

CAPITAL CELIAC NEWS

The Official Newsletter of the Canadian Celiac Association's Ottawa Chapter

ALGONQUIN COLLEGE GLUTEN-FREE DINNER

Thursday February 4, 2016 at 6pm

Enjoy a delicious four-course gluten-free dinner at the elegant International Restaurant at Algonquin College. Cost is \$40.00

Tickets are available until January 29 from June Williams at june-williams@sympatico.ca or 613-692-3308.

RECENTLY DIAGNOSED MEETING

Wednesday April 20 at 7:15 pm
Riverside United Church,
3191 Riverside Drive, Ottawa

Designed for the recently diagnosed to help them adjust to a new gluten-free lifestyle. Also useful to those who have friends or relatives with celiac disease or gluten sensitivity and wish to understand their needs.

Vendors, Pizza and Speakers, Oh My!

After much positive feedback the day of pizza and presentations is returning! On February 6th join us at Riverside Church for an afternoon of shopping, pizza, and two speakers who you are sure to enjoy.

From 11am-1pm bring your reusable shopping bag and pick up some favourite items and discover some new ones from local gluten-free vendors. At noon delicious gluten-free pizza will be served and you can nosh among good company and conversation. Presentations take place from 1-3pm and you won't want to leave your notebook at home. We think members will be pleased with our two speakers this year.

Our first presenter is Alexandra Anca. She is a registered dietician who is dedicated to offering practical nutrition advice in a way that benefits you. She also serves as Nutrition Advisor to the Toronto Chapter of the Canadian Celiac Association and is also Scientific Advisor to the association's Professional Advisory Council. The second speaker is Laurie Sadowski. She loves food and baking, and is a big fan of cake. She is the author of The Allergy-Free Cook cookbook

series, dedicated to gluten-free, vegan, allergy-friendly baked goods and desserts.

To attend please reserve your place

by contacting June Williams (see box for contact info). You **MUST** reserve in order to attend. The cost is **FREE**, but please bring a GF food item for our GF Food Bank.

General Meeting Saturday February 6, 2016

Our first general meeting of 2016 will take place on
Saturday February 6th, 2016

Come have a delicious pizza lunch and stay for the two speakers who will each talk about a health-related topic.

11am-1pm Vendors Open
12pm-1pm Pizza Lunch
1pm-2pm Alexandra Anca
2pm-3pm Laurie Sadowski*

Cost of Admission: Bring a gluten-free food item for our
Food Bank Donation Box - \$2 for non-members

Please RSVP your attendance and how many people in your party to June at june-williams@sympatico.ca or 613-692-3308.

You **must** contact June prior to attending so we will have enough pizza for everyone in attendance.

If you need to cancel, contact June as soon as possible.

Beginning in January, you can *pre-order* a copy of Laurie's books (one or all three) to be delivered at the meeting.

Contact Samantha at info@ottawaceliac.ca.



Association Affairs

Chapter President's Report

By Samantha Maloney
CCA Ottawa Chapter President

Happy New Year! The Chapter wrapped up 2015 with the holiday party and what a delicious evening. And more tasty events are planned for 2016. The first is the annual dinner at Algonquin College on February 4th. It's always a fabulous four-course dinner and for \$40 (including tax and tip) you really can't go wrong. What a great way to treat your sweetie or yourself for an early Valentine's Day. Contact June (see page 3 for info) to purchase your

DATES TO REMEMBER

Meetings are held at the church (3191 Riverside Drive) unless otherwise noted. Please note that dates may be subject to change.

Thursday February 4, 2016
6:00 p.m.
Dinner at Algonquin College

Saturday February 6, 2016
11:00 a.m. - 3:00 p.m.
Pizza Lunch and Presentations

Wednesday April 20, 2016
7:15 p.m.
Recently Diagnosed Meeting

Wednesday June 1, 2016
6:30 p.m.
Annual General Meeting and Potluck

Wednesday September 14, 2015
7:15 p.m.
Recently Diagnosed Meeting

Wednesday September 21, 2015
7:30 p.m.
General Meeting

ticket.

Next is our General Meeting on February 6th which once again is taking the form of a pizza lunch, vendors, and presenters. Alex Anca and Laurie Sadowski will be speaking to the Chapter and you definitely don't want to miss it. Be sure to reserve your place (see front page for more details). It's a perfect way to spend a winter afternoon.

With the New Year many memberships have now expired. To be sure that you continue to receive updates and information from the Chapter, along with discounts with participating businesses of our Chapter Discount Program, renew your membership by contacting June at june-williams@sympatico.ca. If you know or hear of someone who isn't receiving their newsletter, please suggest they check their Spam/Junk folder of their email, and if they still don't have it, to contact the chapter at info@ottawaceliac.ca.

