

WESSEX VOLUNTARY SUPPORT GROUP



NEWSLETTER



SPRING 2013

LAST EVENT:

**Cookery Demonstration
by Sainsburys,
Badger Farm**

**Community Centre, Winchester,
Saturday 1 December 2012**

**A very enjoyable and
informative morning was
enjoyed by around 70 coeliacs,
friends and family when Kate
McBain from Sainsbury's
demonstrated four recipes;
tomato risotto,
smoked salmon
crostini,
fruity flapjack and
chocolate log.**

**Samples of the recipes were
passed around the audience
during the demonstration and
copies of the recipes were
available at the end of the
meeting. These recipes can
be obtained via the group's
website which can be
accessed at**

www.coeliac.org.uk/wessex

2013 Annual Dinners, Eastleigh College

The committee would like to pass on their apologies to members who were looking forward to the dinners at Eastleigh College in February. Reluctantly we felt we had no choice but to cancel the dinners. Due to changes in key staff within the restaurant of the college, we did not receive the menu in time to organise the meals.

Judy Allen, Secretary, Wessex Coeliac UK,
Voluntary Support Group
PO Box 389, Eastleigh, SO50 8XZ

AGM, Fish & Chips supper & Quiz

Our Next Meeting, AGM, Saturday 20 April 2013, North Baddesley Village Hall
For a second time our AGM will be held in the late afternoon and be followed by a fish and chip supper and quiz. The meeting will be held in the North Baddesley Village Hall, Botley Road, North Baddesley, SO52 9DT. There is ample parking on site which the hall shares with the Yellow Dot Nursery.

Doors will open at 5.30pm for registration and refreshments and the AGM will start promptly at 6.00pm and should last no more than 30 minutes. As voting can only be undertaken by members of Coeliac UK, please bring with you your Coeliac UK Membership Card. The agenda for the AGM, a copy of the Minutes of the last AGM and Annual Report for 2012 will be given to you on arrival at the meeting, together with a copy of our new Programme of meetings. If you are unable to attend but would like a copy of these reports and the Programme, please complete the enclosed sheet and send it to the address at the end of this newsletter, with a large SAE.

We are keen to find more members who are happy to join the committee to help with our work with newly diagnosed coeliacs and organising the meetings we hold for members throughout the year. This year we are organising another Food Fair in the Guildhall in Winchester, and are particularly looking for help with that.

If you are interested in joining the committee or with helping on the day of the Food Fair, please contact me either via email at wessex@coeliac.org.uk or write to me via the PO Box (address on the attached sheet) so we can contact you in advance of the AGM and tell you more about the work of the committee.

The Fish and Chips / Quiz evening will start at 7.00pm. The price of this event is £10.50 per head, which covers the Fish and Chip Supper and entry to the quiz. Teams will be drawn up at random by the committee prior to the event. There will be prizes for the winning team and as usual there will be a raffle.

Fish and Chips is the only food option on offer but if members or guests want an alternative, e.g. sausages, they may bring their own food which the fish & chip lady will also cook. This food must be in keeping with the theme of the evening and be able to be deep fried and must be gluten-free and clearly labelled gluten-free even for guests, as all food will be cooked in the same fryers. The price remains at £10.50 per person even if you are supplying some of your own food. Please bring your drinks and glasses with you.

If you would like to attend the Fish and Chip Supper and Quiz please return the enclosed sheet together with your cheque. If you have an email address, your tickets will be sent electronically. If not, please send a stamped, self-addressed envelope for your tickets.

Please note, you and your guests are welcome to attend both the AGM and Fish and Chip Supper and Quiz. However if you prefer only to attend the AGM, that is fine. Please respond by Thursday 4th April 2013.

LIGHT BITES

Food Fair, Guildhall Winchester, Saturday

**5 October 2013,
10.30 am – 2.30pm**

We are delighted that Dr David Lloyd, Consultant Gastroenterologist at the Royal Hampshire County Hospital, Winchester, has agreed to speak again at our fair. It is early days yet but the signs are that all the major suppliers of gluten-free food will have stands at the fair and many of the smaller companies. There will also be a Food Tombola so it should be a good day out for all.

Eating out locally

"Caught" a Romsey Fish and Chip shop has started providing gluten-free fish and chips on a Monday evening between 5pm and 9pm. A variety of fish, all cooked to order, as well as gluten-free sausages from a New Forest sausage maker, are being offered. I can thoroughly recommend the fish and chips. "Caught" can be found at 12 Church Street, Romsey, SO51 8BU (01794 512093).

Cookery Demonstration

**By
Glutafin,
Botley Centre,
High Street,
Botley,
Saturday morning,
30 November 2013**

Keeping our costs down

The Wessex Group is indebted to a local company for their support last year, when they paid for the postage for our newsletters. They have offered to continue to help us with postings again in 2013 and as a result we no longer ask members to send us postage stamps. However it is important to keep the cost of postage as low as possible and we would ask members who no longer wish to receive our newsletters to kindly notify us on the enclosed sheet.

