

# **Sevenoaks Area Coeliac Group**

# **TALKABOUT**

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

**October 2012  
Edition 28**



## Branch Committee

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## **Note from the Editor**

Dear Reader

What an amazing summer we have had – the Jubilee started the summer's celebrations and the Olympics finished them. What an amazing summer for Britain. I hope you all enjoyed it as much as we did?

The Sevenoaks Group enjoyed a BBQ in July where we were joined by a good number of our members and had some lovely gluten free food. The weather was kind to us which was a bonus. You can read more about it further on in this edition.

We are having a pre-Christmas get together in November if you would like to come along and join us for a bite to eat and a chat. Please see the Forthcoming Events page for more information. You can also add the AGM to you diary for next March.

Please don't forget to tell us about your favourite places to eat where they cater for your dietary needs. It's great to share these with fellow members.

We hope you enjoy this edition and as always we welcome your feedback and suggestions for future editions of Talkabout.

Best wishes  
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.

### **La Tasca, Bluewater**

La Tasca have recently launched a new menu which is nearly all gluten-free. When Fiona visited recently to make enquiries, she was delighted to talk to a very enthusiastic waiter who explained what was available on the new menu and the cross contamination issues! This was nice to hear and definitely one to try we think?!

### **Cup Cakes in Tonbridge**

One of our committee members had some lovely cupcakes bought for her birthday which she said were delicious. Why not visit the website and check them out for yourself at [www.ellescupcakery.co.uk](http://www.ellescupcakery.co.uk).

### **An Enchanted Cake or Two**

26 Barden Road, Tonbridge TN9 1TX

This is a must for all cake lovers. They are a gluten-free/wheat free/egg free cake making shop in Tonbridge who supply all your sugar craft needs, stunning cake decorations, cake boards, ribbons, cake tins and stands to buy and hire. They do beautiful birthday cakes which have been recommended by one of our members.

## 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 ~ \*Please note changes**

**20<sup>th</sup> October in Tunbridge Wells**

**\*No November coffee ~ meeting at Otford instead (see below)**

**\*No December coffee as busy Christmas time**

**19<sup>th</sup> January in Tunbridge Wells**

**16<sup>th</sup> February in Sevenoaks**

**\*16<sup>th</sup> March coffee will not run ~ AGM @ Otford instead**

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).

**Pre Christmas get together with light Lunch 11am – 1pm  
Saturday 17 November – Otford Methodist Church Hall,  
High Street, Otford TN14 5PH**

We would like to invite our Sevenoaks members to come along for a pre-Christmas get together and light lunch.

**AGM and Afternoon Tea**

**Saturday 16 March 2013 2 - 4pm**

Date for the diary. We will be talking you through the year's events and updating you on relevant issues. Join us for Afternoon Tea and a chat.



LoGi in Tunbridge Wells is a great café for all Coeliacs and anyone who wants a gluten free option. It is run by Gordon – who happens to be a Coeliac himself so he knows what it is all about and doesn't just pay lip service to it.

LoGi has a real choice of snacks for any time of day – from gluten free toast, porridge and muesli for breakfast: home-baked gluten free bread with numerous delicious fillings for sandwiches, soups and stews for lunch; scrummy cakes and biscuits for tea – all with really smooth coffee or a variety of teas, including their special flowering teas, which are a work of art and almost too good to drink.



The menus and ingredients have been put together by professional nutritionists so you can rest assured there is a lot of thought and science gone into it. The team know what they are doing and look forward to welcoming you – it is a nice, relaxed atmosphere to eat and drink.

They also offer a great take-out service if you are in a hurry and even offer a menu for business meetings if you work locally.

LoGi can be found on the corner of Ely Court and Camden Road in Tunbridge Wells, or call 01892 544677, or view [www.eatlogi.com](http://www.eatlogi.com).

## Summer BBQ

On Saturday 21 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:

- 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).
- Daphne & Bob Paterson for letting us use their lovely garden.

As accompaniments, Committee members provided various salads, some delicious home-made burgers, and a range of tasty desserts and puddings finishing with cheese and biscuits.

Tim Howe did a sterling job on the barbeque (getting hot but not bothered in the process), and was ably assisted by Rita. Jessica and Olivia Howe raised additional funds for the Group by making some very tasty lemonade and strawberries dipped in chocolate which were very popular. 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.

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 enjoyed themselves in the sunshine.

