

The Coeliac-UK Norfolk & Norwich Local Voluntary Support Group aims to play a vital role in fulfilling the Charity's aim to improve the lives of people with coeliac disease and /or dermatitis herpetiformis (DH) and those choosing to live gluten free by offering a chance to share experiences.

## Norfolk & Norwich Group Newsletter Sept. 2016

### Thai Sweet Chilli Chicken

#### Ingredients

8 oz skinless, boneless chicken breast, cut into small pieces  
Oil, for deep-frying  
1 tablespoon oil  
2 cloves garlic, minced  
4 tablespoons bottled Thai sweet chili sauce  
1 teaspoon lime juice  
Pinch of salt  
1/2 teaspoon white sesame seeds  
1/2 tablespoon chopped coriander leaves

#### Batter

1 egg white  
1/2 cup plain gluten free flour, sifted  
1/4 cup cornflour  
1/2 teaspoon gluten free baking powder  
5/8 cup water, ice cold 1 tablespoon cooking oil  
Pinch of salt

#### Method

Mix all the ingredients for the batter until well combined. (It will be quite thick and gloopy!)

Add the chicken into the batter.

Heat up a wok/skillet with about two inches of oil. As soon as the oil is fully heated, deep-fry the chicken until golden brown. Transfer the chicken out to a dish lined with paper towels to sock up the excess oil.

Clean the wok/skillet and heat it up on medium heat. Add the oil and stir-fry the garlic until aromatic. Transfer the fried chicken into the wok, follow by the sweet chili sauce, lime juice and salt. Stir to coat the chicken well with the sweet chili sauce.

Dish out, garnish with the white sesame and coriander leaves. Serve immediately.

### Hello members!

What a great summer we've had, lovely weather for a change. Unfortunately it meant that the summer activities we organised were very poorly attended; I guess you all headed for the beach instead! We'd like to see as many of you as possible supporting our group meeting on Saturday 22nd October (details over the page) as people have given up their time to make this a great event. We'll have a talk from Wiltshire Farm Foods, a cooking demonstration from The Feed and a few stalls including Ed's Diner and Muffin Break. We have a carvery planned for 10th November and then our Christmas Lunch on 10th December at The Boathouse once again. "Magic" is the theme of Christmas this year, we will have a table magician to entertain you at The Boathouse and another magician entertaining the kids at their Christmas party on 4th December and I'm pleased to inform you that we have managed to organise this event for only £5 a child this year.

Back by popular demand is another fine dining evening at City College, a truly wonderful evening.

If you have been suffering from any health issues following the withdrawal of prescriptions in Norfolk, please get in touch with us.

Our next AGM is booked for 1st April 2017, if you are interested in joining our small hard-working committee please get in touch.

**Julia Guy, Group Organiser.**

### How to contact us



[@nnoeliac](https://twitter.com/nnoeliac)

#### Email

[nnoeliac@gmail.com](mailto:nnoeliac@gmail.com)

[norfolk@coeliac.org.uk](mailto:norfolk@coeliac.org.uk)

Or check us out on the C-UK local website area:

<https://www.coeliac.org.uk/local-groups/norfolk-norwich/>

 Find us on  
**Facebook**

[Norfolk & Norwich Coeliacs](#)

[Norfolk & Norwich Coeliac kids](#)



Julia 01603 504122

### Group Meeting Saturday 22nd October

Chapelbreak Community Centre, Harpsfield, Norwich, Norfolk NR5 9LG from 12.30

There will be a cooking demonstration from The Feed, a talk from Wiltshire Farm Foods and a few stalls, confirmed so far are Muffin Break, Ed's Diner, Just Add Grapes from Holt.

No entrance fee.

Tea, coffee, soft drinks & cake available to purchase.

We will also have some children's activities.



# 2016/17 Events

## Christmas Lunch

Saturday 10th December



After a great time last year we're back at .....

The Boathouse, Eels Foot Road, Ormesby St Michael, NR29 3LP.

Price £28 (children £8.50)

We're having a Table Magician to entertain during the afternoon, as well as the usual table games.

Advance booking and payment essential. See attached form.

PLEASE NOTE—there will be NO Secret Santa this year.

### Starters:

Sweet Potato & Butternut Squash Soup with Toasted Seeds & Crème Fraiche (v)

Goat's Cheese & Three Beets Salad, Sweet Onion Dressing & Parmesan Tuille

Hash Brown, Poached Hen's Egg with Warm Butter Sauce (v)

Pan Fried Tiger Prawns with Sweet Chilli & Coriander Dressing

### Main Course:

Roast Norfolk Turkey, Pork, Sage & Apricot Stuffing, Pigs in Blanket, Seasonal Vegetables & Roasted Jus

Slow Baked Belly of Pork, Bramley Apple Mash Potato, Winter Greens with Sage & Cider Jus

Spiced Cod Loin, New Potatoes, Seasonal Greens with Harissa & Lemon Dressing

Field Mushrooms with Spinach & Stilton topped with Herb Crust, New Potatoes, Seasonal Vegetables & Red Wine Jus (v)

### Desserts:

Christmas Pudding with Brandy Sauce & Drunken Sultanas

Mulled Wine Pannacotta with Trio of Berries & Shortbread

Apple & Blackberry Crumble with Vanilla Custard

### Coffees or Teas

Mince Pies

Book Now



## Children's Christmas Party Sunday 4th December

Come along to the Children's Christmas Party from 3 to 5 pm at Chapelbreak

Community Centre, Harpsfield, Bowthorpe, Norwich, Norfolk NR5 9LG .

A magician and lots of entertainment, a gluten free buffet and a surprise visitor for the children.

Special price this year, only £5 per child. Everyone is welcome not just the young Coeliacs in your family

Please send cheque & completed booking form to Robin Wright, 6 Seafields Drive, Hopton, Great Yarmouth, NR31 9TS.

Cheques to be made payable to 'Norfolk and Norwich Coeliac Group'

## Carvery at the Village Inn Thursday November 10th

Why not come and join us for an evening at the Village Inn, 33-43 School Lane, Little Melton NR9 3AD .

We'll meet at 7pm for food and will have a group of tables. We need to know numbers so please let us know if you'd like to attend this event.

Contact us by email at [nncoeliac@gmail.com](mailto:nncoeliac@gmail.com) or phone Julia on 01603 504122 to book your place.

You can pay for your food and drinks on the night!

### Advance Notice—more details and booking forms in next newsletter

Fine Dining at Norwich City College 8th March 2017

AGM 1st April 2017

Glebe Farm visit 13th May 2017

## LATEST NEWS

Have you heard about the new gluten free shop in Diss?

It's called The Gluten Free Store and it can be found at 7 Cobbs Yard, Diss IP22 4LB.