

MADISON AREA GLUTEN INTOLERANCE CHAPTER M.A.G.I.C.

<http://www.madison.com/communities/gluten-free/>

CSA/USA, INC. – Madison Area Chapter #41 – Affiliated 1993

Next Gathering: Wednesday, May 10th

5:30pm

G.F. Dinner @ Fyfe's Corner Bistro

1344 E. Washington

RSVP to Bob Coffin

216-0352

*******NO MEETING IN MAY*******

MAGIC MEETING MINUTES

April 8, 2006

Attendance: Suzy Ardelt, Aaron & Charlene Avery, Leigh Barczy, Kathy Beringer, Kathy Borner, Teresa Brausen, Hollee Cesar, Bob & Penny Coffin, Nancy Dott, Nancy Duerst, Sue Farrey, Jacki Friend, Emily Frigo, Barb Hennings, Tricia Kalscheur, Margaret Kramer, Sean Lamb, Dale Marsden, Dan & Tammie Moodie, Bev Nelson, Pat Pelletier, Deb Robbins, Betty Roberts, Sarah Rose, Jane Ross, Karin Schei, Darlene Schulenberg, Nancy Spencer, Lenore Swalheim, Marge Westergard, Dawn Whyte, Lynn Wood

Reports

President's Report:

Nancy received a call from a person in Whitewater who is trying to find a bread recipe without gum. He has several food allergies and cannot use tapioca flour. Let her know if you have suggestions.

Treasurer's Report:

Bob reported on the current status of the MAGIC bank accounts. April 1st is the new renewal date: \$20.

The May 10 dinner out will be at Fyfe's Corner Bistro. RSVP forms were distributed. Please respond by April 27. There will be a fixed cost of \$20 per meal, and MAGIC will pay the remaining cost. Drinks will be available at a cash bar. There are 3 entrée choices. The chicken and salmon entrée contain no dairy. Doors will open at 5:30pm, and the dinner will be served at 6:15pm. Please make checks out to MAGIC.

Bob and Penny Coffin recently returned from a visit to Chile. Bob mentioned the local celiac associations and meetings that they attended while on vacation.

Secretary:

We are still in the process of looking for a secretary for next year. Please contact Nancy if you are interested. There is a possibility of sharing the position, which will start in August.

New Members:

Hollee is a new member and mentioned she came across a gluten free menu at Monty's Blue Plate Diner on Atwood Ave. She is currently waiting to have a biopsy.

Deb Robbins is also a new member.

NEW BUSINESS

Kitchen organization ideas:

- air tight jars, especially for brown rice, which tends to spoil faster
- add bay leaves or spearmint gum to your cupboards to help prevent bugs
- have separate cupboards or areas of the kitchen that are GF to prevent cross contamination
- montina is pretty shelf stable

Char from C's Specialty Foods is here today with products available for purchase. Her store is the largest provider of GF foods in Madison. Char's email is CsFoods@tds.net Website is coming soon. www.C'sSpecialtyFoods.com

In June, Megan Shannahan, an anesthesiologist and former MAGIC president, will discuss how you should talk to your doctor about celiac disease.

ANNOUNCEMENTS

Bunky's on 2827 Atwood is selling GF pizza, pasta, sauces and coffee cake. Call Theresa, the owner, to make sure GF pizza is available. www.bunkyscafe.net

Biaggi's will make GF pasta. Call them before you go.

Vin Santos in Middleton also has GF pasta. The chef's mother has celiac. Calling ahead is recommended.

A R.O.C.K. group has been formed in Waunakee. The first meeting was held in October, and 30 families have joined so far. Call Dawn Whyte 849-8228 or email dhwhyte@tds.net with any questions.

Delitalia is no longer open on Sundays. They still make pizzas for the Silly Yak Bakery. The pizzas are available frozen with cheese and sauce. Call ahead to make sure they are in stock at the Silly Yak Bakery.

As mentioned at last month's meeting, the Market Street Diner in Sun Prairie does have an extensive GF menu and stocks rice noodles. The restaurant is still experiencing growing pains, but the manager is very interested in helping us. The soy sauce still contains gluten. It is possible in the future that their bakery may start making GF items.

Food News:

Veggiburgers—Fresh portabella mushrooms & garden vegetables. 11 g of Soy protein.

Visit www.veggiburger.com/pages/portabella.html for ingredient listing.

Available at Woodman's West (refrigerator case along back wall of produce section) and Miller's in Verona (deli case of the produce section).

