they are dedicated to serving authentic classic brasserie dishes with a modern twist. 40% of their menu is gluten free so worth a try!

Vozars

Unit 26, Brixton village, London SW9 8PS Tel: 0207 274 6267

This is the first Gluten Free restaurant (serving only GF foods and drink) opened in London – www.vozars.co.uk.

Forthcoming Events

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

Coffee Morning - Third Saturday of every month

(21 March in Sevenoaks, 18 April in Tunbridge Wells, 16 May in Sevenoaks, 20 June in Tunbridge Wells, 18 July (no coffee as summer BBQ).

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 (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).

AGM and Cookery Demo

Saturday 18th April 2015 – 3 – 5pm

Otford Methodist Church Hall, Otford 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.

Summer BBQ

Saturday 18 July – 4.30pm in West Kingsdown

We would like to invite our Sevenoaks members to a Summer BBQ to be held on Saturday 18 July in West Kingsdown. We will be cooking up some lovely gluten-free food for you to enjoy on the Barbeque. Bring all the family - the children will love it too! Get the date in the diary and more information will follow in the next edition of Talkabout.

Glutafin Cookery Demo and Afternoon Tea and Cakes Saturday 8th November

In November we had our pre-Christmas meeting which included a lovely afternoon session of chatting with members and eating home-made cake made by the committee.

We were also delighted to invite along Steph Clubb from Glutafin who did a gluten free cookery demonstration. She baked up some great goodies which included traditional scones with raisins and cheese scones. She also made sausage rolls and mince pies with a twist which everyone enjoyed tasting afterwards.

Our Junior Committee Member, Jessica Howe assisted Steph making scones and thoroughly enjoyed herself.



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



Changes to Food Information Provision from December 2014

The European Commission has published the Food Information for Consumers Regulation (EU) No. 1169/2011 which has been adopted into UK law as the Food Information Regulations, commonly known as FIR. The regulation simplifies European food labelling by combining rules on general food and nutrition labelling into a single regulation.

The allergen information rules under the Food Information Regulations apply from 13 December 2014 and meant changes to the way packaged foods are labelled and to the way caterers provide information.

Packaged foods

The regulations set a minimum font size for information written on pack which makes it easier to read labels. The way that allergen information is provided also changed. Allergens have to be emphasised in the ingredients list. Manufacturers will list all ingredients as they used to but will emphasise allergens (including the grains wheat, rye, barley and oats). Most manufacturers and retailers are using **bold** lettering.

If wheat, rye, barley or oats have been used as deliberate ingredients they will be emphasised in the ingredients list and not in an advice box. You will still see an advice box on some foods to show whether a food may contain wheat, rye, barley or oats because of contamination.

Eating out and food served non-prepacked

The Food Information Regulations brought big changes to the way restaurants provide information about allergens in the meals they serve. The rules apply to foods served in restaurants and also meals served in hospitals, schools, workplaces, universities and prisons and also to foods sold loose, for example in deli counters, butchers and fishmongers.

Food businesses must provide allergen information for the meals they serve. This means if a recipe uses cereals containing **gluten** such as wheat, rye, barley or oats in the ingredients, they will have to provide you with this information.

Allergen information for non-prepacked food can be provided in written or oral formats. Where the information is not provided written and upfront, there must be clear signposting to where the information can be found. Businesses choosing to provide information orally must ensure that there is a written notice, menu, ticket or label that is clearly visible, at the point that the customer chooses their food, to indicate that allergen information is available from a member of staff. Food businesses need to make sure that they have processes in place to ensure that the information they provide is accurate and can be checked.

The Food Standards Agency (FSA) have updated their advice on allergen labelling in their leaflet: Advice on food allergen labelling - How to buy food safely when you have a food allergy or intolerance.

Coeliac UK Electronic Food and Drink Directory

The electronic Food and Drink Directory is a database of over 15,000 foods you can eat. You can search for your favourite foods or browse categories for foods you might want to try. It can be accessed by logging on to the Coeliac UK website www.coeliac.org.uk as a member or it is also available via the mobile phone app Gluten-free on the Move.

You may find that some of your favourite products are not listed in this year's Directory. Some manufacturers do not provide the information that Coeliac UK require or no longer comply with the criteria for inclusion in the Directory. If you have any questions please see the **frequently asked questions** on the website or contact Coeliac UK direct.

Children's Party Saturday 24th January

We had lots of fun once again at the children's gluten free party which we held in January once all the Christmas festivities were over and things had quietened down.

Following the success from last year we bought individual pizza bases which the children all enjoyed decorating with various toppings from sweetcorn, onion, pineapple, ham and mushrooms and some just preferred cheese and tomato. The children were able to make their own design to suit their taste. These were then cooked ready to eat shortly afterwards.



Meanwhile, there was lots of fun to be had on the bouncy castle and if that wasn't enough action, Fiona entertained the children with a variety of party games.



Finally, we had home made fairy cakes to decorate. This proved very popular and with so many lovely decorations it was hard to choose what to put on the cakes. Thanks to Alison for making this a success and baking some lovely gluten free cakes. The adults got an opportunity to catch up too over a cup of tea which is always a good thing!

Eating Out

Allergen Information in Restaurants

We talked earlier in this edition about new regulations for caterers. From December 2014 caterers must be able to provide you with information on any allergens, including cereals containing gluten, in all the dishes they serve. This means if a recipe uses cereals containing **gluten** such as wheat, rye, barley or oats in the ingredients, they will have to tell you.