If you are a regular attending member, you have more than likely noticed attendance falling at our meetings. Many chapters across the

country are encountering the same dilemma and are struggling to find what their members want. We all want value for our money and CCA membership isn't any different. We have asked members via surveys and personally (and for email feedback as well) and the most common constructive response was a desire to have speakers. Since September we've had Dr. Sarah Vadeboncoeur and Dr. Sunmi Cha speak on separate occasions, and Pardeep Ahlawalia gave a revamped Recently Diagnosed presentation. Attendance was not what we expected, with only two attendees at the last two. We were pleased to see a nice crowd at the Holiday Party, even though it was again on the smaller side, and positive reception of the hors d'oeuvres. The board has discussed this perplexing issue and it will surely be on the agenda throughout 2016.

There are a few positions open on the Board and we're looking for people who can volunteer their time and provide some fresh ideas and outlook. Whether you'd like to join the Board or have some ideas, drop us a line at info@ottawaceliac.ca.

Outside of Ottawa?



Cornwall: Please contact Monique Lefebvre at mlefebvre@sdgcountries.ca for information on upcoming events.

Sudbury: For information about local get-togethers, please contact Val LeClair at leclairmv@personac.ca or Kim Clark at Kim2clark2001@yahoo.ca.

Pembroke: Please contact Teresa Cowan at teresacowan71@gmail.com for the latest on potlucks and other get-togethers!

Association Affairs

Get your Team Celiac Shirt!



Are you participating in Ottawa's Race Weekend, or another fundraiser race? Or do you just want a cool shirt to tell everyone that you're on Team Celiac, and Powered by Gluten-Free Food? Pick up one of these limited edition Team Celiac shirts!

Options:

Dri-Fit Mens: Medium, Large, Extra Large (\$35)

Dri-Fit Womens: Extra Small, Small, Medium, Large (\$35)

Cotton Unisex: Medium, Large, Extra Large (\$15)

To get your shirt, please contact Mark at communications@ottawaceliac.ca.



February Feast
Thursday February 4, 2016
Algonquin College - International Restaurant
6:00 pm

Treat your love (or yourself) to an early Valentine's Day Dinner at the Chapter's annual dinner at Algonquin College. The delicious gluten-free four-course dinner is put together by the college's Hospitality graduates.

Tickets: \$40 (includes tax and tip)
Contact June at 613-692-3308 or june-williams@sympatico.ca to purchase tickets

CHAPTER BOARD OF DIRECTORS (2015-2016)

President	Samantha Maloney
Vice President	Carolle Gauthier
Secretary	<i>Vacant</i>
Past President	June Williams
Treasurer	Carolle Gauthier
Liaison	<i>Vacant</i>
Marketing	Mark Johnson
Research	<i>Vacant</i>
Hospitality	<i>Vacant</i>
Newsletter Editor	Samantha Maloney
Database	Kevin Love
Webmaster	Kevin Love
Membership	June Williams
Programming	<i>Vacant</i>
Public Relations	<i>Vacant</i>
Fundraising	<i>Vacant</i>
Members at Large	Heather Perkins, Erin Beasley, and Pardeep Ahluwalia

Association Affairs

Gluten-Free Holiday Cheer

On December 2nd the Chapter held its annual holiday party, but with a twist. Instead of the usual dessert potluck, members were asked to bring their favourite hors d'oeuvres or appetizer. Members took up the challenge and what delicious and delightful treats they brought.

One of the perks with hors d'oeuvres is that servings are small and you can try a little bit of everything, and in true potluck (or is it Celiac?) fashion there was plenty and members returned for seconds and thirds. There was such a variety: veggies and dip, humus and crackers, devilled eggs, vegetable pizza, shrimp with cocktail sauce, smoked oysters, and stuffed mushrooms. There were also plates of stuffed dates with each dish made differently and just as tasty – stuffed with

goat cheese, provolone, or wrapped in bacon or prosciutto. There were different cheeses including herbed goat cheese, camembert with pesto, and a cream cheese salmon spread. Speaking of salmon, you had to try the smoked salmon on crackers and salmon mousse. A few token desserts were brought including little meringues. As an added touch Holiday Punch was served and went nicely with all the food.

As you can see, it is doubtful anyone left hungry and there was very little left at the end of the evening. Normally when the dessert party comes to an end, members groan a bit as they rise from their chairs, understandably overstuffed (and who can blame them really), but this year although we were all full, there were sighs of contentment. We were full,

but not too much, and definitely free from the sugar overload.

A big thank you to the volunteers who arrived early to help set up the church for the party, and those who helped clean up at the end of the evening. Your assistance helps make meetings like this possible.

[PLEASE SEE MORE PICTURES ON PAGE 20](#)



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Association Affairs

Chapter Discount Program

Your CCA membership carries many benefits! Your generous donations and support help increase our awareness campaigns, advocacy work and safe food programs (such as gluten-free certification and clearer labelling) to improve the quality of life of all Canadians that are medically required to eat gluten free.

The Ottawa Chapter is a strong believer in supporting local, gluten-free businesses and our new Chapter discount program was the logical next step, helping to increase awareness of your local shopping options while providing valuable discounts to members of the CCA.

We currently have thirteen businesses on board. Please be sure to visit them and support them, and enjoy your discount! If you have an idea for a potential new member of our discount program, please let us know at communications@ottawaceliac.ca.

