

HAS SPRING SPRUNG

**GROUP
ORGANISER:
PAT SIVITER**

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Hello Everyone

Well lets hope the warmer weather will soon be here to stay longer than a few days.

It has been a hectic start to the year for Peter and myself with family illnesses and going on holiday in both January and February and the snow visits in between but the icing on the cake happened on Friday 13th when our new granddaughter arrived a little sister for Sebastian.

Next month will see celebrations to mark the formation of Coeliac UK 50 years ago and we are planning our own celebration so hope you will be able to come and join us.

No one has come forward to take over the Group Organiser role and as I have said previously I would not like to see the Group fold. It was always my intention to stand down as Group Organiser this year but if this means the Group closing I may be willing to stay on, but in a very reduced capacity. This would mean either current members of the committee or new members taking a more active role, which would include producing 3 newsletters per year.

With this in mind we will have a short discussion at the AGM as to how the members would like to see the Group move forward. If you are unable to make the meeting and wish to make any comments please let me have them beforehand to put forward.

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

FACEBOOK PAGE [www.facebook.com/Stourbridge and District Local Coeliac Group](http://www.facebook.com/Stourbridge%20and%20District%20Local%20Coeliac%20Group)



***INVITATION
COELIAC 50th ANNIVERSARY CELEBRATIONS***

AFTERNOON TEA (following AGM)

***SATURDAY 12 MAY at 2.30 pm
THE UNITED CHURCH, LYE, STOURBRIDGE, DY8 9LX***

REMINDER CONCERNING THE NEW DATA PROTECTION LAWS IN MAY

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 Kiev (serves 4)
courtesy of www.tesco.com

100g (4oz) soft butter
small handful fresh parsley and chives,
finely chopped
5-6 large cloves garlic, crushed
zest 2 lemons, finely grated
sea salt & ground black pepper, to season
4 large chicken breasts, boned & skinned
3tbsp gluten & wheat-free flour, well
seasoned
4 medium eggs
4 thick slices of gluten free bread, brown
or white, crumbed in a food processor
cocktail sticks
potatoes, to serve

The idea of a chicken Kiev is to keep the butter sealed inside so that when you cut into it, runny butter oozes out. However, this is quite hard to achieve and, whether the butter spurts from inside or is poured over the Kievs from the pan, the flavour is just as good. So do not be downhearted if your Kievs spring a leak!



Preheat the oven to Gas Mark 6, 200°C, fan 180°C.

In a bowl, mash together the butter, parsley, chives, garlic, lemon peel and seasoning. Roll into four sausages and freeze. Meanwhile, with a very sharp knife, slice the chicken breasts almost in half horizontally so as to form a pocket. Open them up like a book, lay over some clingfilm

or parchment, and flatten them with a mallet or rolling pin. Set aside until the butter is nearly frozen.

Lay open the breasts. Place one of the rolls of frozen butter down the middle of each then fold over the breast and secure as tightly as possible with cocktail sticks. Carefully roll each breast in the seasoned flour, making sure it is well covered, then in the beaten egg and then in the breadcrumbs. Roll for a second time in the egg and a second time in the breadcrumbs.

Place the coated chicken breasts on a rack in the oven and cook for 40 minutes until the chicken is cooked through, with no pink showing. Serve with green vegetables and rice or potatoes.

FORTHCOMING EVENTS

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



SPRING MEETING/AGM/AFTERNOON

TEA

Saturday 12 May

2.30 pm start

The United Church, Lye

Stourbridge

DY9 8LX



FISH & CHIP LUNCH WITH AN EASTER THEME



Please let me have any articles, recipes or information for inclusion in the next newsletter due out in April 2017