

**GROUP ORGANISER:
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HAPPY NEW YEAR

Hello Everyone

I hope you all had a good Christmas and did not get too wet, Peter and myself were sailing the high seas to the Canary Islands in some very rough seas in fact on our way back I kept remembering the film, Poseidon Adventure as we were listing sideways and there was quite a lot of breakages in the bars and restaurant, I was really glad to get back onto 'terrafirma'.

I have had some lovely feedback from the November meeting when Diana, our member, who also works with Dudley on the Cookery Courses gave a demonstration and tastings, again many thanks Diana. We are looking forward to our forthcoming dinner at Halesowen College, unfortunately we are fully booked and I will be unable to attend as I will be on my way back from Athens where Peter is due to receive a prestigious photography award. I will however be at the coffee morning and hope that we have a good turnout, I am sure it will be as successful as the others have been.

We have brought the AGM/Spring Meeting forward to the beginning of May so please make a note in your diaries.

I am sorry the Newsletter is later than normal, time seems to be flying by and I don't seem to be moving at the same pace of life.

If you wish to receive the newsletter by post please don't forget to let me have 4/6 sae's

Please contact the group by email at stourbridge@coeliac.org.uk or 01299 832366

COFFEE MORNING To be held in Merry Hill at Asda which is nearer to the bus station and maybe more practical for the less mobile and those members who do not drive. We had a good time last time so please do come along.

NEW PRODUCTS

Mrs Crimbles have launched two new product ranges - Cereal Bars (3 flavours) and only 150 calories and Italian Pasta with sauce that is microwaveable (3 flavours)

Udi's have launched 9 snacking products including fruit and nut bars, cheese puffs and tortilla chips

Gluten Free Bury Black Pudding is launching into 174 Morrison's stores throughout the UK.

LAURENCE GOUGH & SONS Butcher on the High Street in Stourport on Severn has a large range of Gluten Free pies, pasties, sausages, beefburgers, etc Telephone 01299 822992

NEW NO 19 CAFE, OLDSWINFORD Loads of free parking behind the shops they offer normal food and gluten free options for light lunches, cakes etc.

MERCHANTS FISH SHOP near the park in Stourbridge have gluten free Monday, Tuesday and Wednesday 12 - 9

CARLUCCIO'S (Italian restaurant chain with a branch in Worcester)

HANDMADE BURGER CO (3 branches in Birmingham)

have both now received accreditation from Coeliac UK

GLUTEN FREE RECIPE CORNER!

EGG, DAIRY & GLUTEN-FREE PANCAKES

courtesy of www.bbcgoodfood.com

125g gluten-free plain flour
(eg Doves Farm)

egg replacer, equivalent to 1 whole egg (eg Orgran No Egg - see tip)

250ml hemp milk
(Good Hemp, make ahead, this mixture keeps for a few days stored and covered in the fridge. Give a good whisk before using.)

sunflower or rice bran oil, for frying

orange segments and agave syrup to serve



1 Put the flour in a bowl and make a well in the centre. Pour in the Orgran egg replacer and a quarter of the milk. Use an electric whisk to thoroughly combine the mixture, then beat in another quarter of the milk. Once lump free, mix in the remaining milk. Leave to rest for 20 mins. Stir again before using.

2 Heat a small non-stick frying pan with a splash of oil. When hot pour a small amount of the mixture into the pan and swirl around to coat the base – you want a thin layer. Cook for a few mins until golden brown on the bottom, then turn over and cook until golden on the other side. Repeat until you have used all the mixture, stirring the mixture between pancakes and adding more oil to the frying pan as necessary. Serve with an orange wedge and a drizzle of agave syrup or filling of your choice.

Specialist ingredients

Hemp milk is a nutritious milk substitute that has a slightly sweet flavour. It lends itself well to sweet pancake fillings. Buy hemp milk, egg replacers and gluten-free flour from large supermarkets or health food shops. In this recipe we used 1 tsp Orgran No Egg mixed with 2 tbsp water. This is the equivalent to 1 whole egg.

FORTHCOMING EVENTS

Please contact Pat either by email: stourbridge@coeliac.org.uk or 01299 832366



COFFEE MORNING

ASDA MERRY HILL
ON
WEDNESDAY 16 MARCH
11 am

SPRING MEETING/AGM

Saturday 7 May
2.30 pm start
The United Church, Lye

Please note earlier date

One of our members has recommended a lady named Teresa Matten who produces home made cakes/savouries etc and sells them at Hagley Community Centre Market on a Friday morning. She often has gluten free and will always make to order.

CAKES AT GROUP MEETINGS It has been requested if we could possibly include one of our refreshment cakes as Dairy Free for any members that have dairy or lactose allergies.