



# Cambridgeshire Coeliac Group Newsletter



## Year two done and dusted...

Diane and I have now done two years in these voluntary roles and have achieved quite a lot. We have setup a good platform for future Organisers, Treasurers and Secretaries to run the group when we step down in the very near future.

The Glutton Club ate out at our favourite restaurants and a number of new ones including The Ranch, Wagamama, The Park and Loch Fyne.

It seems that the first half of the year is when group members supported our efforts but not the second half for some reason...any ideas why? Please write to us and let us have your comments.

For this reason we have decided to make some changes as to how much effort and time we

volunteer to put in organising future events.

On the positive side we have our second Food Fair coming up on Sat 3rd Dec where we will have a range of GF suppliers, The Glutton Clubbers Café, Tombola and more.

Finally, our Christmas Supper will be at Madingley Hall on Mon 5th Dec.

We had successful September meeting with Bangers and Mash for lunch. A big THANK YOU to **Pepperell's Meats Ltd** and **The Black Farmer** for providing the sausages. A special thanks to Rebecca Pepperell for helping to cook the sausages with Diane who also made the mash potatoes supplied by **Simon's Fruit and Vegetable Stall** (Ely Market) and not forgetting Dina for the lovely onion gravy.

Louise Fox from the National Osteoporosis

Society gave a very informative talk about Osteoporosis, seriously folks, if you weren't at our Sept meeting, you missed out on a very important talk.



Louise Fox

Jackie Burrows and Helen from **Juvela** demonstrated a few recipes from their book as-

sisted by some of the kids from our group. A big thank you for the goodie bags too!

So before the end of 2011 we have two more things to look forward to The Food Fair and Christmas Dinner at Madingley Hall.



Jackie (Juvela) helped by Abigail

By Prakash Nayee

[Cambridge@Coeliac.org.uk](mailto:Cambridge@Coeliac.org.uk)

Jan 2012, Issue 7

Next Group Meeting:

**Sat 28<sup>th</sup> Jan 2012**

Buchan Street Neighbourhood Centre  
6 Buchan Street  
Kings Hedges  
Cambridge  
CB24 2XF

Venue: Tel: 01223 508149

☉ Fish & Chip lunch

Lunch: 1.30pm - 2.30pm

Note you must pre-book your lunch (£6 adult/£4 under 15s) by Mon 23<sup>rd</sup> Jan.

Group Meeting: 2.30pm - 4.30pm  
£2/adult

☉ Rebecca Rayner from Glebe Farm will be demonstrating some recipes, so there will be **NO Kids Cookery Corner**

☉ Teenager Abigail - Master chef of the future - will also be demonstrating a couple of recipes

☉ Raffle tickets - with loads of prizes

☉ Bring & Buy table bring items to sell and donate money to the group (please take back any unsold items).

☉ Tasting Table - for you to bring along something to share, preferably savoury



Mick, Eileen & Jane tucking into Bangers & Mash with onion gravy



Yummy sausages

## Cambridgeshire Gluten Free Food Fair

Gosh it doesn't even seem like a year since we had our first Food Fair and it's time for our second one already!

So folks we really need your support this year, last year a little bit of snow put some people off

but hopefully that won't happen this year. But remember come rain, snow or typhoon we will still be having a Food Fair,

Glutton Club Café

so we need you to turn up after all we are organising it for **YOU**.

Come and chill at the Glutton Clubbers Café, after browsing all the companies supporting our Food Fair.

Sat 3rd Dec-11.30am-2.30pm

The Meadows Community Centre, 1 St Catherine's Street, Arbury, Cambridge CB4 3XJ.



Oh look!



## Inside this issue:

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# Eating out with the **GLUTTON CLUB**



Gilbert was carried out!



## NOW HEAR THIS!

We need you to take on Committee roles next year as Diane (Treasurer) and I (Organiser) will be stepping down in April 2013.

We would like you to join us in April next year, as apprentices, ready to take over the following year.

Interested? Have a chat with us. See contact details on the back page.

