

Editorial

Michelle Selinger

We ended 2014 with a splendid afternoon at Greenwood Hall where Juvella provided us with an excellent cookery demonstration which is reviewed below.

Spring is nearly upon us and we have an exciting line up of monthly events for you starting with the AGM on March 21st at Greenwood Hall. I hope to meet old and new members there. We have a packed agenda including our speaker, Raj Patel, a local pharmacist, a cake auction to raise funds for Coeliac UK, and Debbie Grant selling her delicious home made goodies once again, plus, of course, our raffle.

Some more recipes also included in the newsletter. I tried the Yorkshire pudding recipes from a couple of issues back. They were amazing and all the family thoroughly enjoyed them — so light and fluffy :-)

Details about Awareness Week are in the newsletter. I am thinking of joining one of the sponsored walks? Anyone car to join me?

Please send me articles, recipes, food, restaurant and hotel reviews for the next issue to glutenfreeherts@live.com or you can phone me on 07826 858533 with any ideas, questions or queries.

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

See you at the AGM.

Group Events for 2015

Saturday 21st March 2:45pm	AGM and talk, Greenwood Hall, Chiswell Green, St Albans, AL2 3HW
Monday 13th April	Fish and Chips at Godfreys, Harpenden
Saturday 9th May	Youth group pizza lunch. Venue TBA
Mid-May	Meal at West Herts College, Watford (tbc)
Sunday 7th June 2pm	Barge trip and afternoon tea Grand Union Canal from and return to Kings Langley
Sunday 19th July	Afternoon cream tea at the Dutch Nursery Bell Bar, near Hatfield
Sunday 6th September	Garden Party at Michelle West's home
Monday 28th September (tbc)	Fish and Chips at Godfreys, Harpenden
Tuesday 20th October	Curry evening, Devdas, St Albans
December	Christmas meal, Oaklands College, St Albans (tbc)

Juvela cookery demonstration

At the end of November about 40 of us were treated to a wonderful demonstration by Carol from Juvela at Greenwood hall. Carol had travelled all the way from Wales with her daughter to be with us! She made mince pies, stollen, and lemon drizzle cake which were all delicious. I tried the mince pie recipe myself and was impressed with the results, so they must be easy to make!

Our youth group entered the cake making competition we set for them. As only Jack and Emily turned up, they both received prizes for their wonderful contributions which not only looked good, also tasted delicious. Thank you Jack and Emily!



Reviews

Great chieftain o' the pudding race

Tony Cartwright

The poet Robbie Burns described the haggis as 'the great chieftain o' the pudding race' in his 'Address to the Haggis'. Burns Night was 25th January, so you have missed that, but there is no reason just to eat this delicacy on that occasion. If you have ever wondered where to buy gluten-free haggis, Findlays of Portobello near Edinburgh sell it made with gluten-free oatmeal. I can highly recommend it with the traditional 'tatties and neeps' (mashed potato and swede) and, of course, a dram of malt whisky. You can buy it online. They also sell lots of other gluten-free goodies – black pudding, Lorne sausage, and a huge range of sausages – gyros, Hungarian Puszta, Merguez, Mexican sausage, Pinchos Muranos, Portuguese sausage, Southern Italian sausage, Tuscany sausage, and Pork and Leek chipolatas. See <http://www.findlaysthebutchers.co.uk> for their website and details as to how to order.

Holidays

Italy

Shaneen Brown

Hotel Albergo Aurora, Malcesine, Lake Garda

I travelled here for a wedding. It is great for couples or an adult group holiday. I informed the manager when I arrived that I was a coeliac. Breakfast was included in our stay so when I came down for breakfast, I found he had bought biscuits, bread and croissants all gluten free for me. He boiled me fresh eggs and fresh bacon so I didn't have cc issues. He was very nice and very clued up. As coeliac is a big thing out there and they test children every 5 years, most restaurants have gluten free options including pasta. Pietros Pizza also provides gluten free pizza with two days notice.



Awareness Week, 11th–17th May, 2015



While awareness of coeliac disease and the gluten-free diet is growing, there is still low awareness of the symptoms and how they affect people differently before diagnosis. Coeliac believe people may also be potentially linking their symptoms to other conditions or not treating them seriously enough to seek further help. Creating a stronger link between their symptoms and coeliac disease will help people become more informed, empowered and confident to have their symptoms investigated and seek a diagnosis.

