

HAPPY NEW YEAR**GROUP ORGANISER:
PAT SIVITER****IN THIS ISSUE**

Facebook Page

Membership List regarding Data Protection new Guidelines

Gluten Free Recipe (winter warmer)

Forthcoming Events
Coffee Morning
Fish & Chip Lunch
Spring Meeting/AGM/
Afternoon Tea

Hello Everyone

I hope everyone had a lovely Christmas, Peter and myself spent the day with family and playing with Sebastian's new toys, we are spending the new year in the sun and celebrating Peters birthday.

We had a successful Group Meeting with Kate giving a demonstration using Quorn products in early November followed by another Fish and Chip lunch with a Christmas theme at the end of November. We have plans to hold another in March.

Next year Coeliac UK will be celebrating 50 years anniversary and have plans for various celebrations including Afternoon Tea Parties to mark Awareness Week, we will be holding our own following on from the AGM which I hope many of you will be able to attend.

Below is some important information which everyone needs to look at carefully following new guidelines being introduced next year on the Data Protection Act.

I still have not received any definite response for someone to take over the Group Organiser role and as I have said previously I would not like to see the Group fold.

If you wish to receive the newsletter by post please don't forget to let me have 4/6 sae's

Please contact the group by email at stourbridge@coeliac.org.uk or 01299 832366**COFFEE MORNING** To be held at Asda Cafe in Merry Hill Centre, Brierley Hill on Wednesday 7 March at 11 am. We always have a good time so please do come along.**FISH & CHIP LUNCH** To be held at the United Church on Saturday, this time with an Easter theme. We will need to order the correct number of portions so will need to know who will be coming along. We are going to make it a sociable time with a quiz and games for all ages followed by the lunch.**FACEBOOK PAGE** Hannah one of the Committee Members has set up a Facebook Page - Stourbridge & District Local Coeliac Group - please take a look and join in the conversations**IMPORTANT INFORMATION FROM COELIAC UK**

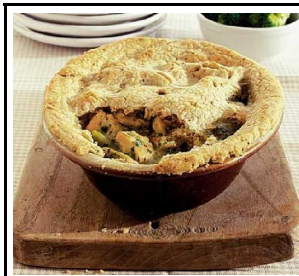
We need to start cleaning and collating our local group membership list. Firstly we need to ensure that we aren't as a Group receiving any details of members we no longer engage with. These might be people who have asked to be removed from our list, members who have not replied to mailings, members who haven't engaged with the local group for several years. It is therefore very important that you indicate if you wish to still be included on our Membership List. This will not affect the main listing of members held by Coeliac UK. It is therefore important that you inform the Group if you wish to be removed from the Local Group Membership List.

THANK YOU FOR YOUR COOPERATION

GLUTEN FREE RECIPE CORNER!

Chicken & Leek Pie (serves 4)
courtesy of www.bbcgoodfood.com

175g gluten-free flour
85g chilled butter, coarsely grated
50g mature Cheddar, grated
1 tsp coarse grain mustard
For the filling
500g skinless boneless chicken, cut in chunks
25g butter
2 tbsp sunflower oil
2 leeks, thickly sliced
350ml hot chicken stock
1 tbsp gluten-free flour
85g watercress, chopped
4 tbsp crème fraîche
1 tbsp milk for glazing



Mix the flour, a pinch of salt and the butter in a bowl, then stir in the cheese. Blend 2 tbsp cold water with the mustard and stir in. Form into a dough. Wrap and chill for 30 minutes.

Fry the chicken in the hot butter and oil for 5 minutes until golden. Add the leeks and fry for 2 -3 minutes until softened. Add the stock, bring to the boil then cover and simmer gently for 15 minutes.

Preheat the oven to 200C/gas 6/fan 180C. Transfer the chicken and leeks to a 1.2 litre pie dish with a slotted spoon – leave the stock in the pan. Make a paste with the flour and 1 tbsp cold water. Thin with 2 tbsp stock then add to the pan and stir on the heat non-stop until thickened. Take off the heat, stir in the watercress and crème fraîche, season and pour over the chicken and leeks. Cool.

Roll out the pastry between 2 pieces of cling film until just larger than the dish. Remove the top piece of film and lift the pastry onto a rolling pin with the cling film underneath. Lay pastry-side down over the filling. Peel away the film, then trim around the rim. Make a small hole in the centre. Brush the pastry with milk. Bake for 25-30 minutes until golden.

FORTHCOMING EVENTS

Please contact Pat either by email: stourbridge@coeliac.org.uk or 01299 832366



COFFEE MORNING
ASDA
MERRY HILL
on
Wednesday 7 March
11 am
DY11 6SW

FISH & CHIP LUNCH
(Easter Theme)
on
Saturday 24 March
12.30 pm start
The United Church, Lye
RSVP required

**SPRING MEETING/
AGM/AFTERNOON TEA**
Saturday 12 May
2.30 pm start
The United Church, Lye
Stourbridge
DY9 8LX



Kate and some of the food she cooked at the Autumn Meeting



Fish & Chip Lunch making Christmas decorations before the food arrives

