

**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, November 10, 2007
10a.m. – 12 p.m.**

Prairie Park Apartments—6530 Schroeder Rd., Madison

**Products For Sale From
Gluten Free Trading Company
Milwaukee, WI**

MAGIC Meeting Minutes

Oct 13, 2007

Attendance:

Aaron Avery, Margaret Bast, Kathy Borner, Teresa Brausen, Nancy Briamis, Tom Casey, Bob Coffin, Penny Coffin, Christene Crubaugh, Denise Derey, Nancy Duerst, Ellen Fitzsimmons, Quintina Fuller, Judy Haight, Marie Hogan, Sally Keleny, Jill Kessler, Mike Klahr, Margaret Kramer, Alex Pierschalla, Claire Poppe, Mary Lee Rossmassler, Darlene Judy Schrader, Schulenberg, Carrol Spencer, Nancy Spencer, Marge Westergard, and Joe Zeimet.

Alex Pierschalla called the meeting to order and introduced the officers. The meeting was followed by the annual potluck.

Reports:

New Members:

Kathy Borner introduced guests and new members Marie Hogan, Denise Derey, and Quintina Fuller.

Library:

Marge Westergard reported she has the Gluten Free Product Guide available to check out. It is \$24.95 to buy. She reminded people to check out books and to return books to her or to the Verona Public Library.

Other Business:

Gluten Free Oats from Bob's Red Mill:

Kathy Borner received gluten free oats from Bob's Red Mill. The oats are grown in gluten free fields and tested at the Mill. Kathy discussed the controversy surrounding oats and the gluten free diet. According to the University of Chicago Celiac Disease Center, newly diagnosed people should not eat oats until they are stable. The Celiac Sprue Association (CSA) recommends excluding oats from the diet. The Gluten Intolerance Group (GIG) says that research suggests one cup oatmeal, cooked, per day may be reasonable. Another group recommends working with your doctor if you include oats in your diet. Samples of rolled and steel cut oats were given out as door prizes.

High Protein Bars:

Mary Lee Rossmassler brought three cases, each a different flavor, of ThinTastic high protein bars made by Body Genetics™. These are gluten and soy free and are made from all natural ingredients. These were available for everyone to try. They are available by mail order.

Conte's Gluten Free Pasta:

Attached is a product list with prices. As you can see the prices are quite affordable. The company's goal is to offer GOOD pasta to everyone who wants it without trying to gouge anyone. Obviously the shipping cost has to be added but they don't add any "handling" charges or anything like that. It is strictly whatever the actual shipper charges.

The company has been manufacturing gluten free for almost ten years for a company who then sold it under their name. They have now developed the gluten free line more extensively and are marketing it under the name, Conte's Pasta.

Currently the product line is distributed in several states, but not yet in Wisconsin.

Phone: 856-697-3400

Fax: 856-697-1757

	GLUTEN-FREE	UPC	CS WT	CS CT	PC WT	CS COST	PC
GF101	Mezza Luna Cheese Ravioli	7-34158-94009	9 lbs	12	12 oz	\$95.88	\$
GF103	Mezza Luna Spinach & Cheese Ravioli	7-34158-94010	9 lbs	12	12 oz	\$107.88	\$
GF109	Mezza Luna Chicken & Broccoli Rabe Rav	7-34158-94013	9 lbs	12	12 oz	\$131.88	\$1
GF410	Cheese Stuffed Shells	7-34158-94030	9 lbs	12	12 oz	\$95.88	\$
GF910	Spaghetti	7-34158-94031	10 lbs	10	16 oz	\$59.90	\$
GF941	Fusilli	7-34158-94041	10 lbs	10	16 oz	\$59.90	\$
GF942	Rigatoni	7-34158-94042	10 lbs	10	16 oz	\$59.90	\$
GF943	Spiral	7-34158-94043	10 lbs	10	16 oz	\$59.90	\$
GF944	Elbows	7-34158-94044	10 lbs	10	16 oz	\$59.90	\$
GF201	Potato/Cheese/Onion Pierogies	7-34158-94201	9 lbs	12	12 oz	\$107.88	\$
GF202	Potato/Onion Pierogies	7-34158-94202	9 lbs	12	12 oz	\$95.88	\$

Recipes

Easy Moussaka (from Nancy Spencer)

