

Please continue to send recipes, information about restaurants, stores, favorite websites, articles, sightings of new GF foods and anything else you would like to share with the group. Did you have a GF vacation? Did you go on a cruise? Did your GF child go to a camp? We would love to hear from YOU. This is your group and your newsletter. We can learn from each other. You will find items submitted by your GF friends in this newsletter. If you sent me an item, and you don't see it in the newsletter, let me know. I have been known to misplace emails.

Gluten Free in Central Arkansas, branch of GIG

www.centralarkansasgig.org
www.gluten.net

November 2008

Table of Contents

Calendar - GFCA

Meetings in Arkansas

Stores - Whole Foods; Nature's Pantry

Recipe Corner - Chicken and Dumplings, Cranberry Squares, Spaghetti Squash with sauce, Grilled Cheese

Gluten Free Turkey and Ham

Magazines article in Parents; Living Without; Gluten Free Living

Articles and abstracts – Wheat based starch hydrosylates – are they safe?

Gluten Alert- Willshire products from Whole Foods – Article in the Chicago Tribune

Please send any donations to our GFCA treasurer, Terri Murdoch. Make checks payable to GFCA.

paul.terri@sbcglobal.net

11 Berwyn Dr
Little Rock, AR 72227
Phone: 501-312-1689

Gluten Free 101 classes are held on demand. Please contact either Terri Murdoch or me for more information on classes in Little Rock. LaDonna Brock will be available for GF 101

in Conway. She can be contacted by email at ladonnabrock@yahoo.com or by phone 501-733-9026

All **general meetings** are held in the community room of Whole Foods unless otherwise specified.

Whole Foods

10700 N Rodney Parham Rd
Little Rock, AR 72212
(501) 312-2326

For directions go to: <http://snipurl.com/3duie> [maps_google_com]

Calendar for GFCA

There will be no formal meeting in November or December 2008 - GF 101 is always available

Monday, January 19 - To be announced

Monday, February 16 - To be announced

Monday, March 16, 6-8pm - Dr. Betsy Hendricks will speak.
www.betsyhendricksmd.com

~~~~~

#### Meetings in Arkansas

Arkansas R.O.C.K. For information about the next meeting, you may contact Melanie at 479-582-9232 or email her at [melaniefaught@cox.net](mailto:melaniefaught@cox.net) This group is based in Fayetteville. There is also an active Yahoo group to join  
<http://health.groups.yahoo.com/group/ArkansasROCK/>

- AR ROCK and the National Foundation for Celiac Awareness <http://www.celiaccentral.org/> are planning a celiac education day in Fayetteville. The tentative date is January 23, 2009.

\*\*\*\*

NWA Celiac Support Group for information Contact Lynn Raveling at (479) 855-4311 or email [ljraveling@cox.net](mailto:ljraveling@cox.net)

\*\*\*\*

Hot Springs Village meetings are (almost) always held on the third Tuesday of the month, at 10:30am at Cranford's Grocery store on Highway 5 right outside of Hot Springs Village. There are two contact persons: Marcia Clark, 501-915-9024, [marciarclark@suddenlink.net](mailto:marciarclark@suddenlink.net) or Jeannie Shapley, 501-321-8171, [cjshapley@cablelynx.com](mailto:cjshapley@cablelynx.com)

\*\*\*\*

Gluten Free Fort Smith meetings are held at the St Bartholomew Episcopal Church. For more information, contact Wood, Cindy [cwood@Rheemac.com](mailto:cwood@Rheemac.com) There will not be a meeting in December. The next meeting will be at 10:30 a.m. on Tuesday, January 27th, 2009. Future meeting dates will be the 4th Tuesday of each month.

~~~~~

Stores

Whole Foods Frozen cookie dough from Glutenfreeda can now be found in the freezer. I tasted these cookies at the GIG meeting in June and they were excellent. You can cook one cookie at a time or cook them all. The only flavor I saw at Whole Foods was Chocolate Minty Python. Go here to check out the other choices. <http://www.glutenfreedafoods.com/products.asp> If you see one you want to try, let Matt Sherman know. Matt.Sherman2@wholefoods.com

I have been told that Orgran GF spaghetti sauce will soon be available. Whole Foods is still trying to get Kinnikinnick into their store.

If there are foods you want to see at Whole Foods, please contact Matt Sherman. Your input can truly make a difference.