Central Ottawa / Westboro:

Olive & Chili
51 York Street, Ottawa
10% discount on food and non-alcoholic beverages for the CCA member and up to three others in his/her party.

The Foolish Chicken
79 Holland Avenue, Ottawa
10% discount on food and non-alcoholic beverages for the CCA member and up to three others in his/her party.

La Dolce Vita
180 Preston Street, Ottawa
10% discount on food and non-alcoholic beverages for the CCA member and up to two children in his/her party.

Pete's Gluten Free
112 Nelson Street, Unit 101-D, Ottawa
10% discount on all items.

Strawberry Blonde Bakery
114B Grange Avenue, Ottawa
10% discount on all items. Valid

only at their retail location.

East Ottawa:

Casey's Grill & Bar
1880 Ogilvie Road, Gloucester
10% discount on food and non-alcoholic beverages for the CCA member and up to two children in his/her party.

West Ottawa:

Eastside Mario's
1861 Robertson Road, Nepean (this location only)
10% discount on food and non-alcoholic beverages for the CCA member and up to two children in his/her party.

Zolas
2194 Robertson Road, Nepean
10% discount on food and non-alcoholic beverages for the CCA member and up to three others in his/her party.

South Ottawa:

Milano City Pizza
5511 Manotick Main Street, Manotick
10% discount on food and non-alcoholic beverages.

Manotick Natural Market
1143 Tighe Street, Manotick
10% discount on all items.

A Fresh Start Gluten Free Bakery
5558 Manotick Main Street, Manotick
10% discount on all items.

Online:

El Peto Products, Ltd.
10% discount on all products ordered through their website, www.elpeto.com. Membership card must be presented by fax or email, and they will keep it on hand.

The Mix Company
10% discount on all products ordered through their website, www.themix-company.com. Membership card must be presented by fax or email.

You MUST have your valid membership card on hand to be eligible for the above discounts. If you need a membership card, if you have an expired card, or you are unsure as to your membership status, please contact June at june-williams@sympatico.ca or 613-692-3308. This discount program does not imply any endorsement of these businesses by the CCA. Please be certain to ask restaurant servers about their gluten-free options, emphasizing that your need for a strict, gluten-free diet is medically necessary (not a choice), and ensuring that cross-contamination will be avoided.

Donate your Shoppers Optimum Points!

The CCA has teamed up with Shoppers Drug Mart's Optimum Points program to give you a convenient way to help the CCA. By donating some (or all) of your Shoppers Optimum Points to the CCA, you are making it possible for us to use your points at Shoppers Drug Mart toward the purchase of products and supplies we need for our ongoing operational, education and support activities.

To donate your Shoppers Optimum Points, please visit: www.shoppersdrugmart.ca/donate. You can select the Canadian Celiac Association on their list of registered organizations. If you are not presently a Shoppers Optimum Member, just ask for a card at your next visit to Shoppers Drug Mart. You can get a card issued, on the spot, at no cost.

We thank you in advance for helping us "optimize" our fundraising dollars and continue working for a better Canada for all who have to eat gluten free.

Association Affairs



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 Vitamins & Supplements
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 Gluten Free Foods • Non-GMO Products
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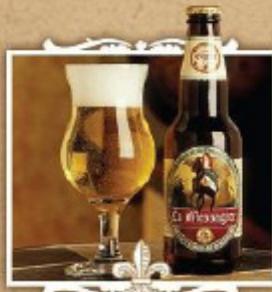
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 4.7 % alcohol



Messagère Red Ale
 is a gluten-free rice and buckwheat beer with a delicate, woody taste.
 5 % alcohol



Messagère Millet
 is a free gluten malted millet lager beer.
 4 % alcohol



Messagère aux Fruits
 is a berry ale, made with raspberry, cherry and black currant, gluten free beer.
 4.7 % alcohol

www.messagere.ca



Out on the Town

The Parkdale Food Centre

By Samantha Maloney

Last winter it was suggested at a board meeting that gluten-free items be collected at our chapter meetings to be donated to the food bank. Pardeep Ahluwalia had heard of another chapter doing it and the board agreed that it was a great idea. At that first meeting one cardboard box had some items. It wasn't full, but it was a good start. At the next meeting in February three cardboard boxes as well as two large carrier bags were filled and delivered to the Parkdale Food Centre.

The Parkdale Food Centre is a rarity among food banks. For people who use most food banks they are often given a bag of groceries to get them through a week or two. Upon arrival at home the person will be able to see what they have, and if they have Celiac Disease (or have to eat gluten-free), they may not be able to eat much. While there may be some naturally gluten-free items (like tuna, peanut butter, canned tomatoes, and rice), there is likely to be pasta, crackers, canned soup, and cookies. You know, all the cheap gluteny items you find at the grocery store, and of course the stuff we Celiacs need to avoid. Thankfully those in Kitchissippi Ward who need to visit a food bank have the Parkdale Food Centre.

