

## **MARCH 2010 HANDOUTS**

**Coconut Flour:** Coconut flour is another alternative flour that we can use. It is 58% fiber and is considered hypoallergenic. The following website has a great article on it and how to use it in baking. If you can find a computer, it is worth reading.  
[http://www.mercola.com/products/coconut\\_flour.htm](http://www.mercola.com/products/coconut_flour.htm)

### Five Common Skin Conditions Associated With Celiac Disease

Gluten intolerance often presents itself in ways unexpected, including several common skin conditions. Ranging in severity from dermatitis herpetiformis to dry skin, avoiding gluten may have more to do with your plaguing skin concerns than you imagined.

Here are some common dermatological concerns associated with celiac disease:

Dermatitis Herpetiformis—This painful, blistering condition can be very stressful, especially when misdiagnosed. An inflamed, itchy rash, dermatitis herpetiformis begins as tiny white filled blisters or red spots around hair follicles. Trying to hide or disguise DH, as well as trying to treat it when misdiagnosed can be incredibly stressful for a person.

Eczema—Eating a gluten-free diet is becoming an increasingly popular mode of treatment for eczema. Those who are gluten intolerant also tend to have more advanced psoriasis. Psoriasis—Like eczema, psoriasis has in many cases shown improvement when the person is put on a gluten free diet. In Scott Adams' 2004 article, he also mentioned that psoriasis in those with celiac tends to be more severe.

Acne—Links between celiac and malabsorption, as well as hormonal upset can contribute to a greater production of acne. Many birth control pills boast promises of clearer skin, their method is through hormone manipulation. Because many who suffer from gluten intolerance also experience a disruption of normal hormone function, this disharmony can lead to problems with acne.

Dry Skin—Also correlated to malabsorption, dry skin is a very common complaint amongst those with celiac. But this condition is one that many people see even after the prescribed treatment of a gluten free diet. Why? Vitamin E rich grains are vital to maintaining skin harmony, but since many who are gluten intolerant begin avoiding grains completely—even those grains that are gluten-free, getting that important Vitamin E in their diets can become a challenge.

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### **Godfather's Gluten-Free Pizzas:**

Our gluten-free pizzas are available in six varieties: Cheese, Pepperoni, Sausage, Beef, All-Meat Combo and Classic Combo. They are topped off-site, and individually wrapped for the safest delivery into our stores. There's no need to call ahead to place your gluten-free pizza order as is the case with some other restaurants. Our gluten-free pizzas are available seven days a week during regular business hours. All locations selling gluten-free pizza also offer a take-n-bake option. (Please Note: Not all Godfather's Pizza locations currently offer gluten-free pizzas. See Store Locator information below.)

Now you can enjoy the convenience of our great Godfather's Pizza with the rest of your family. Our gluten-free pizza is available for dine-in, delivery, carryout, and even catering. Order one at a time or order many to enjoy later.

To find a location near you, go to [http://www.godfathers.com/store\\_locator/](http://www.godfathers.com/store_locator/) One location is in Marion, Ohio

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**Man Jailed for Selling Fake GF Bread:** Paul Seelig, owner of the Great Specialty Products bread company in Durham, NC, has been jailed, his business closed, his website pulled and he is facing six felony counts for obtaining property by false pretense for selling bread he claimed was gluten free, when in fact it contained high amounts (>5,000 ppm) of gluten.

The State of North Carolina is prosecuting a business owner for using the term gluten-free to define a bread product that contained high amounts of gluten, while the FDA has not taken the time to define the term gluten yet. They stopped the sale of the bread after numerous complaints had been received and investigated the company. They protected those of us on the gluten-free diet from being poisoned by someone who was trying to make a quick buck on what has been coined as a 'fad diet' by the media.

For the newly diagnosed people out there who mistakenly believe that seeing a product marked as gluten free means it is safe this is a shocking case. This case is particularly frustrating because Mr. Seelig was allegedly repackaging gluten bread from Tribecca Oven Company and applying a gluten-free label. Thank goodness the State of North Carolina stood up for its gluten-free residents in this precedent-setting case.

Mr. Seelig is sitting in jail right now on \$100,000 bond waiting for his hearing on the 24th. This Examiner is thrilled that no more of this gluten-containing bread is being sold and hopes that the FDA will take from this example the dire need to define the term gluten and set guidelines and regulations with enforceable consequences.

This case is bound to have an impact on the industry and our gluten-free community. One only hopes it is a positive impact that leads to a more thorough understanding of the gluten-free diet and the dangers associated with false manufacturing claims.

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**Yeast Substitute:** A great substitute for those who are yeast intolerant.

