

**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: Saturday, April 14, 2007
10a.m. – 12 p.m.
Prairie Park Apartments—6530 Schroeder Rd., Madison**

**Char from C's Specialties
Gluten Free Products for Sale**

MAGIC Meeting Minutes

March 10, 2007

Attendance: Aaron & Charlene Avery, Leigh Barczy, Teresa Brausen, Tom Casey, Penny & Bob Coffin, Susan Cohen, Nancy Dott, Nancy Duerst, Jane Evans, Sue Farrey, Ellen Fitzsimmons, Judy Haight, Barb Hennings, Jill Kessler, Sean Lamb, Brenda Landerud, Tammy Moodie, Bev Nelson, Alex Pierschalla, Carlos & Bonnie Rodriguez, Darlene Schulenberg, Jennifer Sharp, Kathy Stanton, Kay Thompson, Marjorie Westergard

Barb Hennings opened the meeting by welcoming everybody in attendance.

REPORTS

Secretary:

There were no corrections to previous minutes.

Treasurer:

Bob Coffin gave the Treasurer's Report as follows:

- ❖ Bank balance as of Friday, March 9, is \$ 4,278.26. Adjustment against that is \$ 135 (est.) for monthly expenses: newsletter, hospitality & new members for end-of-March net of approx. \$4,140.
- ❖ Currently have 100 members paid up for 2006 – 2007, compared to 96 on this date last year.

New Members:

New members Susan Cohen and Alex Pierschalla were introduced. Trent Brown is also a new member, but was not present.

Penny Coffin has completed the Mentor handout, but it isn't printed yet. Mentors work with new members who need personal assistance in adjusting to and coping with the gluten free diet.

Barb had received more copies of the brochure from the National Institutes of Health called Celiac Disease and these were available for everyone to take. This is also available at www.digestive.niddk.nih.gov.

Library:

The library has 5 new books, one of which is Celiac Disease: A Hidden Epidemic by Dr. Peter Green. This was donated by Sarah Rose.

Today's Speaker:

Our speaker this today is Linda Simon. The topic was "Gluten Free Kitchen Therapy". Linda is a registered dietitian, a certified personal chef, a member of CSA and a true believer in great tasting healthy meals. She knows that eating well at home really is the best health insurance.

She has over 16 years experience with special dietary needs in dialysis centers, hospitals, and nursing homes. She has 7 years experience as a personal chef, meeting the unique needs of families, singles, and seniors. She's developed an array of great gluten free dishes, from breakfast to dinner, and desserts to snacks. Linda has taught fellow dietitians and chefs from around the country how to conduct engaging cooking classes. She can teach you how to make delightful gluten free, diabetic, cardiac, renal, or other special meals!

Linda cooks with lots of fruits and veggies, lean meats, good fats, and good carbs. She's experienced with gluten free whole grains, flours, mixes, and gums. She can teach you how to use various rice flours; corn meal, polenta, masa, and corn flour; sorghum, amaranth, and millet flours; buckwheat groats and flour; potato, corn, and tapioca starches.

She'll walk with you through gluten free label reading, menu planning, shopping, cooking, and storage. She'll help you overcome all your gluten free kitchen issues.

She discussed

- how to set up a gluten free kitchen
- how to prevent cross contamination when not everyone in the household is gluten free, like using separate toasters, colanders for draining pasta, condiments, etc. Need to set aside items and label them with the person's name.
- some simple successful substitutions for pasta, soy sauce, and sauce thickeners (such as sweet rice flour) to use in cooking
- easy grain dishes to serve instead of bread, such as risotto, pilafs from rice or quinoa, polenta
- healthy, high fiber alternative flours such as amaranth, bean, brown rice, millet, sorghum, and teff
- using gums
- her favorite gluten free cookbooks, which are The Best Gluten-Free Family Cookbook, and 125 Best Gluten-Free Recipes, both by Donna Washburn and Heather Butt.

Linda also brought several samples of gluten free flours and grains, along with her cocoa bean brownies and carrot cookies for treats.

Update on the Banquet:

Aaron and Charlene Avery are working on the banquet which will be Monday, May 14, at Bunky's, 2827 Atwood Avenue. This will be a private party for the MAGIC group. All the food will be gluten free with some dairy free options, along with desserts. There may be a couple of pasta dishes, pizza, and soup.