Natures Pantry in Jonesboro specializes in gluten free, peanut free, soy free and dairy free products. If you don't see what you want in her store, Corrie Stricklin will special order it. <http://naturespantryjonesboro.com/>

~~~~~

**Recipes**

Beth Pool reworked this old gluten recipe into a tasty gluten-free one! "My family loved it...all you could hear was the spoons a'clinkin!"

**Chicken & Dumplings**

- 1 large pkg chicken breast fillets OR dark meat (cut up)**
- 2 gallons water**
- 1 large pkg Wal-Mart GF chicken broth**
- 2 t. Poultry seasoning**
- 3 T butter**
- Salt/pepper**

In a HUGE pot, bring 2 gallons water and chicken broth to a boil. Add seasonings and chicken. Boil until done (45 minutes?)

- 5 cups Bob's GF All Purpose flour + extra flour for rolling**
- 2 ½ t Rumford baking powder**
- 2 (heaping) t Xanthan gum**
- 1 ½ t salt**

Sift above items together in a large bowl.

**1 cup Crisco**

Cut into flour mixture.

- 4 beaten eggs**
  - 1 cup milk (I use ½ cream + ½ water)**
- Mix into flour mixture to form 3 large balls. (\*I rolled my dumplings out onto saran wrap covered with flour to keep it from sticking to my countertop. If you wipe the countertop with a damp rag before the saran wrap, it will hold better) Roll out each ball separately to 1/8 inch onto floured surface using lots of extra flour. Put more flour on top. Cut into squares. Let dumplings stay on surface 30-40 minutes to dry out.

**8-10 T cornstarch**

Back to the chicken pot.....! Take chicken out of the pot and set aside. Mix 8-10 (heaping) T. cornstarch with a little water until thoroughly mixed. Add to your pot of BOILING chicken and stir. This should thicken it a bit. You may

have to add/mix more to get it to your desired thickness.

Add the dumplings to boiling liquid. Cook for 10 minutes, only stirring just a little. I had to cover the pot because the dumplings kept floating and pilling up to the top. After 10 minutes, add the chicken back to pot and cook on LOW for 10 more minutes. Remove from heat allow to cool a bit before eating.

\*\*\*\*\*

### **Crispy Cranberry Squares**

Beth Pool modified this from a Southern Living recipe)

1 15 oz. box of GF Rice Chex  
3 handfuls of GF Brown sugar  
ground cinnamon  
3 T melted butter

1 10.5 oz. bag Kraft mini marshmallows  
3 T melted butter  
1 1/2 cup dried cranberries

Melt 3 T butter. In a large bowl pour chex and coated with melted butter. Stir. Sprinkle with brown sugar. Stir. Add ground cinnamon liberally. Stir.

In microwave safe bowl, melt the marshmallows, and 3 T butter for one minute...stirring quickly!

Quickly add the cereal mixture and cranberries. Stir until blended.

Spray a 13" x 9" pan and your fingers with PAM. Pat mixture into pan and flatten it. Cover and refrigerate or just allow to cool. Cut and serve.

\*\*\*\*\*

### **Spaghetti Squash with Sauce**

A healthy alternative to pasta submitted by Jennifer Newton

Cut squash along length and remove seeds.  
Bake: place cut side down. About 1/4 cup water in bottom of dish. 45 minutes at 350 degrees.  
Bake until tender.  
Microwave: cook 7-10 minutes. Cut side down in 1/4 cup water covered with clear wrap.

Pull out vegetable strands with fork (this will resemble pasta). Picture "raking" the inside of the squash with a fork, from one end to other. Add salt and pepper, bacon bits, parmesan, white sauce or spaghetti sauce. OR I'm including a healthy tomato sauce.

### **Fresh Tomato Sauce**

2 TB each butter and olive oil  
1/4 cup chopped onion  
1 clove garlic, chopped  
1/3 cup red or white wine (optional)  
4 cups chopped tomatoes  
3-4 fresh basil leaves  
salt and pepper to taste

Heat the butter and oil. Add the onions and garlic. Cook 1-2 minutes. Add wine and reduce a bit. Add tomatoes, basil, salt and pepper. Cook 30 minutes. Blend to a puree in blender (if desired-this also makes GREAT pizza sauce). We leave ours chunky for our "spagetti".

\*\*\*\*\*

### **Grilled Cheese Sandwich and Tomato Soup**

From Terri Murdoch

Here is a different take on an old favorite. It is very rich.