When the centre is open to clients it is a busy and bustling place. There is a seating area with some coffee and snacks and a large open space. A bookshelf lines a wall that contains cookbooks, books, and magazines. Pull back some doors and there is another area with shelves lined with canned goods, and yes, a gluten-free shelf too. There are even a few recipes hanging from the shelf for clients to take with them. Continue around there are a couple of fridges and freezers, one freezer with gluten-free items, a fridge has milk, eggs, and butter. Then you see a large kitchen.

Karen Secord, who is the manager of PFC, understands the need for stocking gluten-free items. She truly 'gets it' because she is Celiac. Staff are trained and knowledgeable about what to look for on labels. They also keep an eye on the shelves making sure that the gf items are located where they should be. PFC is always looking for gf donations because they have many clients who need it. And because they have fridge and freezer space they can take perishable items, like the gf bread you found for a steal at the grocery store. The day I was there the freezer had some delicious looking personal-sized gf fruit pies that a local baker had donated. Something that can't be missed is the large chalkboard and collection of fruit and vegetables. The vegetable of

the month is cabbage and clients can pick up a pamphlet with a few recipes and ideas on how to use it.

As you can see the PFC goes beyond the standard 'food bank' in doing their best to provide healthy options to their clients. And believe it or not, they do more. It is not uncommon for a cooking class to be taking place. Sometimes it is one with recipes for crockpots (the client not only takes the meal they made home, but also the crockpot, which is useful if they live a rooming house or small place) or a neighbourhood chef leading a group while they prepare a tasty and healthy meal. Adjustments are made for those who attend and are gluten-free.

[CONTINUED ON NEXT PAGE](#)



Out on the Town

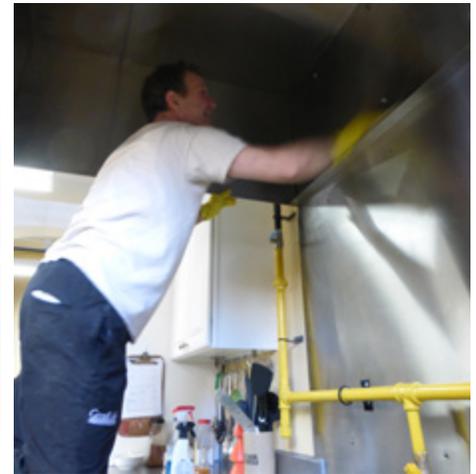
PFC

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Another thing that you encounter at PFC is a sense of community. People are laughing, talking, and helping each other. Volunteers are busy in the kitchen and assisting other clients (On the day I'm visiting the centre is closed, but a few volunteers are there doing some deep-down kitchen cleaning). Clients are encouraged to volunteer at the centre and they do, and they seem to enjoy it. The sense of community spreads beyond their doors. Those who follow PFC on Twitter have probably seen the callouts for certain items, including gluten-free. Sometimes there is some luck and there is a chapter meeting coming up and gf goodies are dropped off, and always received with smiles and appreciation.

If your neighbourhood food bank does not have a need or demand for gluten-free items, think about picking some up and dropping them off to PFC (they are open most days until 3pm). If you want to help your neighbourhood food bank grow and support gluten-free, see if they have some volunteer opportunities. Your gf knowledge may be what they are looking for.

You can learn more about the Parkdale Food Centre by visiting www.parkdalefoodcentre.ca; Facebook: parkdalefood; Twitter: @parkdalefood.



Photos: Samantha Maloney



News and Information

The Culinary Kingdom of Morocco

By Gabrielle Loyer

Morocco is an Arab country situated in the northwest corner of Africa, south of Europe. It is 15 kilometres from Spain, on the Mediterranean. Morocco is a major destination for tourism and Mediterranean travel. An estimated 9 million tourists visited the Kingdom of Morocco in 2010. Morocco offers a complete destination for any traveler seeking the sun, the sea, mountains and/or the desert. In Morocco, you see stark contrasts; you can pass by the Sahara with its extreme heat, or head up to the snowy Atlas Mountains with its frigid temperatures. With many cultures within one country, both the population and cuisine are diversified. Moreover, Moroccan cuisine is considered by many as one of the best in the world, with its Mediterranean flavour characterized by a variety of dishes originating in Arab and Berber traditions, complemented by numerous spices. Their food has characteristics similar to other cuisines in the Maghreb region, but while conserving its unique cultural identity.

Moroccan cuisine offers a number of gluten-free choices. Their tajines

Photos: Gabrielle Loyer

(stew), based on a variety of meats, such as beef, chicken and lamb, are probably the best choice. Tajine is the traditional plate “par excellence” of Morocco. It is a simple dish, so the success really depends on the cooking method: it must be done slowly so the meats, fish, veggies and spices mingle their scents together. You may be surprised by the sweet and salty tajines, which feature the taste of spices, almonds, and prunes. Served with vegetables, olives and the famous Moroccan eggplant salad (Zaalouk), tajine makes for a fine meal. Don't forget that a Moroccan dining experience cannot be considered complete without a coffee or a delicious sweet tea, scented with fresh mint.

