

**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, June 9, 2007  
10 a.m. – 12 p.m.  
Prairie Park Apartments—6530 Schroeder Rd., Madison**

**Tammy Moodie will update us on local resources  
&  
Outback Steakhouse Restaurants  
“How Can We Better Serve the Celiac Population?”  
Outback G.F. Brownies will be served**

**MAGIC Meeting Minutes**

**April 14, 2007**

**Attendance:**

Kathy Beringer, Kathy Borner, Teresa Brausen, Bob & Penny Coffin, Christine Crubaugh, Nancy Dott, Cheryl Dykhulsen, Ellen Fitzsimmons, Jacki Friend, Judy Haight, Barb Hennings, Tricia Kalscheur, Sally Keleny, Heidi Klahr, Dan & Tammy Moodie, Alex Pierschalla, Claire Poppe, Deb Robbins, Betty Roberts, Carlos & Bonnie Rodriguez, Sarah Rose, Jane Ross, Mary Lee Rossmassler, Darlene Schulenberg, Jennifer Sharp, Linda & Ralph Stauffacher, Walter & Karen Thieszen, Linda Watson, Marge Westergard, Julie Winding

Barb Hennings called the meeting to order. Barb brought pound cake for sampling.

**REPORTS**

**Secretary:**

There were no corrections to previous minutes. Jacki Friend did not receive last month's newsletter.

**New Members:**

Kathy Borner introduced Alex Pierschalla and Christine Crubaugh.

## **Treasurer:**

Bob Coffin gave the Treasurer's Report as follows:

- ❖ Bank balance as of Friday, April 13, is \$ 4,087.60. Adjustment against that is \$ 135 (est.) for monthly expenses: newsletter, hospitality & new members for end-of-April net of approx. \$3,950.
- ❖ Expect additional expense for MAGIC's May banquet.
- ❖ Currently have 102 members paid up for 2006 – 2007, compared to 100 on this date last year.

## **Library:**

Marge Westergard requested that when we check out books to pull the card from the back of the book, write our names on it and give it to her. Books can be returned to her or to any public library – just ask that they be returned to the Verona Library c/o Marge. She related that we have purchased seven new books since the beginning of the year.

## **Other News:**

### **Banquet:**

Our annual banquet will take place on Monday, May 14, at Bunky's Café. Spouses and significant others, gluten-free and gluten eaters alike are welcome. Both Italian and Mediterranean specialties will be sampled. Bob and Penny Coffin's daughter will belly dance.

### **Cooking class:**

Sarah Rose is organizing a cooking class with Linda Simon, our speaker at the March meeting. It will take place Saturday, April 28 from 9 a.m. until noon in our regular MAGIC meeting space. Cost is \$15.50 per person.

### **Survey summary:**

At the December meeting, Claire Poppe, MAGIC member and UW graduate student, had MAGIC members fill out a survey for her term paper in Public Understanding of Science. The paper was recently sent out to the membership via email. Paper copies were also available today. At this meeting she summarized her paper. She found that a breakdown in the health care provider-patient relationship forces celiacs to depend on self-directed learning and that people tend to seek out knowledge about the condition that assists them on a daily basis rather than more complicated scientific knowledge.

### **Talking to medical students:**

Ralph Stauffacher went to talk to Dr. Weyman's class of medical students about celiac disease. Approximately forty students attended the one hour lecture followed by questions; the rest watched on television. One main focus for the students was on getting a good medical history from patients in order to make an informed diagnosis. Two other celiacs, one diagnosed just two weeks earlier, completed the guest panel. Dr. Weyman and the other celiacs did not know of many of the resources available to celiacs in the Madison community. Ralph suggested that the students try out the diet for two weeks just to see what it's like...they laughed. Ralph believes that this will become an annual invitation.

## Products for sale:

Char, proprietor of C's Specialty Foods, brought GF products from her store to sell. Cereals, pastas, frozen foods and baked goods, pea fiber, swiss cake rolls and much more were available. She also brought a number of samples.

The store accepts MasterCard, Visa, checks, and cash. Char will also keep track of your purchases in her system and give you a read-out at the end of the year to help with determining your gluten-free food-related tax deductions.