## GF Discussion Group on Facebook for Teenagers:

Debra Samuel the lady who made us aware of the Walkers crisps labeling issue has set up a Facebook group called "Gluten Free Kids" - <https://www.facebook.com/groups/glutenfreekids/> - it's a discussion group, for Coeliac kids or those who follow a gluten-free diet, where they can chat, make friends, let off steam, and be with other kids who actually understand what they're going through in the UK. This is a strictly 'No Adults' zone (except for moderators to keep an eye on things) so please point all the Coeliac kids and teenagers to this new group. See our website for more details.

## Gilbert Glutton and friends dine at **wagamama**

This was my second trip to Wagamama in as many weeks and it was good both times. On arrival we're met by very friendly staff who were most willing to help. Just ask for the Gluten Free options and they produce a list to choose from. I must say that there isn't a huge choice for Coeliacs, i.e. 16 mains, 6 sides and 3 deserts, even less for me being an Indian I don't eat beef.

Katy Frost, senior front of house manager was most helpful with suggestions and she even emailed me back the next day with a full

list of suitable dishes for future trips. Our Glutton Club evening was a little bit of a disappointment because there only five of us there. But actually it turned out



chili squid

chili men

miso ramen

to be a great intimate evening and we got superb service from our waitresses Jess and Felicity who tended to us like we were royalty and smiles that make your heart melt.

Linda had brought a guest Graham who thoroughly enjoyed his food and the company.

We had side dishes chili squid

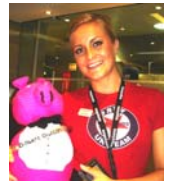
and negima yakimotor (skewers of grilled chicken and spring onion) for main dishes we had chicken chili men (rice noodles in a spicy sauce) and seafood ramen and miso ramen. For desserts I only recommend the frozen yoghurts.

It's not a cheap place but you get big enough portions particularly the soups that if you don't finish them you can take them home as did Margaret and Linda.

Big thumbs up from us for Wagamama

[www.wagamama.com](http://www.wagamama.com)

Tel: 01223 462 354



Gilbert and Felicity

By Prakash Nayee



## Designer menu for us at The Park



Glutton Clubbers were wowed by a fantastic meal specially designed by the students of the CRC catering school at The Park Restaurant.

We were expecting a three course meal but on the night we got a "5" course meal if you include the canapés and



Young Student chefs

tasted most of the dishes. So if I could choose again I would have the shellfish chowder for my starter, sauté chicken for my main and the lime

curd tart (the best I've ever



Feedback time

waiting staff were very professional and non-intrusive. They were very pleasant and friendly. A couple of young trainee chefs came out to have a chat to get

feedback on their efforts. What I didn't know was that The Park is open to the public and they are very aware of allergies and intolerances. Go and try them out, but do let them know you are coming first.



Canapés

Starter

Main

Dessert

Petit Fours

petit fours. The students were being assessed that evening so great effort and imagination was put in the menu. I was lucky enough to have

tasted in a long time). The students had made a fantastic effort, starting with canapés and ending with petit fours to cleanse our palates. The

**The Park, CRC, Kings Hedges Road, Cambridge CB4 2QT**  
Tel: 01223 418846

By Prakash Nayee



## Eating Out Message Board...



Rachel, our secretary, was on holiday down Cornwall way recently and as all Coeliacs do she had a look around and found a few places that serve gluten free (GF) food.

**The Kitchen, Polperro** - do brilliant GF cakes, scones and soups. The chef is very aware of things - well worth a visit. **The Kitchen - The Coombes, Polperro, Cornwall PL13 2RQ** Tel: 01503 272780

**Café Fleur, Looe** - they have a GF menu which includes GF snacks, light lunch dishes like pasty, toasted sandwiches and soup with bread roll [http://www.go-gluten-free-wheat-free.co.uk/eatingDetail/east-looe/cafe-fleur\\_p349.html](http://www.go-gluten-free-wheat-free.co.uk/eatingDetail/east-looe/cafe-fleur_p349.html). The

flavoursome pasties had brilliant pastry, but the scones were a bit on small side - but still well worth visit.

