

Editorial

Michelle Selinger

Thank you for all the emails complimenting the first edition of the new style newsletter. In this edition you will find some more recipes, details of group events, a list of coeliac friendly restaurants including a list of gluten free pizza restaurants, your responses to our pizza poll plus some other interesting snippets. If anybody has been to any of the restaurants on the list below then please email me at glutefreeherts@live.com so that we can list them again in future newsletters with your brief reviews and an Amazon-style star rating from 1 to 5.

Take away food

I work in the city from time to time and my beef these days is with takeaway food places close to the office like Pret a Manger and Eat. Pret has some gluten free salads but no labels so you have to ask. Someone then gets "the book" and searches through it. 10 minutes later you might be lucky and find the salad in your hand can be eaten. Fast food? I think not! Eat on the other has labelled everything with gluten – and I mean *everything*. Not one salad is gluten free! At least M&S has gluten free sandwiches – a choice of two fillings that never change, and are often sold out, but I have discovered they do a two-pack of very nice frittatas in two or three flavours which are gluten free.

Your New Committee

At the AGM in March a new committee was announced and I missed out Michelle West, so here is the list again with Michelle added to the group. Apologies Michelle!

Michelle Selinger	Group Organiser
Tony Cartwright	Committee Secretary
Shirley Chapman	Treasurer
Jackie Diamond	Membership Secretary
Lynda Brandham	Jean Ivens
Hazel Fish	Michelle West

Jackie Diamond is the point of contact for membership enquiries. Her email is jackie.diamond@ntlworld.com

The email address for Michelle Selinger is glutenfreeherts@live.com and you can contact her on 07826 858533

The Dutch Nursery Tea, July 14th

28 of us ventured out to the Dutch Nursery at Brookmans Park on a very warm Sunday afternoon. Lots of lovely gluten free sandwiches and then chocolate or lemon cake to finish it off. Our non-coeliac friends and family enjoyed the same with gluten. Here are a couple of photos from the event.



Fish and Chip Night at Godfrey's, Harpenden August 19th

A splendid evening was had by all who attended and one that people want to repeat every two months or so, despite the slow service (due to the popularity of Godfrey's). Watch out for details. For those of you who didn't attend you can see by the look on everyone's faces and their attention to the food, that the gluten free fish and chips were very enjoyable!



News from Bedford and Mid-Herts Group

Who will be there to support this event? I hope to see some of you there.

HOME COUNTIES 3RD GLUTEN-FREE FOOD FAIR



Saturday 14th September 2013 10am-2pm
The Weatherley Centre, Eagle Farm Road,
Biggleswade, SG18 8JH

Entrance Fee £1 - includes Prize Draw Ticket for Voucher Prizes!

**30 exhibitors
of Gluten-Free
products**

**GLUTEN-FREE
FISH & CHIPS
VAN**

**Local and
National
suppliers**

**Plenty of
Free
Parking**

**Teas &
Coffees**

Organisers: The Beds & Mid Herts Group, Coeliac UK.
For details contact: Martin Cooper on 07512 708727 or 07708 400363
or bedsandmidherts@coeliac.org.uk

Restaurant News

Lussmanns opens a new restaurant in Harpenden in August

On the next page you will find a list of restaurants that offer gluten free options. Tony Cartwright has brought to our notice a third Lussmanns in the area

Andrei Lussmann already has fish and grill restaurants in Waxhouse Gate in St Albans and at 42 Fore Street in Hertford that offer wheat-free items clearly marked on their menus. They have been recommended by the Good Food Guide since 2010. Andrei has now taken over the Bean Tree on Leyton Road in Harpenden (near Rothamsted Park) and is converting it to Lussmanns on the Green, where it will provide inside dining in the old coach house and a walled garden for eating outside



Recipes

Gluten Free Batter

From Michelle Selinger

This is great for battered fish or for schnitzels and the batter absorbs less fat than traditional wheat-based batters

Gram (chick pea) flour
Water

Mix the water with gram flour until it is thick and smooth
Coat fish, pork, chicken or turkey steaks with the batter
Heat oil so it is pretty hot – otherwise the batter will stick.
Fry until golden and lightly brown, turning once.

Drain on kitchen towel and serve hot or cold

Almond Pudding

From Jean Ivens

4 eggs separated
5 oz caster sugar
4 oz ground almonds

Whisk the egg whites until stiff. Beat the egg yolks and sugar together until very light. Add the ground almonds and beat for 2 - 3 minutes, then fold in the egg whites. Turn into a greased, fairly deep baking dish approximately 25 x 17 cms and 6cms deep.