Char discussed the fact that, with the new labeling laws, more and more companies are putting "processed in a factory with..." on their labels because they aren't 100% certain that their products are gluten-free because of cross-contamination from processing, etc. The moral of the story is to go to the manufacturer and ASK. You are eating at your own risk.

She says that C's is Wisconsin's largest provider of GF products...even bigger than the GF Trading Co. in Milwaukee.

Note: Prices of Namaste products are going up, so stock up if you like them.

\*\*As of this printing, we are saddened to announce the closing of C's Specialties, due to personal circumstances. Char's daughter is organizing a product buying group. Stop by the store before it closes if you're interested in joining.

## Door Prizes:

This month's door prize was a jar of carbonara sauce courtesy of C's Specialty Foods.

## Sharing:

Kathy Borner mentioned a celiac list-serve posting stating that a University of Nebraska study found Sami's bread to have "less than 5,000 parts per million (ppm)" gluten, while on Sami's website it says that their product is gluten-free (less than 30 ppm). Char has called Sami's regarding this posting

Angie explained how testing for gluten works, and that it is reported in ppm. In this testing, the threshold is low, but low levels of contamination can still go undetected.

Bob Coffin mentioned that we always need to be concerned with absolute amounts of gluten versus merely ppm.

Marge Westergard mentioned "freestyle dining" from a cruise she recently took. There is a great variety of food, but the different dining rooms don't communicate with one another, making it difficult for the staff in multiple locations to know of your dietary restrictions.

## Next Meeting:

Our next meeting will be our annual banquet on Monday, May 14, at Bunky's Café. Spouses and significant others, gluten-free and gluten eaters alike are welcome.

## **Bette Hagman's Orange Coconut Pound Cake** **GF Gourmet Makes Dessert**

This makes 1 8 ½ x 4 ½ loaf.

### **Cake:**

- 1 ½ C GF Mix (I use Wendy Wark's)
- ¾ tsp xanthan gum
- 1 ½ tsp baking powder
- 1 tsp egg replacer
- ¾ C (1 ½ sticks) butter or margarine (I use Buttery Sticks)
- ¾ C sugar
- 3 eggs
- 2 ½ tsp orange zest (I use some orange zest plus about 2 tsp Penzey's orange zest softened in 2 T Triple Sec)
- 3 T coconut milk

### **Syrup topping:**

- ½ C sugar
- ½ C orange juice

Heat oven to 325 degrees. Grease pan and dust with flour. (I grease pan, line with wax paper, and grease the paper with a mixture of Crisco and rice flour).

In medium bowl whisk flour mix, xanthan gum, baking powder, and egg replacer. Set aside.

In bowl of mixer, beat butter on medium for 30 seconds. Gradually add sugar, beating on medium high. Continue beating until very light and fluffy. Add eggs, one at a time, beating after each addition. Add the zest and dry ingredients, beating on medium until just combined. Beat in the coconut milk.

Spoon batter evenly into the prepared pan. Bake 55-60 minutes or until tester comes out clean.

Make the syrup by combining the sugar and orange juice in a small pan and heating over medium heat to boiling. Remove from heat.

Invert the cake onto a cake plate and prick the hot cake with a toothpick. Spoon on the hot syrup, using as much as the cake will absorb. Cool before serving plain or top with fruit or whipped topping or both.

Note: If you don't like coconut milk, you can use plain milk, NutQuik milk or another non-dairy beverage.

## Clan Thompson Ask The Cook Recipes

### Gluten Free Phyllo for use in Greek Recipes

The simplest way to make individual spanakopita or baklava is to roll it in a rice paper (available at Asian Markets -- just be sure that the only ingredients are rice and water). Soak the papers for a few minutes to soften. Brush the surface with melted butter (or spray with Pam), just as you would with phyllo. Add filling, roll it, then brush the outside with butter. Just be sure to bake it right before serving. If you bake it ahead and serve it at room temperature, the rice paper will become tougher than taffy.

CONNIE SARROS: I have a phyllo recipe, but I must give credit to its originator, Dimitrios Douros. It is involved, but well worth the effort. The critical step is rolling the dough thin enough. GF doughs tend not to hold together as well as wheat mixtures. When rolling out the dough, I use a 1-inch by 24-inch dowel (a rolling pin isn't wide enough). If the dough should break apart when transferring it to the pan, just piece it back together in the pan-- when it bakes the break lines won't be very noticeable. The Schar-B flour mix mentioned below can be purchased through several online GF mail order companies.