Coeliac UK also know they have a job to do in helping to improve awareness of coeliac disease among healthcare professionals. Getting this right will help us to reduce the time it takes to get a diagnosis and tackle misdiagnosis of other conditions, such as irritable bowel syndrome (IBS). These issues will guide the activities of the diagnosis campaign, which kicks off during Awareness Week, and aims to reach the half a million people currently living with undiagnosed coeliac disease in the UK..

You can help by:

- talking to your local pharmacy and healthcare professional, and leaving them a campaign pack .
- holding a stall
- hosting a quiz night for family and friends
- getting active on social media
- taking part in one of the [Awareness Week Walks](#).

Food

New gluten-free magazine

Tony Cartwright

We recently came across a new magazine in a large news-agent – Eating and Living Gluten Free. The first two issues came out in 2014 and this was the January 2015 issue. It contained 115 pages of articles, information, advertisements etc. This issue included a huge range of recipes for breakfast, lunches, dinners, light bites, entertaining, baking and breads and crackers. The Entertaining section included an article by Hugh Fearnley-Whittingstall about his new cook book 'River Cottage Light and Easy'. There were 16 book reviews and details of gluten-free cookery courses from Leith's School of Food and Wine and nutritionist Deborah Thackeray. One article was a taste test comparison of four gluten-free bread rolls – the winner was Genius Triple Seeded Soft Rolls. The next issue was published on 26th February and can be ordered for £7.99 with free UK P&P from www.buysubscriptions.com/ELG4 or via the phone on 0844 844 0388.

Food online

Freego is a new online speciality supermarket selling the very best tasting gluten free foods from all around the world. The team that set up the business makes sure that all of its products go through its dedicated tasting panel which includes coeliacs, a baker, a nutritionist and non coeliacs, each of whom bring their own perspective to the table. Having tried hundreds of products, they ensure that only the best gluten free food makes it onto the site. Anything dry, crumbly or tasteless is rejected immediately. The end result is a website packed full of gluten free products which never compromise on taste or quality.

Simon Palethorpe, one of the founders of the business, says "the business was set up after tasting hundreds of gluten free foods, over 50% of which were terrible. Why should people living a gluten free life have to go through so much hit-and-miss? We don't think they should and that's what inspired us to get started".

Speaking of nutrition, Neil Foster, Freego's in-house nutritionist, says that they also keep an eye on the nutritional content of every product ... "so many gluten free products compensate for the lack of gluten by adding nasties. As well as having lots of super-healthy foods, we make sure that for everything we sell, the nutritional content of our products is at least as good as the gluten containing equivalent". Many products are exclusive to Freego, including artisan bread mixes by Luce's from America, gluten free baguettes and ciabatta by Huttwiler (Switzerland) and high protein pastas from Canada and Asia.

Artisan Bread

Mia Hartgroves

I use a bakery that do mail order. I like that they have lots of different kinds of rolls - perfect for lunch, and you can buy a 'taster-box'. They do 7 kinds of grains. <http://www.artisanbread-abo.com/>

Eating out

Honest Burgers—various location around London

see www.honestburgers.co.uk/locations/

Shaneen Brown

Gluten free buns, chips onion rings and beer. Need I say more?!

Thompson@D'Arcys, 2-8 Hatfield Road, St Albans

Margaret Bullock

I recommend the restaurant as they are very good dealing with the gluten free diet. It is a bit pricey but they do have set menus www.thompsonatdarcys.co.uk



The Skew Bridge, 59 Southdown Road, Harpenden, AL5 1PQ

Tony Cartwright

As you may have seen from the recent articles in the Coeliac UK magazine 'Crossed Grain' new labelling regulations for food came in from 13 December 2014. These mean big changes in the way restaurants provide information about allergens in the meals they serve. They can add the information to their current menu, use a separate allergen menu, or give it to customers who ask. Mike and Bernie at The Skew Bridge decided to provide a special gluten-free menu and this is extensive with four starters, eight mains and three desserts. I recently tried out the chargrilled Cajun chicken salad with honey and mustard dressing, and that was very tasty.