Announcements and Sharing:

Bob Coffin has been invited to speak at the November meeting of the Fox Valley Celiacs in Appleton on the topic of "Quacks & Frauds".

The Gluten Free Restaurant Committee currently consists of Aaron Avery, and he works with restaurants when he can to help them understand the gluten free diet. Anyone interested in helping, contact Aaron.

Charlene Avery asked whether anyone is going to the GIG Conference in June in Richmond, VA.

Sami's Bread, carried by C's Specialties, is made in a shared facility and recently tested at high levels for gluten.

Per Marge Westergard, Papadini High-Protein Lentil Pasta, made in California by Adrienne's, is quite good.

Sarah Rose talked with Linda Simon about setting up a cooking class at All Through the House in Stoughton, a shop that carries fine cookware, kitchen tools, and gourmet foods and wines from around the world.

Penny Coffin mentioned a new book that's out called [The Gluten Connection](#) by Shari Lieberman with Linda Segall. Linda Simon noted that Shari Lieberman is no longer a dietician per the ADA.

There was open discussion of the gluten free diet as the new diet fad, with many people wanting to know about the diet without ever being diagnosed.

Next Meeting:

April 14 – Cs Foods will bring products for sale.

Upcoming Meetings:

May –	Banquet at Bunky's
June 9 –	Updates on Local GF Resources
July –	Picnic
August –	Officers meeting

Celiac Disease In the News...

Dr Greene recently appeared on the ABC show, "The View" to discuss celiac disease. Elisabeth Hasselbeck, one of the co-hosts on the show, has celiac disease and is treated by Dr. Peter Greene. A lot of good information was shared. In addition, many choices for gluten free food were shown. Furthering the exposure of Celiac Disease by being thrust into the national spotlight can only help our cause.

Recipes from Linda Simon, G.F. Kitchen Therapy

Carrot Cookies

1 cup mashed cooked carrots
2 cups Heartland's Finest Gluten-Free Performance Blend Flour
2 teaspoon baking powder
1/4 teaspoon salt
3/4 cup sugar, granular
1/3 cup canola oil
1/4 teaspoon vanilla extract

Mix together the dry ingredients until combined. Then add the remaining ingredients, stirring until blended.

Drop heaping teaspoon amounts, and flatten slightly onto cookie sheets.
Bake in a 350 degree oven for 12 to 15 minutes.
Remove and frost while slightly warm. (Makes 2 to 3 dozen cookies)

Orange Frosting

1 1/2 tablespoon orange rind (zest)
1 1/2 teaspoon butter (omit for dairy free)
2 1/2 tablespoon orange juice
Add powdered sugar until creamy frosting consistency

Excellent soft moist cookie, combining a sweet cookie with the tang of oranges. And you get your vegetables too.

Cocoa Bean Brownies (or Flourless Chocolate Cake)

A thin batter puffs during baking, then deflates a little. Very chocolaty, very yummy.

1/2 cup cocoa
1/3 cup canola oil
15 ounces canned garbanzo, kidney, or black beans-drained
1 1/4 cup sugar
3 eggs
1/2 teaspoon baking powder

Preheat oven to 350 degrees.

Put all ingredients in a blender and process until smooth. Spray 8x8 inch pan with cooking spray. Pour batter into pan and bake for 40 minutes, or until brownies are just set. Cool, cut and serve.

For a flourless chocolate cake and a fancier presentation pour batter into a round cake pan.

Cut into wedges and serve with raspberry or strawberry sauce. Serves 9.

Bry's Bread is the latest breakthrough in gluten-free, pre-sliced sandwich bread. Our bread comes vacuum-packed for ultimate freshness. The loaves are pre-sliced and ready to eat - to enjoy the most, be sure to toast!

Bry's Bread is ONLY available at Gluten Solutions - www.glutensolutions.com – for just \$4.95 per loaf.

Here are some reviews:

"This is the one and only bread that I have tried and loved. I have been gluten free for 3 months now and was starting to give up on ever being able to eat a sandwich again. I am really starting to feel normal again thanks to this bread!"

- Red Bank, NJ

"I love this bread. For the first time in over 6 years I was able to have a roasted turkey sandwich without it falling apart. I almost cried. I toasted it lightly first. I highly recommend this bread."