Gluten Free Meatballs

Submitted by Trica Kalscheur
yield 80 1' meatballs

3 lbs ground chuck
1 box Ener-G crackers (7 oz., use both pkgs)
2 c skim milk
2 T minced onions (I use Durkees)
2 t salt
¼ t pepper

Crush the crackers and stir in the other dry ingredients and milk. Add the ground chuck and mix until blended. Form into one inch balls and place on an 11x17 inch jellyroll pan or similar type pan with sides to catch any grease. 40 meatballs will fit on n 11x17 pan. Brown meatballs in 350 degree oven for 15 minutes. Transfer meatballs to a crockpot and add barbeque sauce (see the recipe below) Meatballs can also be frozen and added to your favorite sauce.

Barbeque Sauce for Meatballs

Submitted by Trica Kalscheur

1 ½ c brown sugar
4 T Worcestershire sauce
1 c vinegar
1 c coarsely chopped onion
1 c ketchup

Bring ingredients to a boil and pour over meatballs. If the sauce doesn't cover all the meatballs, periodically use a b ster to ensure meatballs near the top of the crockpot get coated with sauce.

Mushroom Sauce for Meatballs

Submitted by Trica Kalscheur

For an easy dinner, pour a can of Progresso Creamy Mushroom Soup over the meatballs (you will probably need a can of soup for every 20 or so meatballs you use), add some chopped onion and green pepper and season with salt and pepper. Cook for 2-3 hours in a crockpot or for about 45 minutes in a 350 degree oven. (Frozen meatballs may need more time to heat through). Add a side of potatoes and vegetable and your meal's complete.

Strawberry Jello Dessert

2 c crushed g.f. pretzels
¾ c melted butter
3 T sugar
Mix together. Bake & cool.

8 oz. cream cheese
8 oz. Cool Whip
½ c sugar
Mix & spread over crust.

2 3oz. pkgs. Strawberry Jello
2 c boiling water
2 10 oz. pkgs. frozen strawberries
Mix & cool. After it has cooled completely pour it over the cream cheese mixture, chill.

Corn Cereal Mix

¾ c packed brown sugar
6 T butter
3 T corn syrup
¼ t baking soda
8 c Rice Crunch 'ems
¼ c semisweet chocolate chips

Micro brown sugar, butter, & corn syrup in large bowl on high for 1-2 minutes until butter melts. Stir in baking soda until dissolved. Stir in cereal. Micro on high for 3 min. stirring every min. Spread on cookie sheet. Cool 10 min & break into bite-sized pieces. Micro chocolate chips in small bowl on high for 1 min. 30 sec. Drizzle over cereal. Refrigerate 30 min. or until chocolate is set. Store in airtight container. Stir in 1 cup broken g.f. pretzels or ½ c honey roasted peanuts or M&m's.

Recipes:

Ice Cream Torte

LaCrosse Area Celiac Group

Crust:

1/3 c softened butter 1 ¼ c cornstarch
¾ c powdered sugar 1 t xanthan gum
¼ c oil ½ t salt
¾ c potato starch 3 T cream

2 Heath bars – crushed

In a large bowl, cream together butter and powdered sugar. Add remaining ingredients. Mix well, being sure to remove all lumps. Press into a 9 x 13 cake pan. Bake 20 min at 325.

Filling:

2 pkg. instant vanilla pudding
2 c half & half or milk
½ qt butter brickle ice cream
8 oz. Cool Whip
¼ t vanilla

Bake crust & cool.

Combine pudding and half & half. Mix well and add ice cream. Pour over crust and let set until firm. Top with Cool Whip and crushed Heath bars. Keep refrigerated.

Spend time up in the Northwoods?

Mellen's Lifestyle Pizza offers gluten-free, wheat-free crusts

By KEVIN O'BRIEN, The Daily Press
Monday, January 16th, 2006



Kevin O'Brien
Doug and Patty Sorrels display two of their homemade pizzas at Lifestyle Pizza in Mellen, where the couple makes crusts that are free of gluten, yeast and wheat.

MELLEN - Being intolerant to wheat, yeast or gluten can severely limit a person's choices at the dinner table, but thanks to a new business in Mellen, pizza does

not have to be off limits for northlanders with special dietary needs.

Doug and Patty Sorrels opened Lifestyle Pizza in November and have started providing local grocery stores with their unique brand of frozen pizzas and crusts.

As someone with a yeast and wheat intolerance, Doug knows how difficult it can be to find pizzas that accommodate his dietary needs.

"With a product like this, you can't walk into a store and buy it ready-made," Doug said. "Everything has to be made from scratch."

One day, after Patty made him a pizza, Doug decided they could make and sell their own crusts to people with similar intolerance problems.

The couple uses white rice flour, potato starch and tapioca flour to make the crusts, which are sold by themselves or with toppings. All of the crusts are made without yeast, wheat, gluten or dairy products.

All of Lifestyle Pizza's crust ingredients come from Bob's Red Mill in Oregon, which guarantees its products are gluten-free. Their store and all their products are also USDA certified.

"We have letters of guarantee on all our ingredients," Doug said.

