

Eugene GIG Bulletin August 08

Our next meeting and picnic on Thursday, August 14th has been **canceled** as Diane, our manager, had surgery this week. We will have the picnic during our September meeting. Angie McCutcheon, our September speaker, will be with us in December.

We're happy to announce that Capellas Market is once again having a BBQ at their store on Aug. 23rd with all proceeds being donated to our group. It will be from noon to 4 pm. They will be serving a plate with BBQ chicken, rice, corn on the cob and a drink. Ron Palmer from Red Horse Sauces (who was at our last meeting) will provide the BBQ sauce. Capellas is also raffling a bike on that day and Ron has donated sauces to add to the raffle. Eugene GIG will have a tent to collect money for the BBQ and give out information about gluten intolerance. If you can volunteer some time to help us man the tent, please send an email to egl656@gmail.com.

The MidValley GIG group sent us information about a new restaurant in Albany. Carino's Italian Grill just opened up and they have a very nice gluten-free menu (carinos.com). The manager has eaten at the one in Bend, and states the food and selection is very good! No g-f pasta, but you can substitute vegetables, and they have many chicken and salmon dishes. Price is probably comparable to Outbacks.

MedicineNet.com, an online, healthcare media publishing company owned by WebMD, has an interesting article about celiac research. It states that "Researchers believe they have finally answered a basic question about the cause of celiac disease — where in the body does the wheat protein gluten enter one's system?" You can read the article at the following site: www.medicinenet.com/script/main/art.asp?articlekey=91315

The Market of Choices stores are now carrying the "GlutenFreeLiving" magazine. It sells for \$8.95 and is on the magazine rack

TastesLikeRealFood is sponsoring a baking contest that gives entrants a chance to win \$500 for their GIG group. If anyone is interested go to www.tasteslikerealfood.com/baking-contest.html for more information.

A member sent us information that Triumph Dining is running a free dining card promotion for the month of August. They are doing this to raise money for Celiac Disease Awareness! If they get 15,000 people to sign up for free dining cards, they'll make a \$10,000 donation in support of a national celiac disease awareness campaign. The dining card can be shown to chef at the restaurant where you're dining. The card lists the common and hidden sources of gluten, and other subtleties, like the dangers of cross-contamination so the chef can clearly understand what you can and cannot eat. If you're interested in getting a free card visit the following website: www.triumphdining.com/freediningcard.aspx.

Here's a recipe for that wonderful bread (made by Diane) we see in our raffle basket each meeting:

Rice Bread (using bread machine)

1/3 C tapioca flour

1/3 C potato starch

1-1/3 C brown rice flour
1 C white rice flour
1 C powdr. Milk
1 T xanthan gum
1 tsp. salt (can put garlic or other spice too)
1-1/2 tsp Red Star Bread Bread machine yeast
(If using another brand use 2 tsp)

2 large eggs (put eggs in warm water while getting dry ingredients ready)
1-1/2 C warm water (hold back a little water and add after it starts mixing if needed)
3 T honey (if using sugar put with dry ingredients)
2 T canola oil (or melted oleo)

- Stir dry ingredients together with a wisk,
- Put wet ingredients in the bread pan and spoon the dry ingredients on top.
- Start your machine - take a spatula and help the machine mix the dough until dry ingredients are mixed.
- The dough needs to be really thick! When you are through mixing with your spatula, and the machine is mixing the dough it should barley move. Watch a high place on the dough to see if it moves a little... if not add a tiny amount more water. Better to under water than too much.
- If your machine is programmable, set it for "one rise cycle" since gluten free bread only needs to raise once. If not programmable, after the machine mixes the ingredients and stops - take out the paddle so it won't raise a second time. This is kind of gooey, but makes a better loaf, and makes for more slices without a big hole where the paddle was. Once the paddle is removed, push the dough back down into the hole, smooth the top and close the machine lid.
- You can use sorghum, quinoa, millet or other flour for part of the flour mix to add more protein or fiber. Could also add cinnamon and raisins.

A list of our upcoming meetings:

- August Canceled
- Sept 11th Picnic
- Oct.9th Jill Johnson, Certified Nutritional Therapist
- Nov 13th Kenneth Welker MD from Oregon Optimal Health. He has a Fellowship in anti-aging and works with your metabolism to bring it back into balance and give you more energy.
- Dec 11th Angie McCutcheon, personal trainer/nutritionist

For more information call Diane 343-0459 or dianecon@comcast.net