

## Newsletter

Local news

## Editorial

*Michelle Selinger*

Apologies for the delay in getting this out to you, but the newsletter is now here!

Events have got off to a great start this year with two fish and chip nights at Godfreys in Harpenden, dinner at the Atrium Restaurant at Broxbourne College as well as the AGM. Additionally we had a Saturday lunch meeting at Pizza Express in St Albans for our small but growing youth group. Unfortunately we had to cancel our trip to Woodside Animal Farm next weekend for younger members as we didn't have any takers.

Shirley Chapman, our treasurer, and I attended the AGM at Windsor which included a food fair run by the local group and a number of us attended the Allergy and Free From show at Olympia at the beginning of the month. Do read the reviews in this newsletter.

This week we have afternoon tea at Ayletts Garden Centre in St Albans and I hope to see many of you there and then there's the garden party on September 7th to look forward to. Udi's have agreed to provide bread and cakes for the event.

In this newsletter we also have a couple of restaurant reviews and more recipes. Please do send me anything you would like to add to this newsletter and suggestions for features or contact me for any other questions or comments. My email is [glutenfree-herts@live.com](mailto:glutenfree-herts@live.com) and you can phone me on 07826 858533.

If you have any queries on membership or want to get a message out to members please contact Jackie Diamond. Her email is [jackie.diamond@ntlworld.com](mailto:jackie.diamond@ntlworld.com)

## Upcoming Group Events

### 2014 Event Calendar

20 July 2014	Afternoon Tea, Aylett's Nursery St Albans
7 September 2014	Garden Party, Abbots Langley
11 October 2014	Meal at Cinnamon Indian Restaurant, Harpenden
22 November 2014	Meeting at Greenwood Park

### Scotch Eggs

If you thought you could never eat scotch eggs again, think again. I hear M&S have added scotch eggs to their gluten free range. Their chilled gluten free products are mixed up with the gluten variety so hunt them down. Members of the committee can also recommend their fish cakes, breaded cod and chicken fillets, and chicken and mushroom crispbakes. They are also selling a range of gluten free celebration cakes



## Coeliac UK AGM

Shirley Chapman and I attended this year's AGM at Windsor Racecourse. It was a lovely sunny day and the food fair organised by the Berkshire Local Group was overrun with people while the AGM marquee had standing room only.

After the usual proceedings at the AGM, there was lengthy question and answer session. I asked why supermarkets had such a limited range of products, always from the same manufacturers when there was such a vast array of excellent food out there—as witnessed in the food fair on site. The reply was that they work hard with supermarkets and we as individuals should badger managers to buy in a wider and more exciting range of products. It is not good enough if the manager tells you he or she is bound by company policy, because they can influence it if demand is high enough. So the message is—if you find a product you like, tell your supermarket manager. If enough of us do, maybe the range will be increased.

# Reviews

## Restaurants

### George and Dragon Pub, Watton-at-Stone, SG14 3TA

*Tony Cartwright*

You are invited to go for a pub lunch with friends. You walk into the pub, whilst your friends browse through the extensive menu, you ask what they have that is gluten-free. Often sadly the choice narrows down just to one or two items. But when we



went for lunch recently at the George and Dragon pub in Watton-at-Stone near Hertford, it was very different. On the main menu all six starters and seven of the nine mains could be ordered as gluten-

free. And there was a specials board with almost as many gluten-free choices. You could even order gluten-free fish and chips. The desserts menu offered as much choice – I had the blackcurrant cheesecake. So the George and Dragon is well worth the journey!

## Your reviews?

Do you have a favourite restaurant, hotel or pub that sells excellent gluten free food? Please write a short review and send it to me for the next newsletter. The email address is [glutenfree-herts@live.com](mailto:glutenfree-herts@live.com)

## The Lab - Local Pizza Manufacturer



At Windsor I tasted the best and healthiest gluten free pizza ever, and it's made locally in Radlett.

