

Gluten Free in Central Arkansas, branch of GIG

www.centralarkansasgig.org
www.gluten.net

October 2008

Table of Contents

Calendar - GFCA

Meetings in Arkansas

Restaurants - Cantina Laredo update, US Pizza Salad Express update

Stores - Whole Foods; Cooks Grand Opening, Sam's; Drug Emporium; New store planned in Hillcrest

Product Review - Fast and Fresh

Recipe Corner - Fried Chicken; Cashew Chicken; Stuffed Peppers; GlutenFreeda; Chocolate cake challenge;

Articles and abstracts - Celiac Disease in the Elderly

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

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Gluten Free 101 classes 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.

Calendar for GFCA

Monday October 20, 6-8pm - Jennifer Wright has been traveling around the US and other countries. She has attended Gluten Free Baking International in Denver and the New York Culinary Institute. At this meeting she will share her experience of traveling GF, share recipes and tips on GF cooking and will whip up some yummy GF goodies for us to try. Don't miss this last meeting of 2008.

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

Last month I asked if anyone was interested in starting a support group in Conway. I did not receive any responses.

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 This group is based in Fayetteville. There is also an active Yahoo group to join

<http://health.groups.yahoo.com/group/ArkansasROCK/>

AR R.O.C.K. and the National Foundation for Celiac Awareness are planning a celiac education day in Fayetteville. The tentative date is January 23, 2009.

NWA Celiac Support Group will meet Saturday, September 13th, 10:00 AM at the Southside Church of Christ on south Dixieland Rd, Rogers, AR. Contact Lynn Raveling at (479) 855-4311 or email 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 or Jeannie Shapley, 501-321-8171, 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

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### Restaurants

Laredo Cantina <http://www.cantinalaredo.com/>  
- Although there is a page of GF choices, questions remain. I have talked with the regional manager and have been assured the chips are fried in a dedicated fryer that is separate from the general fryer. They recently added the GF menu choices and are in the process of making sure the managers, kitchen help and servers understand GF issues. I suggested he contact the Gluten Free Restaurant Awareness Program as this program could help them make their GF menu a success. I thanked them for making a GF menu available.

US Pizza Salad Express - As mentioned in the last newsletter, they are now serving GF pizza on Food for Life rice tortillas. Sherri said: "I was not disappointed. For \$6, I had a delicious lunch. (Even my husband thought it was yummy Sherri also wrote "US Pizza Express is expanding their GF menu to include wraps, chili and a sandwich of some sort." Let the US Pizza place nearest you know that your want them to make the GF option available too.

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Stores

Whole Foods will continue to do some GF sampling of the newest GF items the first Saturday of each month.

Cook's - has Frozen Chebe breads and 4 flavors of GF Van's Waffles, The Grand Opening Sale Weekend will be Oct. 17th & 18th where there will be samples and give aways.

Drug Emporium - I stopped by to see what was new. I found Aunt Gussie's Cookies, a new chocolate cookie by Midel, some snack mixes by Bhaja and a new bar by EnviroKidz. You will

notice that the freezer is organized by company. That means that many of the GF items will be among the ones that contain gluten. Please read labels to be sure you grab the GF ones. If you are looking for the round Glutino crackers, there was a good selection on an endcap and some on the shelf.

Sam's Warehouse on Bowman has GF Crunchmaster Multi-Grain Crackers. They are certified GF by www.gfco.org The tag said "seasonal item" and there were only a few boxes left yesterday. Maybe they will get more in soon.

Casey Pierce, a member of GFCA, recently finished her Masters Degree in Nutrition at UCA. and will be testing for her RD soon. In November 2008 she and a partner are planning to open a small grocery store in the Hillcrest/Stiff Station neighborhood and would like to carry some gluten free items. Please let her know what GF foods you would like for her to carry. You may email her at caseysue@gmail.com

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### Product Review

There is one thing harder than eating a gluten free diet and that is feeding a child on a gluten free diet. To meet the challenge of a new school year, I invited three other moms over to share ideas and sample some of the Fast and Fresh products by Food-Tek <http://www.foodtek.com/GF.html>

I must admit, my first impression of the products wasn't great. Then unexpectedly, my daughter needed food to take to an event and the Fast and Fresh were the only thing I had on hand that were fast enough to make up in a few minutes. (You literally add water and nuke for one minute.) Since they saved me, I feel I owed it to them to give them a second look.

So we reviewed the following products and this is what we came up with.  
Cornbread Mix-Kid pleaser, more like cake in texture.  
Cinnamon Coffee Cake-Mixed reviews from the kids. Adults won't want to waste their calories.  
Chocolate Cake-Two thumbs up when frosted. Perfect for sending to parties.  
Cookies-Still haven't been willing to heat my oven up for 6 cookies!

I called the company and the prices were reasonable. These just might make a mom's job easier, which all moms need.  
Review by Sherri C

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Recipes

Crispy Fried Chicken from Ann Jones
(could be done in the oven & baked
w/Olive Oil sprinkles over top.)