Caterers can provide allergen information in written or oral formats. Where the information is not provided written and upfront, there must be clear signposting to where the information can be found. Businesses choosing to provide information orally must ensure that there is a written notice, menu, ticket or label that is clearly visible, at the point that you choose your food, to indicate that allergen information is available from a member of staff.

Call ahead to talk to the chef or waiter

Although caterers have to provide allergen information for dishes they serve, they don't have to offer a gluten-free meal so it is best to call ahead or check their website to see if they offer gluten-free options. If you speak to restaurant staff, explain why you need to ensure you don't have food that contains gluten. Highlight what foods are naturally gluten-free and suitable to eat. Provide specific examples of what is not safe, for example:

- wheat flour in sauces
- breadcrumbs
- croutons
- some stock cubes/powders
- oil used to fry foods that contain gluten.

If an ingredient is bought-in, such as stock cubes, they can check the ingredients list as they are covered by the same EU wide labelling laws as foods in the supermarket.

You may also need to explain why it is vital to avoid any contamination with foods that contain gluten.

If there is nothing suitable on the menu, ask if the chef could cook something else for you. Many restaurant chefs are happy to do this once they know the reason for the request. By law they will need to be able to tell you which dishes contain any allergens, including wheat, rye, barley and oats.

Communicate with the waiting staff

Talk to the waiter(s) once you arrive at the restaurant to explain why you can't eat gluten and what you can and can't eat.

Ask what menu items might be suitable. Restaurants have to tell you if a dish contains a gluten-containing cereal. Be careful to check soups, dishes with sauces or gravies, stock cubes, and foods like sausages and chips. Some may have a coating that contains gluten or they may be fried in the same oil as products that contain gluten, like onion rings.

Avoiding cross contamination

Look at the menu to see if breaded items such as chicken or fish are offered. These may be sautéed in the same pans as non breaded dishes or fried in the same fryer. Ask your waiter or the chef if they are able to use separate pans to avoid cross contamination.

Menu choices

Check out our advice about different world cuisines and the options they offer to people with coeliac disease. Coeliac UK also have advice about takeaway options.

Aside from choosing suitable dishes, the main thing to do is to ask enough questions so that you feel happy that the venue and staff understand your dietary requirements.

Tell them about our training and accreditation

Coeliac UK training and accreditation helps caterers understand your needs better. With their expertise we can help chefs, waiters, managers and anyone involved in food to work within the law and deliver gluten-free food. Tell them about Coeliac UK and how we can help.

Recipe Corner

Broccoli and Chickpea Frittata

Ingredients

- 175g (7oz) broccoli, each stem cut in half
- 2 tbsp olive oil
- ½ medium red onion, finely chopped
- 1 large clove garlic, finely chopped
- 1 medium red pepper, finely chopped
- ½ tsp smoke paprika
- 125 g (5oz) chickpeas, finely chopped
- 2 tbsp fresh coriander, finely chopped
- 7 large free range eggs, lightly beaten and seasoned with salt & pepper

Method

1. Heat oven to 190°C, 375°F, Gas mark 5.
2. Parboil the broccoli for 2-3 minutes, drain and reserve.
3. Heat the oil in a large frying pan and sauté the red onion and pepper for 5 minutes until soft.
4. Add the garlic, paprika and chickpeas and cook for a further 2 minutes before adding the coriander.
5. Spread the sauté mixture over the base of a lightly greased ceramic baking dish (approx 26 x 16 cm), or a 7" loose bottomed cake tin.
6. Place the broccoli on top in rows or spokes and pour over the beaten eggs and bake for approx 25 minutes or until set.

Glutafin's Tiramisu

Ingredients

- 225g/8oz caster sugar
- 1 x 5ml tsp vanilla essence
- 5 eggs separated (yolk and whites)
- 260g/9oz of Glutafin Select Multipurpose White Mix
- 310ml espresso chilled
- 250ml of marsala or coffee-flavoured liqueur (such as Kahua or Tia Maria)
- 125ml of thickened cream
- 500g/18oz mascarpone cheese
- 50g/2oz icing sugar
- 40g good-quality dark chocolate finely grated (such as Green and Blacks range of dark chocolate)*

Method

1. Preheat your oven to 180 C / 170 C Fan/ 350 F/ Gas mark 4.
2. To make the sponge finger biscuits, use an electric mixer to beat the sugar, vanilla and egg yolks in a medium bowl.
3. Beat the egg whites until they form soft peaks, add the egg whites to the egg yolk mixture.
4. Sift the Glutafin Multipurpose White Mix over the top of the egg mixture and gently fold to combine.
5. Spoon the sponge mixture into a large piping bag fitted with a 1cm nozzle. Pipe 10cm lengths onto lined baking trays.
6. Bake until golden and firm to touch. Makes 36 sponge finger biscuits.
7. Transfer onto a wire rack to cool.
8. Combine espresso and half the liqueur in a medium bowl.
9. Dip each finger in the coffee mixture, and arrange in a single layer in a rectangular dish (20cm by 30cm/8" by 12").
10. Use an electric mixer to beat the cream and icing sugar until it forms soft peaks.
11. Add the Mascarpone cheese and remaining liqueur.
12. Cover the fingers with the cream mixture in the dish, and add more fingers to create a second layer.
13. Sprinkle with grated chocolate and decorate. Cover and leave to cool in a fridge overnight or for at least 3 hours.



Talkabout

Sevenoaks Area Coeliac Group

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