The owner, Marjan Obeidi, will join us for tea on Sunday and we hope she will come to the garden party with samples and pizzas for sale. They come in many flavours and freeze really well—and they aren't too large as you can choose



from 10 or 12 inch pizzas. They also sell gluten free pizza bases and dough balls, and for the gluten eaters in your family, they have the same selection for them, so for once, nobody misses out.

Marjan says "The Lab Pizza is a new and revolutionary company that is thrilled to introduce a 'healthy' pizza to the world! You no longer have to worry about the excessive salt, fat, sugar, or calories in your favourite fast food! Not only that, but The Lab Pizza has also developed a tasty gluten-free option for people with coeliac disease too! Saucy! Check out our website, [www.labpizza.com](http://www.labpizza.com), and get in touch! We'd love to hear from you!"

## The Allergy and Free From Show, Olympia



Having missed last year's show, I was determined to get there this year. Armed with comfy shoes and an empty stomach I headed up to Olympia earlier this month and wasn't disappointed. Garbo's, my favourite bread stall, was there all the way from Sweden. They don't sell in the UK but turn up faithfully every year and I stock up with a range of their breads. I also stock up with gnocchi too as it is so difficult to buy anywhere else. I found some lovely crispbreads from a small company called FreeD, but alas, they only distribute to health food shops in London. Why don't some of these lovely foods appear in our local shops? When are supermarkets going to wake up and realise that gluten free isn't just for coeliacs, it's also for people who make a lifestyle choice not to eat wheat? Anyways, I am well stocked up for a few weeks with my favourite goodies and some new ones. *If you attended, do email and let us know what you liked about the show.*

## The Atrium Restaurant, Hertford Regional College

Many of us had to suffer a large traffic jam in order to get to the recent meal at the Atrium Restaurant at Hertford Regional College in Broxbourne, but it was well worth the wait. The food was plentiful and tasty, and the students did a grand job serving such a large party of 24 in a timely manner. The new manager listened attentively and was patient and accommodating when the numbers didn't quite line up. He was delighted too that the students got the opportunity to understand what a gluten free diet was and how important it was not to risk cross contamination



**atrium**  
restaurant

Enjoy food cooked by Hertfordshire's best upcoming chefs at The Atrium. Book a table now Call **01992 411922** or email [atrium@hrc.ac.uk](mailto:atrium@hrc.ac.uk)

**Opening Times**

**Tuesday - Friday**  
11.45am - 1.45pm

**Thursday Evening**  
6.45pm - 8pm (last orders)

Fine, contemporary dining.

## Youth Group Pizza lunch

*Jackie Diamond*

Our youth group is growing slowly. Five young people attended—the three who came to the first meeting of the group plus two more of them came as planned. We enjoyed the pizzas and all relaxed and chatted. They thought a youth page on our website would be good and would like a cooking/baking session if we can find anywhere to hold it or perhaps a share and taste session if we can't find anywhere to host a practical session. We plan to do this on a September/October date and Saturday afternoons seemed to be good for them.



## 39th Annual General Meeting of Watford and Hemel Hempstead Local Group

The AGM was held on Saturday 23<sup>rd</sup> March 2013 at Greenwood Hall Community Hall, Chiswell Green, St. Albans. Tony Cartwright, the Committee Secretary was standing in for the Group Organiser, Michelle Selinger, who was away travelling on business. He welcomed members and chaired the meeting. The speaker at the meeting was Kathryn Miller, the Food Policy Lead for Coeliac UK. She gave an illustrated talk and answered questions on Coeliac UK's programme of sponsored research. Warburtons kindly provided samples of their range of Newburn Bakehouse products for the members to take away with them.

## Birthday Cake

Lynda Brandham, one of the committee and owner of the Cake Stand Bakery baked this lovely cake for my sister's birthday. My sister is a jigsaw fan so the age (which I'm not allowed to mention!) is made out of jigsaw pieces on another jigsaw and the cake had little pieces of jigsaw over it. Not only did it look wonderful, it tasted wonderful too.