### **Pacific brand Organic Roasted Red Pepper and Tomato Soup**

(It is packaged in a cardboard box, not a can)  
Shake well, heat and serve

Food for Life Brown Rice Tortillas (or, if you prefer corn, use 100% corn tortillas)  
Your favorite cheese, sliced or grated  
Butter for frying

Fold or cut tortillas in half and place sliced or grated cheese inside. Fry both sides in butter until browned.

\*\*\*\*\*

### **A fun challenge for you - This is from last month with a comment at the end**

This is being described as the "**Dangerous 5 Minute Chocolate Mug Cake**". A copy circulated around my workplace. If I Google, there are many blogs that have posted this recipe. This is not a GF recipe. Your challenge is to convert this to a delicious GF chocolate mug cake. What GF flour(s) work best? Do you need

to add a gum? Did you use an all purpose GF flour? Let me know how you converted the recipe and your review of your finished product and I will put all conversions and reviews in the next newsletter.

Bring your cooked cake to the meeting in January and win a GF prize.

#### The Original Recipe

4 tablespoons flour (what GF substitution works best???)  
4 table spoons sugar  
2 tablespoons cocoa  
1 egg  
3 tablespoon milk  
3 tablespoons oil  
3 tablespoons chocolate chips (optional)  
1 small splash of vanilla extract

1 large coffee mug

Add dry ingredients to the mug and mix well  
Add the egg and mix thoroughly  
Pour in the milk and oil and mix well  
Add the chocolate chips and vanilla extract and mix again  
Put your mug in the microwave and cook for 3 minutes at 1,000 watts  
The cake will rise over the top of the mug, but do not be alarmed.  
Allow to cool a little and tip out onto a plate if desired

**Well, I did not get any feedback from this group, but a person on St John's list recommended using 4 tablespoons Ruby Range Certified Gluten-Free Basic Mix.**

**Ruby Range flour has mesquite and teff. You can read about the flours here <http://therubyrange.gourmetfoodmall.com/StaticPage.php?pageid=1443> Have you tried this recipe? What flour mix did you use?**

\*\*\*\*\*

I did not get any Holiday recipes from you. If you are looking for ideas, these websites may help.

<http://www.glutenfreeda.com/nov08-thanksgiving-plan.asp>

Shauna James Ahern, the Gluten Free Girl, shares her Thanksgiving recipes

<http://glutenfreegirl.blogspot.com/2008/11/gluten-free-thanksgiving-2008.html>

Scott Adams of Celiac.com shares his tips for Thanksgiving  
<http://www.celiac.com/articles/21672/1/Tips-for-a-Gluten-Free-Thanksgiving-and-Safe-Holiday-Season/Page1.html>

You may want to check out Karina's Kitchen for her favorite Fall recipes  
<http://glutenfreegoddess.blogspot.com/2007/09/my-favorite-autumn-recipes.html>

\*\*\*\*\*

#### Gluten Free Turkey and Ham

Read labels - some turkeys will be labeled "gluten free".

**Harris Whole Health** has checked on some brands. <http://www.harriswholehealth.com/gf-turkey-list-08> information on Butterball and a long list from Honeybaked will be found on this link

**Kroger** has information and lists of GF foods  
[http://www.kroger.com/healthy\\_living/nutrition/Pages/gluten\\_free.aspx](http://www.kroger.com/healthy_living/nutrition/Pages/gluten_free.aspx)

**Petit Jean I** received the answer that all their meats are gluten free

**Honey Baked Hams** in the past year they changed their recipe and are now the ham and turkey are gluten free.

The Gluten Free Trading Company has bags of Garden Fields Stuffing Cubes.  
<http://www.food4celiacs.com/ShopOnline/520/520GDF.html> You may want to find out about preordering for Christmas - they are sold out for Thanksgiving. The Gluten Free Trading Company has convenient mail order service, everything you need for a glutenfree holiday feast (except the turkey) is as close as your computer or telephone. Visit their web site <http://www.food4celiacs.com/index.htm> call at 1-888-993-9933, or stop by the retail store at [3116 South Chase Avenue](http://www.food4celiacs.com/index.htm) in Milwaukee.

