

# Sevenoaks and Tunbridge Wells Area Coeliac Group

## TALKABOUT

For all your gluten-free gossip, news and events

October 2020  
Edition 52



**Please note Mike's request on Page 2  
and reply if you can**

## Branch Committee

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### **A REQUEST FROM OUR 'WATCHDOG' MIKE WILCOCK**

“We are planning to update our price comparison data, comparing GF foods with their “ordinary” equivalent shortly. We are aware that some members have found getting hold of GF food and flour difficult during the COVID pandemic so we would really value any examples of either problems obtaining GF foods or significant price increases of GF foods that have impacted on you as members recently. Please send a short email to [mikewilcock@greenbee.net](mailto:mikewilcock@greenbee.net) with your examples. A web link to the particular food item involved would be very useful. Thanks”

## **Note from the Editors**

Dear Reader

Welcome to the 52<sup>nd</sup> edition of Talkabout.

We hope that you have all managed to stay well during this difficult time. We have added some new places to eat out which were discussed at our last Zoom meeting and have retained/added details of take away/delivery services which you may well find useful.

For those who like to cook or bake themselves, we are again listing another delicious recipe in this edition.

We hope you can benefit from this edition of Talkabout and hope to 'see' you at one of the forthcoming Zoom meetings.

Andrew and Rosemarie – The Editors

### **Sevenoaks and Tunbridge Wells Area Coeliac Group**

**Your Help is still needed once we are able to meet up again!**

Do you enjoy Saturday coffee?

Have you benefitted from discussions at Saturday coffee?

Do you attend Saturday coffee when you can?

If the answer is yes, could you think about lending a hand?

There is no need to attend personally every month. We just need someone to make contact with other 'willing helpers' to ensure there is a welcoming face at each coffee morning.

Please get in contact if you can help - [fi.turnbull@talktalk.net](mailto:fi.turnbull@talktalk.net)

## **Forthcoming virtual Events**

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

As you know, our AGM which was due to be held on Saturday 25<sup>th</sup> April 2020 had to be postponed. However, we still hope, in due course, to enjoy a cookery demonstration to be given by Paul from The Red Lion near Faversham. Once we have a new date for our AGM, please can we invite you, in advance, to let us have any questions you may have for Paul.

### **Virtual Coffee Mornings (until further notice) - Third Saturday of every month**

17<sup>th</sup> October 2020

21<sup>st</sup> November 2020

19<sup>th</sup> December 2020 or no meeting in December?

16<sup>th</sup> January 2021

20<sup>th</sup> February 2021

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 everybody who is affected by this condition or is interested in finding out more about it.

We meet on Zoom between 10.30am - 11.30am until 'we can meet again' 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).

We look forward to seeing you soon.

## TAKE-AWAY/DELIVERY SERVICES, TEA ROOMS, HOTELS etc.

### Bartellas

#### A WORD FROM IAN

Our takeaway / collection menu is available on Thursday to Sunday. Hot food (pizzas, fish and chips) and pre-prepared, chilled Bartellas dishes that are ready to cook at home.

Order online or give us a call - 01474 812154

When collecting, please enter through the front door, pick up your order in the waiting area and exit through the back. We'll also be happy to bring your food to your car in the car park.

Ian Eldridge, Proprietor  
[meopham@bartellas.com](mailto:meopham@bartellas.com)  
1 May 2020

### Costa Coffee

To support NHS staff and key workers we've re-opened some of our stores for Drive-Thru and Delivery only.

### Cote



This information is current on their web sites.

'Cook' Foods have an excellent web site with easy to find gluten free options and does click and collect. They also have limited delivery slots.

### **Bojangles Coffee House – 01732 455 511**

116 London Road, Dunton Green, Sevenoaks TN13 2UT

The Menu is mainly sandwiches and panini. On line, they do not mention GF products at all. Before a visit, I would recommend to phone and check if they can offer GF food.

### **Nancy's Tea Room – 01732 300 401**

Lamberts Yard, Tonbridge TN9 1ER

Just off Tonbridge High Street and near the river, a handy stop off point.

This place has been recommended for a nice cup of tea/coffee and GF cake!

### **Middle House – 01435 872 146**

High Street, Mayfield TN20 6AB

This hotel has an extensive menu and was recommended by several members at the last Zoom meeting. Their menu does not show the simple GF sign next to the meal but they have a full list of allergens in a chart which, I hope, you don't have to prod through when dining! I hope to try this place in the future.

### **The White Hart – 01732 452 022**

Tonbridge Road, Sevenoaks TB13 1SG

This Restaurant has an interesting menu and even has a separate GF menu; I am most impressed. If it were not for COVID, I would be booking today! Companies which make every effort to offer GF food should be supported.

### **The Beefeater Group**

They were recommended at our Zoom meeting. However, I am not impressed with the online menu and feel the small independents give a better GF choice.

### **Voakes Gluten Free – 01423 395 511**

Whixley, York YO26 8AY [www.voakesfreefrom.co.uk](http://www.voakesfreefrom.co.uk)

Pies available to order online; they are supplied in special containers. I'm told their pork or chicken pies are delicious. I will try these sometime soon, despite the small carriage charge!

### **M & S Gluten Free**

This company are now offering on line ordering or normal in store service. At present, I have not found any items on line which I have bought in store. Their scones have been recommended, along with their creamy chicken pie. Their Christmas catalogue is now available on line.

## RECIPE

### Scotch Pancakes

#### Ingredients

- 5x Heaped tablespoons of GF Self Raising Flour
- 2x heaped tablespoons natural yoghurt
- 1x large egg
- Milk to make a batter
- Pinch of salt and pinch of sugar
- 1 level teaspoon GF Baking Powder

#### Method

Mix everything except baking powder in large bowl and beat until you have a batter which has the consistency of double cream – adjust with more or less milk as required. Leave to stand for 5-10 mins while you heat the griddle pan.

Just before cooking sprinkle in the GF Baking powder and stir very well

Use a small ladle to drop portions onto a hot griddle pan flipping each pancake when one side is light brown (look for bubbles forming on the top surface as a sign to flip). This mix makes around 14/16 pancakes - Enjoy!

PS – IF you want more fibre and can tolerate GF Oats add 2x tablespoons of GF oat bran or oatmeal and add more milk to get the batter to creamy consistency. Alternatively add fresh blueberries or chopped banana for fruity breakfast treat 😊

Thank you, Mike.



***Talkabout***

***Sevenoaks and Tunbridge Wells Area Coeliac Group***

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

***Please send your letters or enquiries to:***

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