### Homemade Phyllo

1 1/2 cups Schar-B flour mix  
1 1/2 cups GF Pantry Country French Bread Mix  
1 tsp. salt (omit salt if using dough with a sweet, dessert filling)  
1 tsp. GF dry yeast  
3 tsp. sugar  
1 tsp. dough enhancer  
1 cup milk, warmed to 110 degrees  
2 eggs at room temperature  
Cornstarch

Combine flour mix, French bread mix and salt in a bowl; set aside. In another bowl, stir together yeast, sugar and dough enhancer. With a whisk, stir in the warm milk until it foams. Let set for 10 minutes. In a larger bowl, whisk eggs, then whisk in yeast mixture until thoroughly combined. Slowly stir in flour, a little at a time, blending well after each addition. You may need to add a bit more of the flour mixture (depending on the humidity of the day) until dough is not sticky. Cover and let rise in a warm spot for 1 1/2 hours. Cut the dough into 8 equal pieces (for spanakopita) or 16 equal pieces (for baklava). Remove 1 piece, keeping the rest covered so they don't dry out. Roll out 1 piece of dough at a time on a flat surface that has been sprinkled with cornstarch. When the dough is double in size, roll it around the dowel, then unroll it, face down, into the pan.

## **Jerk Baked Black Beans**

SERVES 8 TO 10

*These beans are wonderful served alongside vegetables: try steamed squash, pumpkin, or spinach, or baked or boiled yams, sweet potatoes, or white potatoes. Or just spoon them over steamed rice.*

12 ounces salt pork, slab bacon, or thick-cut bacon, diced  
4 cups dried black beans, picked over, rinsed, and soaked overnight  
6 cups water  
1 onion, finely chopped  
4 cloves garlic, minced  
Two 18-ounce cans tomato sauce  
4 tablespoons sugar  
4 tablespoons Dry Jerk Seasoning

1. In a slow cooker, combine the salt pork, beans, water, onion, garlic, tomato sauce, sugar, and jerk seasoning. Stir to blend.
2. Cook on high until the liquid is bubbling, 15 to 20 minutes, then reduce the heat to low and cook for 6 to 8 hours, or until the beans are tender.
3. Adjust the seasoning and serve.

### **Dry Jerk Seasoning**

MAKES 5 TABLESPOONS

*This seasoning mix is excellent to have on hand to sprinkle on cooked or raw fish, vegetables, or snacks. It does not have quite as strong a flavor as the rub and marinade. To increase the heat, add more cayenne.*

1 tablespoon onion flakes  
1 tablespoon onion powder  
2 teaspoons ground dried thyme  
2 teaspoons salt  
1 teaspoon ground Jamaican allspice  
¼ teaspoon ground nutmeg  
¼ teaspoon ground cinnamon  
2 teaspoons sugar  
1 teaspoon coarsely ground black pepper  
1 teaspoon cayenne pepper  
2 teaspoons dried chives or green onions

Mix together all the ingredients. Store leftover seasoning in a tightly closed glass jar. It will keep its pungency for over a month.

*Reprinted courtesy of Jerk from Jamaica: Barbecue Caribbean Style (Ten Speed Press) by Helen Willinsky*

**Product News:**

**Vigo Importing Company (2/21/07)**

We use Hydrolyzed Plant Proteins in our rice dinners. The source of these proteins for the various dinners is as follows:

**Gluten Free:**

Vigo Chicken Base  
Balsamic Vinegars

**Contain Wheat Gluten:**

Red Beans & Rice  
Bella Yellow Rice  
Couscous (semolina)

**Contain Corn Gluten:**

Vigo Yellow Rice  
Vigo Paella  
Vigo Mexican Rice  
Vigo White & Wild Rice  
Vigo Black Beans & Rice  
Vigo Santa Fe Rice  
Vigo Risotto with Broccoli  
Vigo Primavera  
Vigo Rice Pilaf  
Vigo Soups  
Alessi Risotto s  
Alessi Soups