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

# Chocolate and Date Christmas Pudding Recipe

## Ingredients

60g/2oz Glutafin Select Multipurpose White mix  
50g/2oz dates  
50g/2oz sultanas, currants and raisins  
50g/2oz glazed chopped cherries  
1 grated pear  
2 x 15ml tbsp treacle  
4 x 15ml tbsp Irish whiskey  
30g/1oz soft brown sugar  
90g/3oz chopped dark chocolate  
20g/1oz cocoa powder  
1 egg

## Method

- Mix the dried fruit (dates, sultanas, currants, raisins, grated pear and cherries) with the treacle and whiskey together and leave overnight or for at least 4 hours
- Mix all the remaining dry ingredients together
- Add the egg to the fruit mixture and mix
- Add the dry ingredients and mix well but do not over mix
- Place in a pudding basin 17cm diameter and 9cm deep and cover with greaseproof paper
- Put a circle of greaseproof paper and foil over the top and tie securely with string (see pudding recipe video for explanation)
- Make a string handle from one side of the basin to the other so it is easier to pick the basin out of the pan after cooking
- Put the basins in a large steamer of boiling water and cover with a lid and boil for 4-5 hours, topping the boiling water up from time to time, if necessary.
- If you do not have a steamer, place a heatproof saucer upside down in a large, deep saucepan or pot.
- Place the pudding on top of the plate. Fill the pan with water until it reaches approximately the middle of the pudding basin, topping up with boiling water from time to time, if necessary

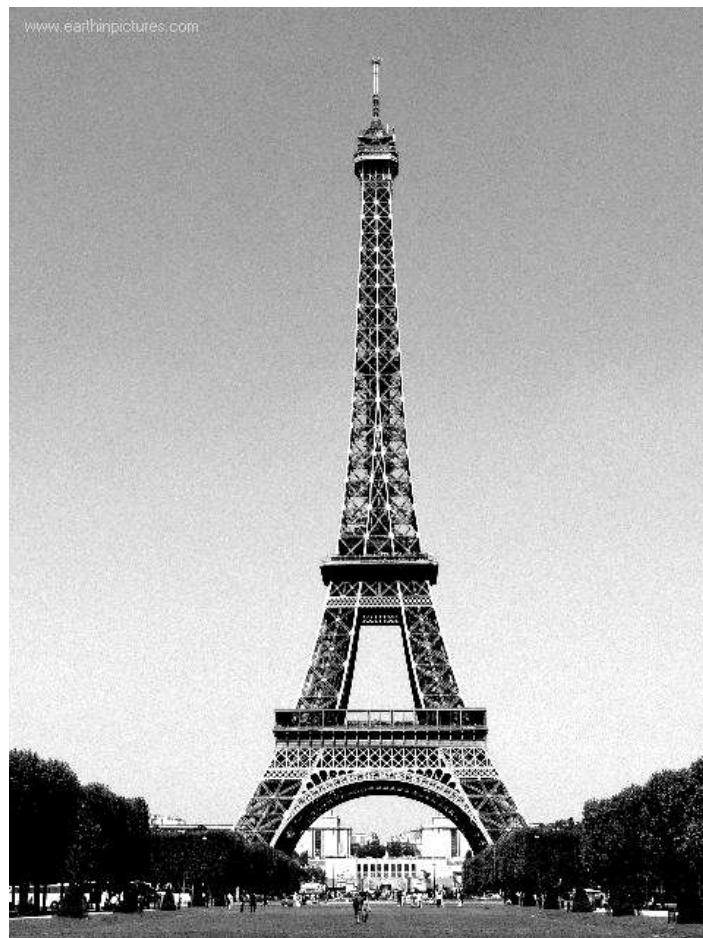


## A little bit of what you fancy in Paris!

Having returned from a wonderful break in Paris, I thought I would share with you what we discovered down a quaint Parisian street. A totally gluten-free patisserie which is run by a fellow coeliac who is also a trained chef, so she opened a lovely cafe where you can get a divine pizza and mouth-watering pastries, the lemon meringue pies and éclairs were to die for!!!

It was great to taste such beautiful food and it made my trip very special. I would recommend a trip to beautiful Paris just to taste those delicious pastries as it is true what they say; 'a little bit of what you fancy does do you good'!

The pastry shop can be found at 36 Rue Bichat (10<sup>th</sup>), Paris, France. Telephone: 09 82 59 00 39.



# 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



## **No handling charges with Juvela fresh bread**

### **Juvela supports new scheme to help to save the NHS Money on Gluten Free Food.**

Juvela is helping to save the NHS money by removing unnecessary charges on fresh gluten-free products.

We have signed a distribution contract with Alliance Healthcare (Distribution Ltd) to guarantee that all of our Fresh Products supplied on prescription to pharmacies and dispensing doctors will not incur additional handling or admin charges to the NHS.

This new scheme removes handling charges that may have previously been imposed on the NHS by pharmacists and wholesalers. Juvela in partnership with Alliance Healthcare believe this innovative new scheme for Gluten Free Fresh Bread is a positive step towards reducing NHS costs.

It also eliminate a concern of patient groups and healthcare professionals who recognise the significant contribution these products provide in helping people with coeliac disease manage their lifelong condition.

Sarah Sleet, chief executive Coeliac UK said:

“We have been calling for a national dialogue to ensure a fairer, more transparent pricing system for prescription gluten free foods and we are encouraged by this new initiative”

John Phillips managing director of Juvela said:

“We have led the way in this new initiative to try and ensure that people with the coeliac condition are not penalised for wanting gluten free fresh bread on prescription. GPs and Primary Care Trusts (PCTs) can now prescribe or recommend Juvela Fresh Bread Products with confidence knowing that they will not be incurring extra costs.”