~~~~~

~

Magazines

Dec 2008 issue of **Parents** magazine now on the shelves has an article on page 44 called "When Bread is the Enemy." The cover of the magazine caught my eye b/c one of the subtopics states, "The Disease Doctors Miss." Anyway, it has some information and a few personal stories about children being diagnosed with Celiac

Disease. It's a good overview of Celiac Disease & might be good to share with teachers, childcare workers, friends & families & of course, doctors! There are also GF recipes for snacks and for Play-Doh.

Need an idea for a holiday gift? How about a magazine subscription?

Living Without covers gluten sensitivity, allergies and other food sensitivities <http://www.livingwithout.com/> or call 800-474-8614

Gluten Free Living is dedicated to living without gluten. <http://www.glutenfreeliving.com/> or call 914-772-0160

~~~~~

### **Articles and abstracts**

Is there enough gluten in glucose syrups, dextrose and maltodextrins made from wheat to cause damage in those with CD? This small study finds that these products appear to be safe. In the US maltodextrin is made from corn. The celiac experts are still trying to determine how much gluten is "safe" for a person with celiac disease to consume.

[Aliment Pharmacol Ther.](#) 2008 Nov 15;28(10):1240-8. Epub 2008 Aug 17

**Clinical trial: gluten microchallenge with wheat-based starch hydrolysates in coeliac disease patients - a randomized, double-blind, placebo-controlled study to evaluate safety.**

Department of Gastroenterology and Alimentary Tract Surgery, Tampere University Hospital, and Medical School, University of Tampere, Tampere, Finland.

**BACKGROUND:** Wheat-based starch hydrolysates such as glucose syrups, dextrose and maltodextrins are found in more than 50% of European processed food. These products contain low amounts of residual gluten and it has been questioned whether they are safe for coeliac disease patients. **AIM:** To investigate whether coeliac disease patients can safely consume wheat-based starch hydrolysate products. **METHODS:** This randomized, double-blind, placebo-controlled, prospective follow-up study involved 90 coeliac disease patients in remission randomized to consume glucose syrups,

maltodextrins or placebo for 24 weeks. Small bowel mucosal morphology and inflammation, symptoms, coeliac serology and malabsorption laboratory data were evaluated at baseline and at the end of the study. **RESULTS:** Daily ingestion of wheat-based starch hydrolysates, glucose syrups and maltodextrins, had no deleterious effect on small-bowel mucosal villous architecture or inflammation in coeliac disease patients when compared to the placebo group. Neither were there any significant differences in gastrointestinal symptoms, serology or malabsorption parameters after 24 weeks. **CONCLUSIONS:** Wheat-based starch hydrolysates, glucose syrups and maltodextrins did not have harmful effect on coeliac disease patients. Coeliac patients can thus safely continue to consume these products.

PMID: 18710436 [PubMed - in process]

<http://www3.interscience.wiley.com/journal/121379785/abstract?CRETRY=1&SRETRY=0>

Hope to see you at the next meeting,

Anne Luther  
4710 Sam Peck Road, #1015  
Little Rock, AR 72223

501-223-3981  
501-681-5544

Information in this newsletter is not medical advice. Please contact your medical team for diagnosis and treatment concerns.

\*\*\*\*\*

### **Gluten alert**

Sam Roe of the Chicago Tribune wrote a two part article about hidden food allergens. If you want a copy of the complete article, send me a self addressed stamped envelop.

What is of great concern is that a product that is labeled gluten free tested high in gluten. Mr. Roe wrote:

*"Gluten found in 'gluten-free' products*

*The Tribune bought three popular Wellshire*

*Farms products advertised as "gluten free" and sent multiple samples to a lab for testing.*

**Chicken Bites:** *Tested at 204 parts per million and 260 ppm*

**Chicken Corn Dogs:** *Tested at 116 ppm and 2,200 ppm*

**Beef Corn Dogs:** *Tested at 191 ppm and 1,200 ppm*

*Wellshire Farms provided the Tribune with its own testing results, conducted in the spring. Their results showed: chicken nuggets tested at 200 ppm, chicken corn dogs 150 ppm, and beef corn dogs 120 ppm."*

Wellshire Farms is carried by Whole Foods. The second article focuses on labeling practices of Whole Foods.

*"Whole Foods Market has long trumpeted its premium chocolate bars for being made the old-fashioned way, in Switzerland.*

*But two years ago it added another manufacturing claim to the product's labels—one that would appeal to millions of Americans who suffer from potentially life-threatening food allergies.*

*"Good manufacturing practices," the labels stated, were "used to segregate" potential allergens such as tree nuts, soy or milk.*

*The labels were informative, comforting and also untrue.*

*A Tribune investigation found that the chocolate bar was, in fact, manufactured in a way that posed a risk to people with allergies.*

*In 2007, a year after the "good manufacturing" label was put on the bars, a child with food allergies had a reaction after eating the candy, which contained tree nuts. Two recalls followed and the label was changed earlier this year.*

*But identical wording remains on hundreds of other products in Whole Foods' brand lines such as 365 Everyday Value and Whole Kitchen, leaving consumers in the dark about whether these items pose an allergen risk.*

*The story of the Whole Foods chocolate bars is just one example of how consumers are at the mercy of a food chain with little accountability and labels that are not policed for accuracy.*