Some Moroccans speak English, but the majority speak French, and certain Arab words can be useful: wheat (khrāmèh), barley (zarra), bread (khrōbz), milk (halīb) and allergic (azèzia). While Moroccans tend not to be aware of celiac disease, they are very respectful and followed our wishes with care in order to avoid cross-contamination. That said, wheat is quite common in Moroccan dishes. For breakfast, the majority of options contain gluten. There's gheffa, a sort of wheat cake.



Harcha is also prepared with wheat. Baghrirs are Moroccan crêpes that locals have with honey, butter or fresh cheese. Bread does go with all meals, but you can just leave it on the table. Moroccan pastries are varied and refined, but unfortunately they are made with a wheat flour base. In certain spots, though, you can find nut macaroons that are gluten free. To finish off your meal, you'll always have the chance to sample a nice seasonal fruit, such as melon, grapes, figs, or oranges. And the Moroccan snacks cannot be beat – dried fruit, dates, almonds, pistachios, grapes, apricots and figs. Olive oil and olives play a major role in Moroccan cuisine, and it's that which gives it the Mediterranean flavour.

It's possible to find products labelled gluten-free in the special diet section of certain commercial supermarkets, such as Marjane and Acima. The products are there, but there is not much choice – a few chocolate or ginger cookies and rice cakes. At these stores, you can also find some refrigerated gluten-free products like compotes



News and Information

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News and Information

The Gluten Free Funnies – 2015 CCA conference in Winnipeg

By Mark Johnson

The more entertaining aspects of life with celiac disease and gluten sensitivity were discussed at the 2015 CCA conference in Winnipeg, and it was quite the spectacle! The CCA's Manitoba Chapter did a fantastic job putting together a stimulating agenda, complete with variety to appeal to everyone. Some comedy was just what we needed after a morning of interesting but in-depth research discussion.

We were treated to a knee-slapping performance by Sara Vollmer, a celiac and quasi-stand-up comedian from North Dakota. She had the audience roaring by linking comedy with the situations we all experience as celiacs. She lambasted those who call it “celiacs disease” (there is no s!) and believes that we are the only people who can properly pronounce “quinoa.”

She joked that, when asked why she called in sick, she told her boss, “I painted the walls of my bathroom last night. And not with paint!” Be honest with your employer when you're ill; if they want the gory details, tell them.

Regarding diet cheaters, she said, “You cannot have a little gluten, and you cannot be a little pregnant.” She noted that, according to Dr. Joe Murray of the Mayo Clinic, eating one cookie in a month does the same amount of damage to you as does eating gluten for the whole month.

She told us about her personal rough road to diagnosis. Her family doctor refused to give her a biopsy, not believing that she could be celiac. As she continued to suffer, she eventually saw a dermatologist who diagnosed her with dermatitis herpetiformis. She took great joy in waving the result in her doctor's face. Had she listened to her doctor, she said she would be in “very rough shape,” and called on the audience to “be your own advocate.” Call companies and demand that

they make their products gluten free.

When you are newly diagnosed, she admits there is a justifiable “pity period,” where you sit around feeling sorry for yourself. However, that should pass quickly and then you need to enter the advocate stage – through bodies like the Canadian Celiac Association – because together, we are stronger.

And then the fart jokes. Before she was diagnosed, she said that she would “toot” when driving past a farm, so she could blame any smell on the manure. She and her husband have a cat litter box in their bedroom, so she can always blame the cat for any smells. Sara told the audience of other “toot-safe” areas, such as the coffee aisle in the grocery store.

She joked about how lethal “celiac

farts” are, claiming to once clear a men's Texas hold 'em poker game, driving the gents outside during a frigid North Dakota winter night.

It's safe to fart around a group of drunk people, since they won't be able to remember whether they might have done it. A celiac fart was the only time, she said, that she was able to make her husband gag. The audience loved her sense of humour. It was tough for other speakers to follow Sara, rest assured!

We're now looking forward to this year's national conference, taking place June 24-26, 2016 in St. John's, Newfoundland and Labrador, where one of the speakers will be Patrick Ledwell, a stand-up comedian and himself a celiac. More info will be available soon at www.celiac.ca.

WHERE DOES MY MEMBERSHIP FEE GO?

- Research into causes and a cure for celiac disease and gluten sensitivity
- Advocacy efforts in improving labelling regulations; such as the huge victory on gluten labelling
- The Gluten-Free Certification Program, to ensure that gluten-free foods in Canada are safe and subject to regular audit
- Education programs for the food service industry on serving gluten-free foods; this is critical for restaurants, colleges and universities, the military and those in retirement homes (places where one is not in a position to prepare their own food)
- Collaboration with the medical professional community (doctors, dentists, naturopaths, chiropractors, etc.) to increase awareness and diagnosis of celiac disease and gluten sensitivity
- Updates to the invaluable *CCA Pocket Dictionary*
- Work towards getting the blood tests for celiac disease covered by OHIP in Ontario
- Support services for those newly diagnosed

[CLICK HERE TO RENEW!](#)

News and Information



Gluten-Free Certification Program

When you see the GFCP logo you know the manufacturer has used special processes to make sure your gluten-free food really is gluten free.