Lynda can be contacted on 07525 830655 or by email at [lynda@cakestandbakery.co.uk](mailto:lynda@cakestandbakery.co.uk).

Her website is at [www.cakestandbakery.co.uk](http://www.cakestandbakery.co.uk)

## House of High Tea, 61 High Street, Berkhamsted, HP4 2DE

*Michelle Selinger*

This traditional tea room at the far end of Berkhamsted High street on the way to Bourne End is a haven of tranquility. Beautiful Victorian furniture, china tea cups and a selection of gluten free cakes. I counted four and, as I was torn between two, I was kindly offered a half piece of each. Now that's what I call service! There's a wide range of teas and the staff are delightful. I asked for gluten free scones. The owner said she had been experimenting but hadn't yet found a recipe that worked, so if you have tried the one in the last newsletter and were pleased with the results, let me know, or if you have another one, please send it to me and I will pass it on as well as putting it in the next newsletter.



*The cake in the front and the one at the back are both gluten free.*

# Recipes

Here are the final two recipes from our November cake competition.

## Lemon Drizzle Cake

*Adapted by Jean Harland from a Mary Berry recipe*

8 oz (225g) butter  
8 oz (225g) caster sugar  
7 oz (200g) gluten free self raising flour  
8 tbsps milk  
1 level tsp xanthan gum  
1/2 tsp glycerine  
2 level tsp GF baking powder  
4 large eggs  
Finely grated zest of 2 lemons

### For the crunchy topping:

6 oz (175g) granulated sugar  
Juice of 2 lemons



Cuts into about 30 squares

1. Cut a rectangle of non-stick baking parchment to fit the base and sides of a traybake tin or roasting tin, 30 x 23 x 4 cm (12 x 9 x 1 1/2 inches). Grease the tin and then line with the paper, pushing it neatly into the corners of the tin. Pre-heat the oven to 160°C/325°F/Gas 3.
2. Measure all the ingredients for the traybake into a large bowl and beat well for about 2 minutes until well blended, an electric mixer is best for this but of course you can also beat by hand with a wooden spoon. Turn the mixture into the prepared tin, scraping the sides of the bowl with a plastic spatula to remove all of the mixture. Level the top gently with the back of the spatula.
3. Bake in the middle of the pre-heated oven for about 35-40 minutes or until the traybake springs back when pressed lightly with a finger in the centre and is beginning to shrink away from the sides of the tin.
4. Allow the traybake to cool in the tin for a few minutes then lift the traybake out of the tin still in the lining paper. Carefully remove the paper and put the traybake onto a wire rack placed over a tray (to catch drips of the topping).

To make the crunchy topping, mix the lemon juice and granulated sugar in a small bowl to give a runny consistency. Spoon this mixture evenly over the traybake whilst it is still just warm. Cut into about squares when cold.

*Jean adds that the cake can be kept for a few days and slice heated up in a microwave for 20-25 seconds makes the cake taste fresh-baked again!*

## Class 86—Apple Cake

*Owner?*

8 oz (225g) cooking apples (peeled and cored)  
1 tsp lemon juice  
4 oz (115g) butter  
4 oz (115g) caster sugar  
2 eggs beaten  
8 oz (225g) gluten free self raising flour  
1/2 tsp mixed spice  
6 oz (175g) sultanas  
6 sugar lumps (roughly crushed) - optional

Line a 2lb loaf tin with greaseproof paper. Divide prepared apple into two equal portions. Grate one portion and finely chop the other. Drizzle the apple with lemon juice. Lightly cream butter and sugar and beat in the eggs. Sieve the flour and spice and gradually fold into the mixture. Stir in the sultanas and apple. Put mixture in tin and spread crushed sugar on top.

Bake in 180C oven (gas mark 4) for approximately 1 hour. Leave for 10 minutes before turning onto a rack to cool