Anthony Mayhead, director of specials, Alliance Healthcare (Distribution Ltd) said:

“We are delighted to have been chosen by Juvela to act as their sole distribution partner for their fresh bread products. We look forward to working closely with them in ensuring that their customers receive the highest level of service on this important portfolio of products.”

# Fish & Chip Recipe



We thought you might like to try a British recipe - you can't beat homemade fish & chips, get perfect results using Juvela Gluten Free White Mix to make a delicious crispy batter.

## **Ingredients for the fish batter**

100g (4oz) Juvela Gluten-Free White Mix  
1 medium egg (beaten)  
125ml (1/4 pint) milk  
pinch of salt

## **Instructions**

### **For the fish:**

175g/6oz thick cod or haddock fillet

1 tablespoon Juvela Gluten Free White Mix for dusting

## **For the chips:**

1 - 2 large floury potatoes, peeled and cut into chips

You will need Sunflower or vegetable oil, for frying

Preheat the oil to 190°C/375°F in a deep fat fryer.\*

Put the chips into the fryer and allow them to fry gently for about 8-10 minutes, until they are soft but still pale. Check they're cooked by piercing with a small, sharp knife. Lift out of the pan and leave to cool slightly on kitchen paper.

Season the fish and dust lightly with Mix, this enables the batter to stick to the fish.

To make the batter, place the Mix and salt in a bowl, beat in the egg and gradually add the milk, beating well to produce a smooth batter. It should be the consistency of thick double cream and should coat the back of a wooden spoon.

Season with salt and thickly coat the fish fillet with the batter. Carefully place in the hot oil and cook for 8-10 minutes until golden and crispy. Remove from the pan and drain on kitchen paper.

Once the fish is cooked, return the chips to the fryer and cook for 2-3 minutes or until golden and crispy. Shake off any excess oil and season with salt before serving with the crispy fish.

You can serve with peas and Juvela Fresh Bread and butter, for the authentic experience!

*\*Don't worry if you haven't got a deep fat fryer, use a large saucepan. Use a thermometer to check the temperature or alternatively to test whether the oil is hot enough, drop a chip into the oil and if it sizzles the oil will be hot enough.*

# Coeliac UK News

## Pizza Hut

From October 8th, Pizza Hut will offer gluten-free pizza to all diners. Every Pizza Hut restaurant across the UK will offer the special square-shaped bases, which have been developed in close association with Coeliac UK and expert dough makers at Pizza Hut to ensure diners choosing a gluten-free option still experience the great Pizza Hut taste. [www.pizzahut.co.uk](http://www.pizzahut.co.uk)

## Dialcos

Famous in Italy for its great tasting pasta, stocks and seasonings, Dialcos is now available in the UK. Made from corn and rice with no additives, there are nine pastas in the Dialcos gluten-free pasta range including Riccioli, Fusilli, Penne and Rigatoni. Other gluten-free products include bread mixes, stocks, seasonings and biscuits.

Ordering is easy through Elena Buchberger who is the granddaughter of the original founder, at [www.elenasgfway.co.uk](http://www.elenasgfway.co.uk)

## Atkins and Potts

Atkins and Potts have recently launched a brand new website showcasing their range of delectable cooking sauces and condiments. Customers can now find details of nearest stockists or order directly from [www.atkinsandpotts.co.uk](http://www.atkinsandpotts.co.uk). The award winning range has 7 gluten-free choices including Mascarpone Pasta Sauce with Roasted Garlic, Korma sauce and English mustard. It aims to provide restaurant-style cooking sauces for use within the home, making entertaining easy! Atkins and Potts lovingly prepare all their own products and only produce in small quantities helping retain flavour. Delivery is free in the UK for orders of £15 or more and customers can take advantage of the **10% discount** on orders over £25. [www.atkinsandpotts.co.uk](http://www.atkinsandpotts.co.uk)

## Prezzo

Following a successful trial, Prezzo has now launched their classic pizza range with gluten-free bases. The toppings available are all gluten-free and you are able to try the new pizzas at all 173 Prezzo restaurants nationwide.

For more information [www.prezzorestaurants.co.uk](http://www.prezzorestaurants.co.uk)

# Chocolate Honeycomb Crunch

Makes 12 Servings



An easy to make, no need to bake, chocolatey kinda cake! Crunchy biscuits and chunks of honeycomb wrapped in thick milk chocolate.

This recipe can also be made using marshmallows instead of Crunchie for a yummy alternative!

## Ingredients

300g (12oz) milk chocolate

25g (1oz) butter or margarine

1 packet Juvela Gluten Free Tea Biscuits (roughly broken)

4 x 40g Cadbury Crunchie Bars

## Instructions

In a large bowl, melt together the chocolate and butter. Stir in the broken biscuits and Cadbury's Crunchie nuggets (or use 100g of marshmallows) and mix together well. Transfer to prepared tin (15cm/6inch square tin) lined with foil and press into tin with the back of a spoon. Chill until set.



**Talkabout**

**Sevenoaks Area Coeliac Group**

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