2 pounds ground beef
1 small eggplant, peeled and diced (about 4 cups)
3 garlic cloves, minced
1/8 teaspoon ground cinnamon
1-1/2 teaspoons salt, divided
1/4 teaspoon black pepper
1-1/2 cups spaghetti sauce (Prego or Healthy Choice)
1 cup half-and-half
3 eggs

1. Preheat the oven to 350 degrees F. Coat a 7" x 11" baking dish with nonstick cooking spray.
2. In a large skillet, sauté the ground beef over medium-high heat for 7 to 8 minutes, or until crumbly and only slightly pink; drain off any excess liquid.
3. Add eggplant to the skillet and sauté for 5 to 6 minutes, until eggplant begins to soften. Add the garlic, cinnamon, 1 teaspoon salt, and the pepper; mix well. Add the spaghetti sauce and cook for 4 to 5 more minutes, until hot; place mixture in the baking dish.
4. In a small bowl, whisk together the half-and-half, eggs, and remaining 1/2 teaspoon salt; pour over the meat mixture.
5. Bake for 40 to 45 minutes, or until the custard-like top is set.

NOTE: If you want to make this a day or two before serving, go ahead. Just put it together according to directions through step 3. Cover and refrigerate the meat mixture in the baking dish until ready to finish as directed in Steps 4 and 5. Makes 6 to 8 servings.

Cherry Waldorf Salad

2 large apples (about 1 pound), chopped
1 tablespoon lemon juice
2 celery ribs, chopped
1 cup can pitted tart cherries, halved
1/2 cup dried cranberries
1/2 cup silvered almonds, toasted
1/4 cup Hellman's mayonnaise
1/4 cup sour cream
2 tablespoons honey
1/8 teaspoon salt

Toss apples and lemon juice in a large bowl. Add celery, cherries, cranberries and almonds. In a small bowl, whisk the mayonnaise, sour cream, honey and salt. Pour over salad, toss to coat and chill for 1 hour.

Farmers' Market Salad

(fresh, local produce from Madison's downtown Farmers' Market)

1 bag of mixed salad

2 carrots

2 green peppers

2 tomatoes

Pepitas (nuts from Trader Joes, good source of iron)

Gluten-Free Dressing: Annie's Naturals Low Fat Raspberry Vinaigrette

Broccoli Rice Hot Dish

2 cups hot cooked rice

3/4 cup shredded cheddar cheese

1 egg

3/4 teaspoon garlic salt

FILLING

Chicken (unknown quantity)

Salt, pepper and parsley

1 package (10 ounces) frozen chopped broccoli, thawed

4 ounces canned mushrooms

1/2 medium onion, chopped, or dehydrated onion

1 egg

1/2 cup milk

1/2 teaspoon onion salt

1/2 teaspoon pepper

1 cup (4 ounces) shredded cheddar cheese

In a large bowl, combine the rice, cheese, egg and garlic salt. Press firmly into a 2-quart baking dish coated with nonstick cooking spray.

Bake at 375 degrees F for 10 minutes. Meanwhile, place the broccoli, mushrooms, red pepper and onion in a steamer basket over 1 inch boiling water in a saucepan. Bring to a boil; cover and steam for 5 minutes or until crisp-tender. Brown the chicken in olive oil with salt, pepper and parsley.

In a large bowl, combine the egg, milk, onion, salt and pepper; stir in vegetables and chicken.

Pour over crust. Sprinkle with cheese. Bake, uncovered, at 375 degrees F for 25-30 minutes or until a knife inserted near the center comes out clean. Yield: 6 servings

Oatmeal Raisin Cookies (Bob's Red Mill)

1/4 cup Butter, unsalted (room temperature)*
1 cup packed Brown Sugar, light
1 Egg, large
1 tsp Vanilla
1 cup Sorghum Flour Blend (see below) + more
1 tsp Xanthan Gum
1/2 tsp Sea Salt
1/2 tsp Cinnamon
1/4 tsp Baking Soda
1/4 tsp Nutmeg, ground
1 cup Gluten Free Rolled Oats
1/2 cup Raisins (unsulphured)
1/4 cup Walnuts, chopped