For more information, visit www.celiac.ca

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News and Information

Non-Celiac Gluten Sensitivity: Report from Prague

By Mark Johnson

This mysterious and most unpleasant disorder has been a point of major contention as of late, with some media reports suggesting that it may not exist. Such claims are rather misleading; there is certainly something going on here, and research continues on the causes and indicators of this condition. At the International Coeliac Disease Symposium (ICDS) in Prague last June, the assertion that NCGS is something that might be “all in your head” never so much as came up – we know there is a problem, we just do not yet know exactly what it is. NCGS prevalence was estimated to be 1:438 in 1950-1970, but now it’s more like 1:10. This is a major shift.

There are opposing views out there on what NCGS is. Some believe it

to be a reaction to gluten or something else in wheat, rye and barley. Others are thinking it may be a result of a sensitivity to FODMAPs. At least one scientist presenting at ICDS preferred to refer to NCGS as “gluten ataxia”. The research on NCGS is still quite young but many trials and tests are taking place.

NCGS is clinically the same as celiac, but without enteropathy or serology. The lack of definitive biomarkers means that NCGS has been very difficult to diagnose. For the moment, NCGS needs to be diagnosed by exclusion. According to Dr. Carlo Catassi of Italy, NCGS patients will have a negative blood serology for celiac disease, negative immune-allergy tests to wheat, and no intestinal damage. A gene test is

CONTINUED ON PAGE 17

YOUR EDITOR WANTS YOU!

Have a delicious recipe?

Done any travelling?

Have some
gluten-free news?

Want to write an article or
have an idea for one?

WE WANT TO HEAR FROM YOU!

Contribute to your Chapter
Newsletter



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• 5537 Hazeldean Rd.
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• 205 Richmond Rd.
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www.naturalfoodpantry.ca

News and Information

KEEP YOUR INFO UP TO DATE

The CCA website has a "Members Log In" feature where members can update their contact information, renew their membership, purchase items through the online store, and much more.

Visit this section through the [national website](#). If it's your first time, you will be asked to create a user ID and password that will allow you to access your membership account.

Members are encouraged to keep their information up to date to ensure they get newsletters, food alerts and other important information.

[CLICK HERE TO LOG IN](#)



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News and Information



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Coin Francophone

Royaume culinaire du Maroc

By Gabrielle Loyer

Pays arabe situé au nord-ouest du continent africain, au sud de l'Europe, il est situé à 15km de l'Espagne sur la méditerranée. Le Maroc est une grande destination pour le tourisme et le voyage dans le bassin méditerranéen. On estime que 9 millions de touristes ont visité le royaume du Maroc en 2010. En fait, le Maroc offre une destination complète pour un voyageur qui cherche, le soleil, la mer, la montagne ou le désert. Au Maroc, le contraste est varié, on passe du Sahara avec une température élevé aux montagnes de l'Atlas enneigées avec des températures très froides. Avec plusieurs cultures, la population autant que la cuisine est diversifiée. D'ailleurs, la cuisine marocaine est souvent considérée comme l'une des meilleures du monde. C'est une cuisine méditerranéenne caractérisée par sa variété de plats issus des traditions arabes et berbère utilisant de nombreuses épices. Elle a des traits communs avec les cuisines des autres régions du Maghreb, tout en conservant une originalité culturelle unique.

Photos: Gabrielle Loyer



La cuisine marocaine offre plusieurs choix sans gluten. Les tajines aux viandes variées telles que le bœuf, le poulet et l'agneau sont sans doute le meilleur choix. Le tajine est le plat traditionnel par excellence du Maroc. C'est est un mets simple dont la réussite dépend essentiellement du mode de cuisson : celle-ci doit être lente afin que viandes, poissons, légumes et épices entremêlent leurs parfums. Certaines tajines sucrées-salées dont le goût des épices, des amandes, des pruneaux se mélangent vous surprendront. Servi avec légumes, olives, et la fameuse salade d'aubergine marocaine (Zaalouk) composeront un excellent repas. Enfin n'oubliez pas qu'un repas traditionnel marocain ne saurait se conclure sans un café servi dans un verre ou un délicieux thé sucré parfumé à la menthe fraîche.