- Lexington, KY

Ask the Cook

Clan Thompson Celiac Newsletter
Issue #100 March 6, 2007

Dear Connie,

I was all set to make a fresh home made pot of lentil soup for my son with Celiac disease, when I was disturbed by the label "may contain wheat or soybeans". A conversation with a GOYA representative revealed the factory that bags the lentils also processes barley. It is commendable the label did reflect "may contain wheat", although I don't believe the labeling laws require that for barley at this time. It was explained that the equipment for barley and lentils is shared. It is not washed between uses, but air blown. It was explained their canned soup was gluten free because the equipment is washed and the lentils are not processed where barley is processed. The representative further explained lentils typically grow near barley. Because of this, some barley could be mixed with lentils, though highly unlikely. Are lentils gluten free if the equipment is air blown after barley is processed? Will gluten be removed if I carefully sort and wash the lentils? Is cross contamination possible because lentils grow near barley, similar to what occurs with oats being contaminated by growing near wheat? Lentils are so healthy and it would be so unfortunate if individuals with celiac are not able to eat them. Thank you for your help in this matter. Sincerely, Barbara

Barbara, you certainly have done your homework. Good for you. Whenever you buy dried beans, you should sort through them. Not only may barley be among the lentils, but so can stones! I am not a chemist, so I can't tell you for sure that sorting and washing the lentils will keep them GF, but the lentil casing is hard and I would assume that a good washing will suffice. You can also put them in a pot of water, bring the water to a boil, then strain the lentils, throwing the water out, then rinse the lentils with cool water. Add fresh cold water to the pot along with the lentils and continue as your recipe directs. This procedure not only should eliminate any cross-contamination, but it will also release some of the gas from the beans. The reason that oats is such a problem is that it is harvested and processed by machines. If stray wheat or barley is harvested along with it, then that wheat or barley becomes part of the processed oats. With lentils, it's a bit different because they are not a 'processed' food in that manner. Each lentil retains its hard casing to protect it from contamination. Now, if you are talking lentil flour--that may be another story. Connie

Dairy-free Cream of Mushroom Soup

4 Tbsp. dairy-free margarine (Fleishmann's) or olive oil
2 onions, finely minced
12 oz. mushrooms, finely chopped
4 Tbsp. cornstarch
1 Tbsp. paprika
2 cups chicken broth*
1/2 tsp. salt
1/2 tsp. pepper

In a large saucepan, saute onions and mushrooms in margarine (or olive oil). Remove vegetables. To pan, stir in cornstarch, paprika, salt and pepper. Cook for 30 seconds, stirring constantly. Slowly add broth, stirring with a whisk to prevent lumps. Cook over medium heat, stirring constantly, until thick. Do not allow mixture to boil. Stir in vegetables. *Casein-free soymilk may be used in place of the chicken broth to attain the traditional 'whitish' color of cream of mushroom soup, but there is more taste using the broth.

Chicken Enchilada Casserole

1/3 cup cornstarch
3 1/2 cups chicken broth
1 can (14 1/2 oz.) diced tomatoes, undrained
2 Tbsp. cider vinegar
1 pkg. GF/CF taco seasoning ("Pareve" will be on label)
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. garlic powder
2 1/2 cups cooked, diced chicken
1 cup frozen corn
18 corn tortilla shells

In a large, nonstick pan, slowly whisk broth into cornstarch until smooth. Stir in tomatoes, vinegar, taco seasoning, and spices. Let simmer until it thickens slightly. Stir in chicken and corn. Cut tortillas into strips; add to sauce. Spoon mixture into a 9 X 13-inch baking dish. Bake at 400 degrees for 25 minutes.

Linda Simon's G.F. Cooking Class

Thanks to Teresa, we have secured our regular meeting room for our **Cooking Class on Saturday, April 28 from 9:00 to noon**. Linda plans to teach us four desserts, both delicious and healthy.

The maximum number of participants is 20. Linda will be charging \$250 for her time, travel, and supplies. If we fill the 20 spaces, your cost will be \$12.50. If we have fewer participants the cost will be higher. The price of a cooking class in Madison ranges from \$22 to \$45 so we will be getting a good price. I will let you know the cost when we have a firm list of participants. Linda is a Registered Dietitian and a Certified Personal Chef.

We will fill the class on a 'first come, first serve' basis so if you wish to be included, please let me know soon, definitely before the next MAGIC meeting on April 14. If there are spaces left we will open it to others at that time.

Sarah Rose

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