1. Preheat the oven to 350°F. Line a 15x10-inch baking sheet (not nonstick) with parchment paper.
2. In a large mixing bowl, beat the butter and sugar with an electric mixer on low speed just until blended. Beat in the egg and vanilla. Add the Sorghum Flour Blend, xanthan gum, salt, cinnamon, baking soda, and nutmeg and beat just until the ingredients are blended. Beat in the oats, raisins, and nuts. Shape 16 pieces of dough into 1½ inch balls with wet hands and place the balls at least 2 inches apart on the prepared baking sheet. If your baking sheet is too small to hold 16 cookies, bake the cookies in two batches. [I used 1 tablespoon scoop]
3. Bake 12 to 15 minutes, or until the cookies are lightly browned around the edges. Remove the baking sheet from the oven and let the cookies cool 2 to 3 minutes on the baking sheet. Transfer them to a wire rack to cool completely. Store in a covered container to maintain softness.

Sorghum Flour Blend

1½ cups sorghum flour
1½ cups potato starch
1 cup tapioca flour

Whisk together and store in a dark, dry place. Makes 4 cups.

Hamburger and Macaroni

1 lb hamburger
1 box Deboles corn elbow macaroni
2 cans Progresso Cream of Mushroom soup
1/2 white onion
salt and pepper

Pizza Dip (Nancy Duerst)

For a 9" x 13" pan

2 8-ounce packages cream cheese mixed with Italian seasoning (as little or as much as you like).

Sprinkle parmesan cheese over the cream cheese (shredded or sprinkle)

1 jar Ragu pizza sauce over the top
12 ounce package of mozzarella

Bake at 350F until cheese is melted. Serve with tortilla chips.

Caponatina (Theresa Brausen)

1 eggplant chopped
1 large green pepper chopped
1 cup chopped onions
1 cup chopped celery
1/4 cup red vinegar
1/4 cup sugar
1 bottle green olives
2 cups tomato sauce

Brown in olive oil then add 2 cups tomato sauce. Cook 15 minutes. Eat hot or cold.

Toffee Bars

1 cup butter
1 cup brown sugar
1 cup white rice flour
1 cup sweet sorghum flour
1 egg yolk
1 teaspoon vanilla
1/4 teaspoon salt
1 cup Hershey's milk chocolate chips

Cream butter and brown sugar. Add egg yolk and vanilla and mix well. Add flour and salt and mix until moist. Put into a greased 9 x 13 pan and bake for 20 minutes at 350 degrees. When you pull it out of the oven, sprinkle chocolate chips over it and spread.

Party Mix (Marge Westergard)

Corn Crunch'ems
Rice Crunch'ems – both from Health Valley
Glutino pretzel sticks (or twists)
1 can mixed nuts
margarine or butter
garlic salt (seasonings to taste)
onion salt
Worcestershire sauce

Depending on how big a batch, usual is 4 or 5 cups cereal, 1 cup pretzels and nuts. Melt butter and seasonings; pour over cereals, nuts, and pretzels in a large bowl. Bake in 250 degree oven, stirring every 15 minutes for 45 minutes. Cool and store in airtight container in cool place.

Pumpkin Pudding (Penny Coffin)

Libby's canned pumpkin
Evaporated milk – fat free
3 ground spices: cinnamon, ginger and cloves
large eggs
sugar
Optional: whipped cream or whatever

The recipe for this (as pie) is always on the label of Libby's pumpkin. I doubled it for this large baking dish. (I was slightly skimpy with the sugar and a tiny bit generous with the spices. Do it to your taste!)

The order of combining ingredients is important, in order that the spices don't clump and that the pumpkin combines well.

Pour into a greased baking dish. The doubled recipe makes about 6 cups; I think ... I have baked it in a deep casserole or soufflé dish.

Crust less, the time to turn down the oven comes faster ... check in 10 minutes, if boiling has begun turn oven to the lower temperature immediately. Likewise, the total baking time will vary with the recipe size and depth of pudding in the dish you use. If the pudding is turning brown at the edges but does not test done (per label) turning off the oven allows cooking to complete with little further browning.

A note about canned evaporated milk: Cans that have been on a shelf too long have separation of milk solids. Sometimes shaking will mend it, other times you'll have to scrape the solid into the thin part. Pour milk into a large cup to discover if it is a separated can. Break up the curd (blender??). Small lumps do not seem to affect the texture or looks of the pudding.