Bake in a moderate oven (180C, 350F, Gas Mark 4) for about 50 minutes. If the top of the pudding starts to get too brown, cover with greaseproof paper for the last 10 - 15 mins.

This pudding is fine on its own, sprinkled with caster sugar, but we prefer it with stewed apples or plums underneath the sponge mixture.

Chewy Flapjacks

From Linda Brandham

300g butter
300g light brown sugar
4tbs golden syrup
200g condensed milk (approx half a can)
500g gluten free porridge oats (I use Sainsburys)

25 x 38cm shallow tin (10 x 15") although if you haven't got this size I'd go smaller rather than larger!

Grease and line the tin with baking parchment leaving a little overlap at each end to make it easier to lift the flapjacks out.

Oven -180C, 160C fan, Gas 4.

Melt the butter, sugar and the syrup together over a gentle heat in a large saucepan - keep stirring gently with a wooden spoon. Remove from heat.

Pour in the condensed milk and the porridge oats and stir until all the mix is combined.

Tip into the prepared baking tin and level with the back of a spoon.

Bake until lightly browned - approx 30mins. They may appear slightly soft but will firm up on cooling.

Cut into squares while they are still warm then leave them to cool on a cooling tray.

Don't forget Lynda's stall at Berkhamsted Farmers Market. The next one is 15th September from 10am to 2pm

Cookery Tip

Mike Winchester tells us that he makes excellent ciabatta rolls using Dove's Farm flour and benecol !

Reviews

Newburn Bakehouse Seeded Wraps



I received a sample of these recently. They are made by Warburtons, whose bread has improved significantly over the last few months. I froze them and reheated them in the microwave for 20-30 seconds in a plastic bag. I was very impressed and thoroughly enjoyed them. They are now available at Morrisons and Tescos at £2.99 for a pack of three. Michelle

Glutafin Shortbread Biscuits

"The best shortbread I've had is Glutafin's Shortbread Biscuits. I'm not a fan of everything that Glutafin do, but they certainly do Shortbread Biscuits well" from Malcolm James



Pizzas

In response to the poll in last month's newsletter we have had a few responses.

Andy and Anne Schofield said "We have tried the gluten free pizza in Prezzo twice and both times they were very disappointing. They were very thin, hard and burnt at the edges – definitely won't go there again."

Michelle Selinger and Malcolm James have both been to Pizza Express. They have got their gluten free pizzas right and are delicious, although they can vary depending on which Pizza Express you go to. Michelle can recommend the Berkhamsted branch as pretty good and the Hemel one even better as they are more generous with their toppings ☺

Dominos are good for takeaway pizza and Ask's pizzas are OK. You can buy the Domino's GF bases from Glutamel. The web address is <http://www.glutamel.co.uk>

Upcoming Group Events

More details of each of these events will be sent to you via email or post nearer the time. Please contact Jackie (details on page 1) if you want to attend the Garden Party on Sunday 8th

September 8th Garden Party at Michelle West's house

November 23rd Sainsbury's Cookery Demonstration by Kate McBain at Greenwood Park Hall, Chiswell Green

Have Your Say

This is **YOUR** newsletter. Please let us know what you think, and help us to make it full of interesting ideas, gripes, thoughts, recipes and local news.

If you do not have email and can't send me your writings to glutenfreeherts@live.com, then call me on 07826 858533 and I will give you my mailing address.

Restaurants

Here is a list of restaurants offering either a special gluten free menu or gluten free options in Herts. Do let us know of any others with your reviews and ratings from 1 to 5 if you have eaten there

Berkhamsted

Ask, 247/249 High Street

Brasserie Blanc, 262 High Street

Carluccios, 196 High Street

Pizza Express, 350 High Street

Frithsden

The Alford Arms

Harpenden

Godfrey's Fish and Chips, 41 High Street

Pizza Express, The Gate House, 1 High Street

Hemel Hempstead

Pizza Express, Unit A3, Riverside

Lemsford

The Crooked Chimney, Cromer Hyde Lane

Potters Bar

The Old Manor, Wyllyotts Place, Darkes Lane

St Albans

Aylett Nurseries, North Orbital Road

Lussmanns Fish and Grill, Waxhouse Gate

Pizza Express, 11 Verulam Road

Sarratt

The Cock

The Plough, Belsize