Saddlery Cafe, Osprey Outlet Store

Woodcock Hill , Coopers Green Lane , St Albans AL4 9HJ
www.ospreylondon.com/

Kate and Emily Collis



We would really recommend this as a great "special" cafe to go to. Entire range is gluten free - scones, quiches and a variety of homemade cakes etc. One of the best things was that my daughter Emily had the same full range of choice from the menu that her siblings had, and a choice of several cakes, rather than usually when we go anywhere she is restricted to a small number of items - it feels much fairer if we are going out as a family. The cafe is part of the Osprey stores, in the middle of St Albans countryside, and some nice country lanes nearby with an easy cycle ride from St Albans. As you would expect, prices are a bit expensive, but is really worth it for the homemade cream teas and cakes etc. and the ambience - food is fantastic and we all really enjoy it. There is a luxury Osprey home store next to the cafe, and an outlet store for handbags and accessories. *Kate Collis*

Emily - age 12 " Dear everyone. I would like to recommend the Saddlery Cafe at Osprey because of its immense great food and selection. It was one of the first cafes we visited once I realised I needed to eat gluten free, but I had visited once before and still really enjoyed the food. As a young coeliac who had little knowledge or experience with food I soon realised that the Osprey cafe was one of the best cafes that I could go to. It has everything gluten free, the food is amazing, everyone is really friendly and it has a great environment. Also if it is a long wait, (which I haven't experienced yet) you can go and look at the amazing collection and varieties of the home-ware things."

Opening hours:

Monday - Saturday 9:30 - 17:30

Sundays & Bank Holidays 11:00 - 16:00

Raymond Blanc Brasserie, 3a, Verulam Road, St Albans, Hertfordshire AL3 4DA

Jean Pavan

Well located in the centre of St Albans this French restaurant has provided GF meals since it started some two years ago.

The rooms are ample and the seating comfortable. Atmosphere can be qualified as "posh" although it looks more like a quiet environment.

They have a choice of tables for two, more intimate, or for more patrons, and a group can easily be accommodated by joining adjacent tables.

You have the choice of "à la carte" or the menu.

Both menus clearly indicate GF options, and even if they are not GF, you can ask them to be made GF for you, depending on the recipe.

Waiters/waitresses are friendly and open to any suggestions you may have for GF meals.

The menu is changed every month and, if you come before 7pm, they have a two-meal course for £11.95, which is a very good value for the quality and quantity served.



Gluten Free for Passover

Emma Duke

Many (but not all) of the products produced for the Jewish holiday of Passover are gluten free. This year the holiday falls at the same time as Easter on 3rd April and in the weeks leading up to the holiday many of the supermarkets stock Passover foods. During the holiday what is left is often considerably reduced. Borehamwood Tesco and Morrisons have the most extensive range but others also stock products, as do Tesco's in Watford.

Recipes

Two chocolate cake recipes for you

Carosama

Michelle Selinger

Makes 1 double-layer 9in/22cm round cake
(I usually make half as it is very rich so you really don't need the double layer—I also use a square tin and cut the cake into squares before serving)

1 lb/450g caster sugar
1 lb/450g butter
6 eggs
1 lb/450g ground almonds
2oz/55g cocoa, sieved
4oz/110g dark chocolate, grated
1.5 tsp baking powder
Pinch of salt

Heat the oven to 140C. Beat together the sugar and butter until light and fluffy. Gently add the eggs, one by one, to the mixture. Fold in the rest of the ingredients and pour the mixture into the tins gently so as not to lose any air.

Flourless Chocolate Cake

Margaret Morgan

7oz/200g unsalted butter
7oz/200g plain chocolate
5 large eggs separated
7oz/200g ground almonds
9oz/250g caster sugar

Line an 8ins cake tin with baking parchment. Pre heat oven to 375F/160C/gas mark 5.

Melt the butter and the chocolate together in a microwave or in a bowl over a pan of hot water. Stir in the egg yolks and ground almonds.

Whisk the egg whites until they form soft peaks then whisk in the sugar a little at a time to make a stiff shiny foam.

Fold the chocolate and egg white mixtures together and scrape into cake tin

Bake for 40 mins then cover the cake with baking parchment to stop it getting too dark and bake for another 10-20 mins until well risen and firm to the touch. Cool in the tin.

Decorate as desired

Your review, recipes and comments?

Please write a short review and send it to me for the next newsletter. The email address is glutenfreeherts@live.com