Applesauce (Claire Poppe)

2 cups water
about 12 apples, peeled, cored and sliced
1/4 cup sugar (leave out if you don't like it sweet)
cinnamon, ginger, nutmeg and cloves to taste

Simmer until apples are tender. Put through food grinder. Enjoy! Makes about 64 ounces.

Spring Rolls with Peanut Sauce

- 8 spring roll skins – can be rice or tapioca, dinner plate size
- 8 leaves of leafy lettuce such as Boston bibb or leafy red lettuce, spines removed and torn into 3 to 4 inch sections
- 1 cup additional roughly chopped lettuce
- 1 cucumber, peeled and very thinly sliced
- 16 leaves each of basil, mint, fennel, cilantro or other favorite herbs
- 4 spring onions cut in 3 inch long slivers, white and light green parts
- 1 ounce rice noodles, the thinnest size, sometimes called rice sticks
- 1 cup shredded carrots

Peanut Sauce:

- 1 cup peanut butter
 - 1 hot pepper
 - juice of one lime
 - 1/2 onion, minced
 - 1 clove garlic, minced
 - 1/2 cup warm water
1. Combine all the ingredients for the sauce and stir until well blended.
 2. To assemble the rolls, set up the vegetables in individual small bowls in assembly line fashion
 3. Place a large frying pan on the stove top and place about 1 inch of water in the pan. Keep the water in the pan warm, but cool enough that you can always put your hand in the water.
 4. Put one tapioca or rice skin in the water to soften. This takes a couple of minutes. The skin should be pliable when ready to use.
 5. Take out the skin and set it on a flat surface such as a large cutting board.
 6. Place a lettuce section in the bottom third center of the tapioca skin. Stack more torn lettuce, the veggies and rice sticks on top of the lettuce.
 7. Spread 1/2 tablespoon sauce over the veggies.
 8. Carefully roll the skin from the bottom to the center, then fold in the sides as you continue to roll.
 9. Place the completed roll seam side down on a clean plate.
 10. Continue assembling the rolls one at a time. Serve with additional dipping sauce, if desired.

Curried Potatoes and Cauliflower (Darlene Schulenberg)

- 2 potatoes
- 1/2 head cauliflower
- 2 large carrots
- 1-1/2 tablespoons olive oil
- 1/2 cup of chicken or beef broth (or water)
- 1 teaspoon of curry powder
- 1/2 teaspoon of cumin
- 1/4 cayenne pepper
- 1/4 teaspoon salt
- 1/4 cup chopped green onions or carrot tops (optional)

Cut potatoes into half-inch cubes. Cut cauliflower and carrots. Heat 12" skillet with oil and toss potatoes in to coat with oil. Add broth and cover for 2 min. Cook carrots separate until done and add to potatoes. Add spices and stir. Cover and simmer 15 minutes or until done. May add broccoli and cooked chicken breast if desired.

Bette Hagman's Four Flour Bread (Aaron Avery)

From [The Gluten Free Gourmet Bakes Bread](#), p. 42

Acorn Squash

Acorn squash

1 cup walnuts crushed

4 tablespoons butter (organic)

1 cup C&H pure brown sugar

dash cinnamon

dash nutmeg

1 cup pureed applesauce

Squash was sliced, topped with walnut mix, and baked in a casserole dish.

Nantucket Cranberry Tart (Judy Haight)

From Taste of Home, Oct/Nov 2007 issue

- 1 12-ounce package fresh or frozen cranberries, thawed
- 1 cup sugar, divided
- 1/2 cup sliced almonds
- 2 eggs
- 3/4 cup butter or margarine, melted
- 1 teaspoon almond extract
- 1/2 cup each white rice flour and millet flour (or 1 cup GF flour blend, any kind)
- 1 tablespoon confectioner's sugar

In a small bowl, combine cranberries, half cup sugar and almonds. Transfer to a greased 11-inch fluted tart pan with a removable bottom. Place on a baking sheet.

In a small mixing bowl, beat eggs, butter, almond extract and remaining sugar. Stir in flour just until moistened. Spread evenly over berries.

Bake at 325 degrees for 40-45 min or until a toothpick inserted near center comes out clean.

Cool on a wire rack. Dust with confectioners' sugar. Refrigerate leftovers.

Yield: 12 servings.