**The Dwelling House, Fowey** - expensive but wonderful home made GF cakes, deserts, soups, etc - chef understands 'gluten free' implications - very tasty but not cheap! <http://www.thedwellinghouse.co.uk>



Graham tucking in at Wagamama

**Eden Project** - sell GF bread (huge portions) and wonderful

soups all in their bakery. Later in day they do a selection of cakes, again huge, enough for two! They are hoping to do scones as well. The other cafés on site also cater well for gluten free diet. <http://www.edenproject.com/com-e-and-visit/plan-your-visit/food.php>

**The Lost Gardens of Heligan** - GF cakes - huge portions of fruit cake! but not good on other meals and soup surprisingly! <http://www.heligan.com/visiting-us/catering/>

By Rachel Moss

Know of any gems? then let us know for our message board. See back page for contact details.



## Tried and Tested Recipe by Mrs. Palmer

### Sandwich cake

#### Ingredients:

Makes 1 cake, 12 muffins or 16 cupcakes  
 175g/6oz butter or margarine  
 175g/6oz caster sugar  
 175g/6oz GF plain flour (can use 'Doves' GF plain flour or rice flour)  
 3 med. eggs  
 1 heaped tbs GF baking powder  
 Few drops vanilla essence  
 1tbsp milk

#### Method

Either mix all ingredients in food processor or beat in a large bowl. Divide mix between two 18cm/7" non-stick cake tins, or 12 muffin or 16 cupcake cases. Cook in pre-heated oven 200°C/400°F for 16mins (cake cases) or 20mins (cake tins). For cake, sandwich 2 slices together with jam, then dust



with icing sugar.

For cupcakes/muffins, melt icing sugar in small amount of hot water and spread over cakes and decorate to taste e.g. cherries.

#### Variations:

For **choc cake**, replace 1tbsp of flour with GF cocoa powder. Cook then cool, then for icing dissolve 2tbsp cocoa powder in 2tbsp very hot water & cool. Beat 375g/12oz icing sugar and 175g/6oz butter/margarine together, add to cocoa mix. Fill and cover cake or cover small cakes & decorate.

For **coffee & walnut muffins/cupcakes**, instead of 1tbsp of milk, dissolve 3tbsp coffee granules in 1tbsp very hot water & add to basic mix. Add chopped walnuts (to taste) to mix just before putting in cases. After baking and cooling, for topping, dissolve icing sugar & cocoa powder in a small amount of very hot water & spread over cakes. Decorate each with a small piece of walnut. Enjoy!

By Diane Palmer

Did you know... if you have Coeliac Disease you can not be recruited in the Armed Forces?



Sherain selling cakes



GF cakes sale

## Addenbrookes' Paediatric Clinic

With the permission of the staff, I have twice attended the paediatric (children's) gastroenterology clinic at Addenbrookes where coeliac children attend for appointments. (Ayshea, working for Dr Schär, also attends some of these clinics). I display information about coeliac disease, details of various gf companies, alongside copies of our group newsletters. The staff are very good at pointing the coeliac children and families in my direction, and my home made cakes on offer also attract attention.

For the families, eating out is a particular issue so it has been great to recommend the various places where our Glutton Club has eaten and also promote the Sea Tree's fish & chips. The prospect of 'safe' fish & chips gets the thumbs up from the children! I also enjoy explaining what coeliac disease is all about to others who are waiting for appointments and have not yet had any diagnosis for their problems. They too enjoy my cakes ('they taste normal')!

I hope to be at the clinic again in November, and will definitely be promoting our food fair.

By Diane Palmer

## Coeliac UK volunteers' conference

Prakash, Dina and I attended the Coeliac UK volunteers' conference in Oct, attended by around 35 groups (about a third of Coeliac UK groups). Topics covered included new services provided, prescription issues, membership and website updates, as well as research projects. Feedback and question times were hotly contested, with Prakash managing to ask a few questions and give some ideas on behalf of our group.

There were also talks by Dr Schär, Warburton's and Juveta, and 2 tea breaks to sample their wares! We mingled with other groups over a cooked lunch, sharing ideas and exchanging information. All the groups

are working hard to provide interesting meetings, recruit volunteers, and attract more families.

A very interesting day and a big thank you to Prakash for driving us to London and back!