Certaines personnes parlent anglais, mais la majorité des marocains parlent français, et les mots arabes suivants pourraient vous être utile : Blé (Khràmèh), Orge (Zarra), Pain (Khrobz), Lait (halib) et Allergique (Azèzia). Les marocains ne connaissent pas la maladie coeliaque cependant ils sont



très respectueux et suivent nos conseils avec attention afin d'éviter la contamination croisée. Cependant, le blé est très présent sur les tables marocaines. Pour le déjeuner, la majorité des plats offerts contiennent du gluten : gheffa une sorte de galette fabriquée avec du blé, la harcha préparée elle aussi avec de la semoule de blé, les baghrirs ou crêpes marocaines que les Marocains dégustent avec du miel, du beurre (smen) ou du fromage frais (jebban). De plus, attention pas le droit au couscous puisqu'il s'agit de couscous de blé. Le pain accompagne tous les repas mais il suffit de le laisser sur la table. Les pâtisseries marocaines quant à elles sont très variées et très raffinées. Malheureusement, celles-ci sont faites à base de farine de blé. Cependant, dans certains endroits il est possible de déguster des macarons à la noix de coco sans gluten. Afin de bien terminer le repas, vous aurez toujours le choix d'un bon fruit de saison, melon, raisin, figue, orange. Rien de mieux pour collationner que des fruits secs, dattes, amandes, pistaches, raisins, abricots et figues. L'huile d'olive et les olives jouent un rôle très important dans la cuisine marocaine ce qui lui donne cette saveur méditerranéenne.

CONTINUED ON NEXT PAGE

News and Information

Maroc

Il est possible de trouver des produits étiquetés sans gluten dans la section diététique de certains supermarchés commerciaux tels que Marjane et Acima. Les produits sont présents mais sans beaucoup de choix : quelques biscuits au chocolat ou gingembre et des galettes de riz. D'autres produits réfrigérés tels que des compotes identifiées sans gluten sont aussi disponibles dans ces deux marchés. De plus, les boutiques SANTIVERI (www.santiverimaroc.com) offre un large choix de pains frais, biscuits, pâtes et sauces sans gluten.

Le royaume culinaire du Maroc est donc l'endroit rêvé pour profiter de la cuisine méditerranéenne, arab et berbère. Un voyage au cœur d'une gastronomie diversifiée et gouteuse qui vous donnera envie de cuisiner marocain sans gluten à la maison.

Besaha - Bon appétit

Morocco

CONTINUED FROM PAGE 9

that are labelled GF. Further, the SANTIVERI boutiques (www.santiverimaroc.com) offer a large choice of fresh, gluten-free breads, cookies, pasta and sauces.

The Cuisine Kingdom of Morocco is therefore a dream spot for those who love Mediterranean cuisine, with some Arab and Berber. It's a trip to a world of flavourful and diverse gastronomy, and it will leave you eager to try Moroccan cuisine yourself when you return home.

Besaha – Bon appétit!

NCGS

CONTINUED FROM PAGE 13

also helpful for excluding celiac disease. As with celiac, NCGS symptoms can be intestinal and/or

non-intestinal.

For someone believed to have NCGS, the clinical response to the gluten-free diet needs to be analyzed. The symptoms should be measured and compared with the response when the patient goes gluten-free. If the patient is already eating gluten-free, a gluten challenge should be undertaken to determine whether they are celiac, NCGS, or something else. Patients are considered responsive to the gluten-free diet when at least 30% of the baseline score reduces in terms of symptoms. One interesting study, out of the UK and Iran, found that dyspepsia may be the main presentation of NCGS patients, so that is something to watch out for. 68% of NCGS patients had dyspepsia versus just 12% of celiacs. Weight loss and osteopenia were also often noted in NCGS patients.

From a scientific research perspective, testing of patients for NCGS needs to take place with pure gluten – not with gluten-containing products like wheat. Results can then be compared with patients taking a placebo. Some trials have found that many patients in studies that think they are NCGS actually do not show a reaction to gluten – so that's when we get into considering whether the issue may be wheat, FODMAPs, or other conditions. The research to date is conflicted, and may be impacted by the "placebo effect," whereby people expecting to feel symptoms will report feeling symptoms.

Dr. Catassi emphasized that NCGS cannot be self-diagnosed. It can also not be diagnosed by simple elimination of foods. It needs a positive diagnosis – and for celiac disease to be firmly excluded. Starting with the genetic testing is a good idea, since if celiac can be permanently excluded, that may save a lot of hassle down the road.

Studies are looking at whether we might be able to nail down some

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kind of blood marker for NCGS. For example, one study found IgG anti-gliadin antibodies in up to 56% of patients claiming to have NCGS, and the antibodies have been shown to disappear quickly when the patient goes gluten free. Interestingly, in about 40% of celiacs, these antibodies remained positive after a period on the gluten-free diet. But for the NCGS patients, almost all disappeared.

Because of the difficulty of getting a firm NCGS diagnosis, the condition we find is often taken less seriously by one's medical professional(s). As a result, according to a Norwegian study, celiacs are more likely to be professionally coached on diet than those with NCGS. And yet, adherence to the gluten-free diet was found to be only minimally higher in celiac patients vs. the gluten sensitive.

Be aware that there is an acknowledged "scarcity" of well-conducted studies relating to NCGS. Many scientists at ICDS were pushing for more research studies looking at open or blinded wheat/gluten challenges to further analyze NCGS. Stay tuned for additional developments!