Those who want fully-made pizzas can choose between plain cheese, a specially-made sausage from the Meat Palace in Hayward and the deluxe, which includes green and red onions, mushrooms, and sausage.

"Our pizzas are only 10 inches wide, but our deluxe pizza weighs one pound, 10 ounces, so it's a good pizza," he said.

Sorrels said they are also looking at adding a gluten-free pepperoni topping in the future.

Eating gluten-free food is especially important for people with celiac disease, a condition that makes the small intestine sensitive to gluten products.

Although one in 200 Americans have the disease, Sorrels said many of them don't realize it because the disorder is difficult to diagnose.

"Doctors are just finding out about this," he said.

Even people without a gluten intolerance can enjoy Lifestyle Pizzas, the couple said, but it may take some getting used to.

"It has a different texture to it," he said.

Before they opened their store, the couple went to training in Wausau, where they met at least one lady who was excited about the prospect of a gluten-free pizza company.

"The more we're getting into this, the more people we're finding," he said.

Though people are free to stop in to their store in downtown Mellen and purchase a pizza, the couple said most of their sales are

made through area grocery stores.

Lifestyle Pizza is sold at the following locations: The Chequamegon Food Co-op and County Market in Ashland, the Express Mart in Mellen, the Meat Palace in Hayward, Trig's in Minocqua, SuperOne in Duluth and Ironwood and Northwinds Natural Foods Store in Ironwood.

"They're keeping us busy, for now," Patty said.

Lifestyle Pizza
Doug and Patty Sorrels
107 E. Bennett St., Mellen, WI
715-274-2100

4 Varieties of Pizza: Plain Crust, Cheese, Sausage, Deluxe (green & red peppers, mushrooms, onion & sausage)

Retail price \$4.30-\$7.90

No Bake Cream Cheese Dessert

(Except GF Crust)

LaCrosse Area Celiac Group

Flax Meal Shortbread Cookie Crust

½ c butter, softened
¾ c brown sugar
1 egg
¾ c sorghum flour
½ c flax seed meal
¼ c sweet rice flour
½ t ginger
¼ t salt

Filling

2 8 oz. pkgs cream cheese, softened
2 14 oz cans sweetened condensed milk
2/3 c lemon juice
2 t vanilla

Topping

1 21 oz. can cherry pie filling or fresh strawberries and chocolate syrup

Cream the butter and brown sugar together and add the egg. Stir in the flours, flax meal ginger and salt. Spread evenly onto the bottom of a 13x9 greased baking dish or pan. Bake at 300 for 15-30 minutes. Let cool completely.

Let cream cheese stand at room temperature until softened. In medium bowl beat cream cheese until light and fluffy. Slowly add sweetened condensed milk, beating until smooth. Stir in lemon juice and vanilla until well mixed. Pour onto crust. Chill 3 hours, until firm. Cut into squares and serve topped with a spoon of chilled cherry pie filling or fresh strawberries and chocolate syrup.

BREAD MAKING TIPS

Jenne Bieth
Special Order Market and Bakery

Whether you are using a mix or following a recipe these tips apply.

Water should be warm following these guidelines.

-If yeast is put in with the dry ingredients the temperature of the water should be 120-130degrees.

-If yeast is diluted in water with sugar temperature of the water should 110-120 degrees.

-If using a bread machine water temperature should be 80 degrees.

Use fresh active yeast. If you are not sure that the yeast is active try this test. (This will be enough yeast for one medium to large loaf)

-Place 2 1/4 tsp yeast in a glass measuring cup with 1 TBSP sugar and 1/2 cup warm water (155 degrees)

-Wait about 3-4 minutes

-Yeast should absorb water and bubble up to the one-cup mark forming a foamy crown

-If you get close to one-cup mark the yeast is good and active.

Whatever amount of water the recipe calls for start out with less. Humidity in the environment will affect the amount of water needed. It is easier to fix dry dough than to fix wet dough.

* Most standard gluten free bread dough will be somewhat thicker than a pancake batter consistency. When mixing the dough should cling to the beater and form thick, shiny, ribbon like strands.

If making a French loaf or shaped loaf less water may be used but you will need to oil your fingers to keep the dough from sticking.

To make an egg free bread using egg replacer powder follow the water to powder ratio on the box. Place in mixer bowl and whip until it resembles frothy egg whites. Set aside and add to wet ingredients as the recipe recommends.

When proofing the dough do not let the dough rise too much. Look for the dough to double in size but not form bubbles cracking through the top.

To get a nice even crown on the loaf try putting oil on your fingers and smooth the dough before putting in the oven.

If you want a shiny crust baste the top of the loaf with an egg wash about 15 minutes into the baking time.

For a tender crust coat the top of the loaf with butter or margarine immediately after taking it out of the oven.

The most common mistakes:

Too much or too little water.

Water is wrong temperature.

Not proofing dough enough.

Proofing dough too long.