The night before:

1. Cut Chicken Breasts in halves or strips.
2. Stir up a mixture of Tapioca Starch Flour w/water in a cereal size bowl.

Make the thickness - liquid & not paste(somewhere in between). (optional)

3. Dip chicken in thinned Tapioca water.
4. Place chicken in a covered bowl in fridge, overnight(if time permits).

* Place 3 Cups of GF Rice Chex in a zip lock bag & crush w/rolling pin.

The next day:

5. Take Chicken out & season w/salt, pepper & your regular chicken spices.
(could be any - sage, oregano, garlic powder, 2 crumbled chicken bullion cubes, paprika, Tony Chacheries seasonings or any)
6. Dip into a (cereal bowl size) crushed GF Rice Chex Cereal.
7. Dip into Tapioca starch or your favorite gf chicken flours.

Fry in 1 1/2 inches of Canola Oil till brown & crunchy!!!

This can all be done immediately & not refrigerate.

This can be done by just leaving off the tapioca water.

Just make sure you roll it in CHEX!!

Cashew Chicken

By: Sheryl Walker submitted by Terri Murdoch

- 1 lb uncooked chicken, cut into cubes
- 2 T cornstarch
- 3 T GF soy sauce (La Choy or unfermented Kroger brand)
- 2 T sherry

Marinate chicken in the above ingredients and store overnight in the fridge.

Potato starch
Vegetable oil

Dredge chicken in potato starch and deep fry and set aside.

- 2 c chicken broth (or larger amount)
- 1 lb mushrooms
- 1 bunch of scallions
- Cornstarch
- Up to 1/2 head of Iceberg lettuce

Heat broth and add mushrooms and scallions to cook. Thicken with cornstarch to make gravy. Add lettuce and stir until wilted.

Cashews
Cooked brown rice

Serve gravy over rice, chicken and cashews.

Stuffed Peppers

from Southern Living 1983 Annual Recipe Cookbook submitted by LaDonna Brock
6 large green peppers (or your color choice, I like the pretty colored ones)

- 1 pound ground beef
- 1 large onion, minced (adjust to your taste)
- 1 clove garlic, minced (adjust to your taste)
- 3 tomatoes, peeled and chopped
- 1 teaspoon Worcestershire sauce (I use more)
- 1/2 teaspoon ground allspice (I use more)
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup gluten free bread crumbs or cooked regular rice (I use rice)
- 1/2 buttered gluten-free breadcrumbs

Cut off tops of green peppers; remove seeds. Cover peppers with boiling salted water. Cook 5 minutes; drain. Cook beef, onion, and garlic in skillet over medium heat, stirring to crumble meat. Add tomatoes; simmer 10 minutes. Add remaining ingredients except breadcrumbs, and stir well. Stuff peppers with beef mixture; place in a shallow baking dish. Top with breadcrumbs. Bake at 350 for 25 minutes . Yield 6 servings

Want some recipes for children? Glutenfreeda has a page full of kid friendly recipes
<http://www.glutenfreeda.com/recipe-sub.asp?cat=17>

A fun challenge for you

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

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**Articles and abstracts**

I have a problem with the definition of "elderly" in this article. They could have been nice and said "mature". Whatever they call us, they found our incidence of celiac disease is greater than that of the general population.

Dig Liver Dis. 2008 Oct;40(10):809-13. Epub 2008 May 7.

**Undetected coeliac disease in the elderly: a biopsy-proven population-based study.**

**BACKGROUND:** Up to 1% of the population suffer from coeliac disease. Data on the prevalence in elderly people is scant. We hypothesized that they would over time have developed obvious symptoms. Clinically silent or undiagnosed disease would thus be relatively uncommon. **AIMS:** To evaluate the prevalence of coeliac disease in elderly people. **METHODS:** The study comprised 2815 individuals aged 52-74 years. Clinical cases of coeliac disease were recorded. Sera from all subjects were screened by IgA class tissue transglutaminase antibodies, and seropositive underwent small bowel biopsy. **RESULTS:** Coeliac disease was detected in altogether 60 individuals, in 25 (0.89%) on clinical grounds, and screening found in 35 (1.24%) new biopsy-proven cases. Thus, a total prevalence of 2.13% (95% confidence intervals 1.60-2.67%) was reached. Of the screen-detected cases, 15 had symptoms, albeit mostly mild. Two out of the 60 had small bowel T-cell lymphoma and two had gastric cancer. The total frequency of biopsy-proven coeliac disease and seropositive cases without histological confirmation was 2.45% (1.88-3.02%). **CONCLUSION:** The prevalence of coeliac disease in elderly people was higher than what has been reported in the population in general. Active case finding by serologic screening is encouraged, since undetected cases may be prone to increased morbidity and mortality.

PMID: 18467196 [PubMed - indexed for MEDLINE]

Hope to see you October 20<sup>th</sup>.

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