By Diane Palmer



## How many types of Wheat?

There are three gluten containing grains Wheat Rye and Barley of which wheat is the most commonly found in foods. Did you know that wheat comes in several types and they all contain gluten?

The following is a list of types or other names for wheat:

**Bulgur** - a processed form of wheat that has been parboiled, dried and cracked

**Couscous** - dried granules of semolina

**Durum** - a type of wheat

**Einkorn** - wheat species with wild and cultivated variants

**Emmer** - wheat cultivated in ancient times but no longer in widespread use

**Farro** - a type of wheat

**Kamut** - a type of wheat

**Semolina** - a granular product of durum wheat

**Spelt** - a type of wheat

**Triticale** - a hybrid cross between wheat & rye

So remember to read the labels as they do not always list these types of wheat, sometimes labels only say "contains wheat starch".



Wheat

By Prakash Nayee

## Guess who I met at ...?

I recently took a friend of mine to The Sea Tree Alternative Fish Bar for lunch and you won't believe who was sat there having Fish & Chips?

Charles Champion!! The Sea Tree is one of three finalists in BBC4's Food & Farming 2011 "Best Takeaway awards". Charles Champion and a BBC journalist were interviewing owner David Farrell for the Radio.

The Winner will be announced in November 2011, so we'll let you know who the winner is in our next Newsletter. Congratulations to David and his staff for this great achievement and more importantly for providing us with Gluten Free Fish & Chips every day of the week. Don't forget we're having their Fish & Chips at our January meeting (Sat 28th at 1.30pm - you need to prebook).

The Sea Tree, 13/14 The Broadway, Mill Road, Cambridge, CB1 3AH Tel: 01223 414349



By Prakash Nayee

Did you know...typical symptoms of Coeliac Disease include abdominal pain, bloating and diarrhoea, but it can also manifest itself as muscle cramps, pins & needles, mouth sores, joint pain and depression.

## Some of our Food Fair exhibitors are...



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Designer menu at The Park

### Food Fair 3<sup>rd</sup> Dec

For more information:

Call Diane Palmer

Tel 01223 233 349

Or

email Prakash Nayee

Cambridge@coeliac.org.uk

Tel 07941 461 721



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## Dates for your Diary

Sat 3<sup>rd</sup> Dec - Gluten Free Food Fair  
(Please pass on enclosed food flyers to friends and/or to your local doctor's surgery/pharmacy)

Mon 5<sup>th</sup> Dec - Christmas Supper at Madingley Hall

Sat 28<sup>th</sup> Jan - Group Meeting with Fish & Chip lunch (£6 for adults and £4 for under 15)

Fri 24<sup>th</sup> Feb - Chinese at The Jade Fountain, Sawston (Price & date tbc)

Tue 27<sup>th</sup> Mar - Curry night at the Saf-fron Brasserie (£20pp)

Sat 21<sup>st</sup> Apr - Group Meeting + AGM

Mon 14<sup>th</sup> May - Go Italian at Carluccio's

Sun 8<sup>th</sup> Jul - BBQ - details tbc

Sat 22<sup>nd</sup> Sep - Group meeting

Please note all Glutton Club events must be paid in full a week before. Payment to Mrs Diane Palmer, 62 Manor Park, Histon, Cambridge CB24 9JT. Cheques payable to 'Cambridgeshire Coeliac Group'.

Any enquiries, ring Diane 01223-233349 (eves) or email Cambridge@coeliac.org.uk

### Our Correspondence Address:

Mrs Rachel Moss,  
Group Secretary  
4A The Borough, Aldreth, Ely  
Cambridgeshire CB6 3PJ  
Tel: 01353 741 709

### YOUR GROUP NEEDS YOU!

Many hands make light work, especially when you can help us organise Glutton Club meals and our Food Fair.

It's never too late to volunteer! Give us a call - "Simples"



Busy in the Kids Activity Corner



Teddy Biscuits

## Advertisement

For a donation place your advert here. Direct circulation to approx. 800 and published on our website

<http://www.coeliac.org.uk/>

Deliciously Wholesome



HALE & HEARTY

### Our Business Card

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