

October 08 Eugene GIG Bulletin

Our next meeting will be on Thursday, October 9th from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court, Eugene. Our speaker, Jill Johnson, just informed us that her mother is ill and she won't be able to come to the meeting. Instead, we will visit, share ideas on gluten free living and sample baked goodies that Shabtai Gourmet has donated for the meeting. We now have a DVD of the presentation that Cynthia Kupper gave to our group in April. For those who were unable to attend and would like to watch this excellent talk, we will show it on big screen TV at the far end of the room. Cynthia Kupper is the Executive Director Gluten Intolerance Group North America.

Shabtai Gourmet just launched their new website and decided to celebrate by allowing their customers to purchase products without having to pay shipping costs. They produce a full line of Gluten Free, Casein Free, Lactose Free, Soy Free, Corn Free, & Dairy Free Cakes & Cookies. Even their Florentine Lace Cookies are Egg Free! Their sweets are baked in a dedicated facility, and are certified Kosher Parve & Kosher for Passover by the OK Labs. You can visit them online at www.shabtai-gourmet.com.

Diane has typed up a sheet on Gluten Free Labeling Information that will be available on the literature table at the next meeting. However, since many of you can't attend meetings, I have included it as an attachment.*

Capella Market will be having their Gluten Free Demo on Oct. 18th from noon to 4pm.

The McMinnville GIG group is co-sponsoring (with Portland and Salem groups) a GLUTEN FREE THANKSGIVING POTLUCK. It will be on November 22nd from noon-2pm at the First Baptist Church in McMinnville. They've invited us to join them. If you plan to attend, please send an RSVP to susan.chambers@linfield.edu. She will then send you directions. There is no cost, They provide turkey, ham and beverages and ask folks to bring a side dish, salad or dessert to share (with 40 copies of the recipe to share as well.) This would be a wonderful chance to meet people from our neighboring GIG groups.

Our recipe this month comes from Carole Fenster's "Gluten Free 101" cookbook.

Pumpkin Raisin Bread

¼ c canola oil	2 ½ tsp baking powder
2 large eggs	1 ½ tsp pumpkin pie spice
1 tsp vanilla	1 ½ tsp xanthum gum
1 c milk (cow, soy, rice)	1 tsp unflavored gelatin powder
½ c canned pumpkin	1 tsp salt
	¼ tsp ground allspice
2 1/3 c Flour Blend (see below)	¼ tsp ground ginger
2/3 c sugar	1 ½ c golden raisins

- Preheat oven to 375. Grease three 5x3 inch nonstick pans.
- Thoroughly blend all wet ingredients with mixer. Sift together dry ingredients and thoroughly blend into liquid ingredients with mixer.
- Gently stir in fruit or nuts (if using). Spoon batter into pans.
- Bake 35-40 minutes or until top is nicely browned. Remove from oven. Cool on wire rack for 10 minutes. Remove bread from pan and finish cooling on rack. Serves 12 (24 slices).

Flour Blend* The blend is versatile so you can vary the flours to suit your own personal needs:

- 1 ½ c sorghum flour
- 1 ½ c potato starch or cornstarch
- 1 c tapioca flour
- ½ c corn, almond or bean flour
- *Makes 4.5 cups

Upcoming Meetings:

- Nov 13th Kenneth Welker MD from Oregon Optimal Health. He has a Fellowship in anti-aging and works with metabolism to bring it back into balance and give you more energy.
- Dec 11th Angie McCutcheon, personal trainer/nutritionist
- Jan 8th Marcy L. Taxdal GF Avon Products

***Gluten Labeling Information**

1. In the past, processing aids such as the flour they dust the lines did not have to be declared. Gluten as an ingredient would have to have been declared but could have fallen under various names such as wheat protein, natural flavor, etc.
2. Barley, malt, and rye were always listed in the ingredients list and were not hidden allergens.

So with the new Labeling Law:

1. If wheat, barley, malt or rye, are not listed as ingredients or in the allergen statement at the end of the ingredients list and you do not see wheat, barley, malt, rye, anywhere on the label, the product is safe for a gluten intolerant person to eat, even though it does not specifically say gluten-free. Wheat has to be declared if it is in the product or used as a processing aid. Barley, malt (assume it is barley unless you check), and rye will always be labeled.

An Exception:

Brown rice syrup (not used a lot) can be made with barley enzymes and then the product would not be gluten-free, or the syrup could be made with fungal enzymes and the product would be gluten-free.

You will sometimes see brown rice syrup listed as an ingredient in processed foods. If it's used in a product that is labeled gluten-free, like Erewhon Brown Rice Cereal or Enjoy Life Foods' Cocoa Loco snack bars, you can assume it is gluten-free.

But if brown rice syrup is used in a mainstream product, it can be harder to tell. Some companies note the use of barley or barley malt in their brown rice syrup, but the allergen labeling law does not require them to. If you see brown rice syrup on a mainstream label, but the source is not listed, the only way to be sure is to check with the food maker.

A Gluten-Free Product:

If the proposed GF labeling is accepted, the product could contain up to 20 ppm gluten (protein from wheat, rye or barley). In this case someone with an anaphylactic allergic reaction could be in trouble.