Visit our Website

Thanks to our Website Editor, Kevin Sessions, our website is even more informative. A copy of this newsletter, more about the group and our meetings, links to gluten-free suppliers and much more can be found on the website, www.coeliac.org.uk/wessex or you can

South West Wilts. Coeliac Group

Is to hold a Food Fair on **Saturday
29th June 2013, 10.30am 'til
3.0pm** at **Salisbury Livestock
Market, Netherhampton Road,
Salisbury**, where there is ample
parking.

Local Food Producer

Red House Foods is a dedicated gluten-free producer based in Amesbury which specialises in coated gluten-free savoury products. Their Chicken Bites and Chicken Grills can be found in the frozen sections at Asda and Tesco's under their brand name Georgia's

CAESAR SALAD

Ingredients

4 Georgia's Choice Chicken Grills
1 large Cos or romaine lettuce
Small block of Parmesan cheese
2 rashers streaky or back bacon (optional)
Anchovies – 8 (optional)

Dressing

1 garlic clove,
Small tub of low fat yoghurt
Juice of small lemon
Finely grated Parmesan cheese
Pepper to taste

1. Heat the oven to 200C/fan 180C. Place chicken grills in the oven and bake, turning once, for 20 minutes.
2. Place bacon in the oven and remove when crispy. Cool and chop roughly.
3. Wash lettuce and pat dry
4. Bash garlic with flat knife and peel off the skin. Crush with garlic crusher. Mash anchovies with a fork against the side of a small bowl. Grate handful of cheese and mix with rest of dressing ingredients. Season to taste. (Should be consistency of yoghurt, if too thick add few teaspoons of water.)
5. Shave cheese with a peeler. Tear lettuce into large pieces and put in a bowl. Cut chicken grills into bite size strips and scatter over leaves.
6. Gently toss the leaves and chicken strips in some of the dressing. Scatter over the bacon bits and anchovies and finish with Parmesan shavings and more dressing.

More information and recipe suggestions can be found at www.redhousefoods.co.uk.

Sweet Mandarin launches gluten-free sauces in Sainsbury's

Twins Helen and Lisa Tse, who were successful in gaining a financial offer from two of the Dragons in Dragons Den, have now launched a range of sauces in Sainsbury's following approval by Coeliac UK for their products. The sauces, barbecue, sweet chilli and sweet & sour are stocked in 500 Sainsbury's in the Free From Aisle. This company has kindly provided the recipe Sweet and Sour Chicken for 2 people.

SWEET AND SOUR CHICKEN

Ingredients

Small green pepper, de-seeded and cut into 2.5cm / 1 inch cubes
Small onion, peeled and cut into 2.5cm / 1 inch cubes
Small carrot peeled and sliced on angle into thin pieces
Small tin of pineapple, drained and cut into chunks
2 skinless and boneless fillets of chicken breast cut into chunky cubes (not too large as they would take too long to cook)
200g of potato or corn starch
Sweet Mandarin sweet and sour dipping sauce
Small bottle of vegetable oil

Marinade

Pinch of salt; Pinch of sugar; 3tsp potato starch
3 tbsp water

1. Marinate chicken cubes then coat each cube in potato starch to form light batter.
 2. Half fill a pan with vegetable oil and turn heat on high. Check if oil is hot enough to deep fry by putting a wooden chopstick in the oil. If bubbles appear, it is hot enough.
 3. Cook chicken in small batches so each ball is cooked evenly. It takes around 5-8 minutes. Then scoop out the chicken and drain on a paper towel.
 4. In a hot wok, add one tablespoon of the hot vegetable oil. When smoking add the prepared vegetables and stir fry for a few minutes to soften but still keeping a crunch.
 5. Add Sweet Mandarin sauce and bring to the boil.
 6. Add cooked chicken balls and toss thoroughly to coat completely. Cook for 5 more minutes. Don't overcook or sauce will go black from caramelisation.
 7. Serve with steamed fragrant rice.
- More information on the sauces and the company can be found on www.sweetmandarin.net.

Please tick all sections which apply.

Dear Judy

AGM

- Please reserve for me.....places at Wessex Group’s AGM on Saturday 20 April 2013.
- I am interested in joining the committee.
- I am unable to attend the meeting.
- I would like to remain on the database of Wessex Group
- I would like to receive a copy of the Minutes of the last Meeting, the Annual Report and programme.
I enclose a large stamped addressed envelope.

Fish and Chip Supper and Quiz

- Please reserve for me places for the Fish and Chip Supper and Quiz on Saturday 20 April 2013. I enclose a cheque payable to **Coeliac UK – Wessex Group** for the sum of £ _____ (£10.50 per person) and a stamped addressed envelope for the tickets (if no email address).

Name.....

Address.....

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Telephone.....

Email.....

Signature.....

Date.....

NB If you don’t receive your tickets by 13th April please let me know by email if possible to wessex@coeliac.org.uk or by telephone on 01794 512093.

Judy Allen, Secretary
Wessex Coeliac UK
Voluntary Support Group
PO Box 389
Eastleigh
SO50 8XZ

Give us your feedback please

In this newsletter we have included two recipes given to us by gluten-free food suppliers. Please let us know if you would like a “Recipe” corner, perhaps you have a favourite recipe you would like to share with others. Or would you prefer to have recipes from professionals? Please let us know what you think about our newsletters and any items you would like us to include.