Recipe Corner

Chickpea and Red Lentil Masala

Ingredients:

- 1 tbs coconut oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tbs curry powder (mild or hot)
- 2 tsp garam masala
- 1/2 tsp salt
- 1 – 14 oz can coconut milk
- 1 – 15 oz can diced tomatoes
- 1 cup water
- 1 – 15 oz can chickpeas, drained and rinsed
- 1/2 cup dried red lentils
- 1 tbs lemon juice or lime juice
- 1 cup chopped fresh cilantro

Instructions:

1. In large pot, heat oil over medium.
2. Add onion, garlic, curry powder, garam masala, and salt.
3. Sauté for 8 minutes, until vegetables are softened.
4. Stir in coconut milk, tomatoes, water, chickpeas, and red lentils.
5. Bring to a boil, reduce to a simmer, cover, and cook, stirring occasionally, for 25 to 30 minutes, until lentils are soft.
6. Immediately before serving, stir in lemon or lime juice and cilantro. Serve hot.

Serves 4

Courtesy Alive.com

Photos: Alive.com



BBQ Beer Braised Brisket Tacos

Ingredients:

- 3 pound beef brisket, cut into 3 equal pieces
- 2 cups sliced yellow onions
- 1½ cups tomato sauce
- 1½ cups gluten-free lager beer
- 1 cup brown sugar
- ½ cup GF soy sauce
- ¼ cup cider vinegar
- ¼ cup GF Worcestershire sauce
- 2 teaspoons ground cumin
- ½ teaspoon chili powder
- 18 corn tortillas

Instructions:

1. Preheat the oven to 350°F. Place the brisket in a large roasting pan or casserole dish. Arrange onions on top and around the sides of the brisket.
2. In a mixing bowl, whisk together tomato sauce, GF beer, brown sugar, GF soy sauce, vinegar, GF Worcestershire sauce,

cumin and chili powder. Pour the sauce over the brisket. Cover the brisket with foil and cook 3 hours. Remove foil and cook additional 1 to 1½ hours until the brisket is fork tender and easily pulls away into shreds.

3. Remove brisket from the oven and let sit for 15 to 20 minutes. Pull entire brisket into shreds to use in tacos.

4. To assemble tacos, place corn tortillas between damp paper towels and heat for 30 seconds in microwave. Arrange hot tortillas on a platter and fill each tortilla with a generous portion of shredded brisket. Top with tomatillo onion cilantro salsa if desired.

Serves 6

Courtesy Delight Gluten Free

Recipe Corner

Supreme Sweet and Sour Rib

Ingredients:

- 1 1/5 lbs of ribs, cut into 2 or 3 rib sections
- 1 pepper, colour of your choice
- 2 cups of carrots

Sauce:

- 1 cup agave syrup
- 1/4 cup corn starch
- 1/4 cup water
- 1/4 cup apple cider vinegar
- 1 tbs GF soy sauce
- 1 tbs ketchup
- 1/4 tsp ginger
- 1/4 tsp garlic powder

Instructions:

1. Mix organic agave syrup and corn starch together, in saucepan. Be careful of lumps.
2. Add the water. Stir.
3. Add next 5 ingredients. Heat and stir until boiling and thickened.
4. Dice carrots and peppers into small pieces.
5. Spray slow cooker.
6. Put carrots on bottom. Add the ribs. Layer peppers on top. Add sauce.
7. Cook on low for 6 hours.

Serves 2-3

Courtesy Sue Morin



Taco Spice Mix

Ingredients:

- 1 tsp chili powder
- 1 1/2 tsp ground cumin
- 1/2 tsp smoked or regular paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp dried crushed oregano
- 1/4 t tsp black pepper
- 1/2 – 1 tsp salt (to taste)
- 1/8 tsp crushed red pepper flakes or cayenne pepper (optional, for spicier)

Instructions:

1. In a small bowl, whisk together all the ingredients.
2. Place in an airtight jar.

Courtesy AllergicLiving.com

Chocolate Chia Pudding

Ingredients:

- 1 1/2 cups unsweetened plain coconut milk beverage (not thick canned) or unsweetened plain soy milk
- 1/3 cup chia seeds
- 1/4 cup unsweetened cocoa powder or raw cacao powder
- 2 tbs maple syrup or agave
- 1 tsp vanilla extract
- 1/8 tsp salt
- 1/3 cup unsweetened coconut chips or shredded coconut
- Fresh fruit, for serving (optional)

Instructions:

1. In large bowl, whisk milk, chia seeds, cocoa powder, maple syrup, vanilla, and salt until combined.
2. Set aside for 30 minutes and whisk again before transferring to airtight container.
3. Refrigerate for at least 5 hours, or overnight.
4. In skillet, toast coconut over medium heat until light brown.
5. Stir chilled chia pudding well before spooning into bowls.
6. Garnish with toasted coconut and fresh fruit, if using. Serve chilled.

Serves 4

Courtesy Alive.com

InFocus

Hors D'oeuvres Holiday Party



Such a delicious variety of appetizers and hors d'oeuvre at the recent holiday party. What a great opportunity to try something new. Photos: Samantha Maloney

