VOLUME XVI NO.3 AUGUST 2016

GrainWise & GlutenFree

The Newsletter of CSA Nashville – Middle Tennessee Chapter # 76 Celiac Support Association

Grilled Asian Ginger Chicken or Veggie Skewers

Our Chapter needs volunteers for 2017

At our November meeting, we hold elections for the next year's officers. We have been very fortunate for the last three years that our officers have been able to continue to the next year.

This year, however, we have several openings that must be filled. Angela Adams has already backed away from the Publicity job and running the GF Dinner Club. We would love someone to take on that job soon.

Peggy Czyz has served for many years now as our Newly Diagnosed Coordinator. When people inquire about our group, she talks to them on the phone and sends them materials to help them get started on the GF diet. If they want her to, she goes with them to the grocery store to help them learn what to look for on the labels. Peggy needs to hand over this responsibility for 2017.

Could you volunteer for one of these positions? Please?

Learn about GF Spices and Marinades to improve your GF cooking at our Next Meeting on Saturday, Sept. 10, 2 - 4 pm

You will learn how to make 3 healthy, delicious, and gluten-free meals for fall tailgating parties or grilling cookouts. Wouldn't you like to make those Asian Ginger Skewers – with chicken or all veggies? Plus stuffed sweet potatoes and more!

Save the Date

November 12
Holiday Potluck
We provide turkey. Please bring your favorite side dish or dessert! So fun!

Our Regular Meeting Place

The Medical Office Building Auditorium is located at the corner of 22nd Ave. N and Patterson St. about a block from Centennial Hospital. The door is in the corner of the building. Go up stairs or elevator to level A.

Parking is allowed across the street in other medical offices that are closed on Saturdays.

Megan Johnson will Demonstrate Great Fall Gluten-Free Recipes at Sept. 10 Meeting

Megan Johnson is a busy working mom with an infant son. She also has food intolerances that make it harder to make healthy meals. She ended up eating junk food and feeling bad, gaining weight.

Then, she discovered Wildtree and their spice mixes, marinades, and sauces that are gluten-free, organic, and non-GMO. She found that Wildtree's menu-planning options and freezer meal workshops were the solution to her problem. It has made it so much easier and faster for her to throw together great meals or to take a meal out of the freezer and pop it onto the grill or into the oven or even into a slow cooker. She wants to show you how wonderful they are!

So, you've seen on the front cover the **Grilled Asian Ginger Chicken or Veggie Skewers**. They seem worth the time to learn how to use the spices, oils, marinades, and sauces to make those extra special**. Megan will also be showing us how to make Sweet Potato Sloppy Joes. Don't they look good?**

But that's not all! She will also be showing us how to improve the lowly burger with **Rodeo Blue Cheese Burgers.** These could impress people at a tailgate party or just in your own backyard!

The spices for these three meals will be available for purchase after the meeting, if you would like. **Megan has a special for our meeting attendees! For only $20 you could receive the recipes, shopping list, step-by-step instructions with photos, AND all the spices/sauces you will need for all three meals (4 servings each)! Come taste and see for yourself!**

You can just add your meat, fish, and/or vegetables in a bag. Let it marinade. Then throw in on the grill or freeze for a quick, healthy meal on a busy night the next week.

Some Tips to Improve Your Gluten-Free Baking

At our May meeting, Carol Ann Baily shared her research on tips to improve your gluten-free baking. Here are the highlights:

THE BASICS: Replace wheat flour with a variety of GF flours, plus starches to lighten them up. Add gums; flax or chia seeds or gelatin. Increase the number of eggs.

GF PRE-MIXED FLOURS: Some too much rice; other too much starch; texture is gritty; some include bean flours that have an aftertaste; some include milk powder and are not good for those with dairy reactions.

GLUTEN-FREE FLOURS: Try mixing one or two of: rice, sweet rice, sorghum, amaranth, millet, buckwheat, or quinoa to your taste.

HIGH PROTEIN FLOURS: To boost protein in your baked goods, make about ¼ of your blend with almond, hazelnut, chestnut, chickpea or soy flour and decrease fat a little and add one more egg for structure.

ADD STARCHES TO BLEND: To make blends light and tender, use potato starch, cornstarch, tapioca or arrowroot starch.

ADD GUMS: Xanthan or guar gums add structure – 1 t per cup of flour blend for breads, ½ t per cup of blend for cakes, cookies, muffins. Gelatin also works great in cakes.

INCREASE LEAVENING BY 25%.

ADD MOISTURE: For cakes and quick breads, add fruits, shredded veggies, yogurt, or sour cream. Use brown sugar, honey or agave. If using honey or agave, reduce liquid by ¼ cup.

EGGS: Adding an extra egg provides structure.

TEMPERATURE OF INGREDIENTS: Except for pie crust and pastry that needs cold butter, bring all other items to room temperature – even eggs (warm in warmish water before using).

NEW METHOD FOR MIXING: Mix all dry ingredients in one bowl. Mix all wet items in a second bowl. Mix the two bowls together.

TOOLS TO HELP GF BAKING: Parchment paper for rolling out dough or baking cookies, lining pans. Ice cream scoops for filling cupcakes; small ones for cookies. Light colored metal or glass pans—dark pans can cause bottom and sides to burn before center is done.

ADD ACIDITY FOR RISING: Add vinegar or lemon juice to help cakes and breads rise.

YEAST BREADS: Only need one rise, and no kneading required. Heat oven to 250° and turn off. Add the proofing bread dough in covered bowl. Remove baked bread from pan right away and let cook on a rack. Do not cut until cool.

CAKES: More starches in blend. Beat 3-5 minutes to aerate and let sit 30 minutes to hydrate before baking.

COOKIES: White sugar for crisp; brown sugar for chewy. No starches in blend. Refrigerate dough for 30 minutes before baking.

Gluten-Free Recipe

Easy Chocolate Macaroons

Ingredients:

4 ounces flaked coconut
1 can sweetened condensed milk
2 teaspoons gluten-free vanilla
4 squares unsweetened chocolate, melted

Instructions:

Combine all ingredients in a bowl and mix well. Drop from teaspoon one inch apart on baking sheet lined with parchment paper. Bake at 350° F for 10 to 12 minutes. Remove from baking sheet at once.

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Please Consider Volunteering for our Board

Can you join us to do one of these vacant jobs for 2017?

Treasurer — Thanks Ruth Root for your years of work! Thanks also to Alice Johnson who has agreed to do this job for 2017.

Newly Diagnosed Coordinator –Many many thanks to Peggy Czyz who has done a wonderful job for many years but needs to pass this job along to someone new. Could you help with this responsibility?

Publicity — Thanks also to Angela Adams has had to pull back. We would love to find someone new to help with this task. Is it you?

Please call Carol Ann Baily to discuss your involvement with our Chapter for 2017.
Phone me at 615-478-9998 or email to: carolannbaily@gmail.com

Check Us Out on Facebook!
www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898
Our Website includes a Calendar and Medical Articles —
www.nashvilleceliacs.org

ADDRESS SERVICE REQUESTED

Nashville-Middle Tennessee Chapter #76
CELIAC-SPRUE ASSOCIATION, USA, INC
P O BOX 159312
NASHVILLE, TN 37215-9312

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