Ingredients:

Baking soda (as fresh as possible)

Lemon juice

Directions:

Follow recipe instructions as directed. To substitute the yeast, take the amount of yeast called for and add in equal parts the baking soda and lemon juice. (eg. 1 Tbsp of yeast will equal 1/2 Tbsp of baking soda and 1/2 Tbsp of lemon juice). Omit the rise time your recipe when using this yeast substitute for the dough does not need time to rise. Make sure the yeast substitute is the last ingredient you add in order for the reaction to properly work. Bake recipe as directed.

**Online Website for Meds:** This is a great website <http://dailymed.nlm.nih.gov/dailymed/>

It lists inert ingredients, aka "excipients," by MANUFACTURER, even the GENERICS!

Use "Excipient List" at [www.glutenfreedugs.com](http://www.glutenfreedugs.com) for terms that can hide gluten. Compare lists & call company to source questionable ones. Better yet, teach pharmacist to do it for you!

### **Celiac disease: Five Simple Questions Show if Kids Need a Gluten-free Diet**

Celiac.com 02/15/2010 - Just five simple questions can help you determine if your child needs a gluten-free diet, according to a recent Danish study that aims to improve celiac disease diagnosis in children.

Over the last five or six decades, rates of celiac disease have increased 400%. Worse still, at least half of kids with celiac disease never get diagnosed.

That means they will continue to eat foods made with wheat, rye, or barley; and that they will suffer persistent symptoms such as diarrhea, abdominal pain, and behavior problems, along with intestinal damage, that are perfectly avoidable with a gluten-free diet.

A simple blood test can tell doctors which kids most likely have celiac disease. But doing a blood test on every child is simply not practical. Would it be better to test just the kids who show one or more symptoms common to celiac disease?

To answer that question, doctor Peter Toftedal, MD, of Denmark's Odense University Hospital, created a simple, five item questionnaire to help parents provide information on recurrent abdominal pain, chronic diarrhea, constipation, and lack of height and weight gain:

1. Has your child ever suffered from abdominal pain more than twice during the last three months?
2. Has your child ever had diarrhea lasting more than two weeks?
3. Does your child have a tendency to firm and hard stools?
4. Does your child gain enough weight?
5. Does your child gain enough height?

Toftedal's study team conducted a trial of the questionnaire in Denmark's County of Funen. They mailed it to the parents of 9,880 8- and 9-year-olds. Prior to mailing the questionnaire, just 13 children in Funen were known to have celiac disease.

A total of 7,029 parents returned the completed questionnaire, with 2,835 reporting at least one symptom. The research team invited these children for a celiac blood screen. A total of 1,720 children submitted to screening, with 24 showing positive antibodies common with celiac disease.

Additional testing confirmed 14 case of celiac disease among the children of Funen, meaning that only half of the kids with celiac disease had been diagnosed. When you factor in the additional 1,115 parents who did not report for screening, the result might be slightly higher.

Toftedal and colleagues conclude that a number of "preclinical and low-grade symptomatic patients with celiac disease may be identified by their responses to a mailed questionnaire."

Pediatrics, March 2010

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### **Cinnamon Rolls** Living Without Magazine MAKES 8

These homemade cinnamon rolls are just like you remember them—small, warm rounds of springy dough bursting with cinnamon and topped with an old-fashioned sugar glaze.

#### **Filling**

- ⅓ cup packed dark brown sugar
- ¾ teaspoon cinnamon
- ¼ teaspoon nutmeg, optional

#### **Dough**

- 7 tablespoons warm milk (cow, rice or soy) (110 degrees)
- 1 tablespoon dry yeast granules (not quick rise)
- ¼ cup sweet rice flour, divided
- ¼ cup granulated sugar, divided
- 2 large eggs, room temperature
- 2 tablespoons canola oil
- 1¾ cups Brown Rice Flour Mix\* (See Recipe Below)
- ¼ teaspoons xanthan gum
- ½ teaspoon salt



Rice flour, to flour board  
1 tablespoon melted unsalted butter or Earth Balance

### **Glaze**

¾ cup confectioners' sugar  
1 tablespoon milk (cow, rice or soy)  
½ teaspoon pure vanilla extract

1. Combine brown sugar, cinnamon and nutmeg (optional) in a small bowl and set aside.
2. Combine warm milk, yeast, 1 tablespoon sweet rice flour and 1 tablespoon sugar in a measuring cup, stirring until well blended. Cover with a towel and set aside for 5 to 10 minutes until mixture becomes foamy.
3. Mix eggs and canola oil together in a small bowl and set aside.
4. Lightly grease a 9-inch round cake pan.
5. Mix brown rice flour mix, xanthan gum, salt, and remaining 3 tablespoons sweet rice flour and 3 tablespoons sugar in large bowl of electric mixer. Add warm milk/yeast mixture, egg and oil to the bowl; mix until just blended. Scrape bowl and beaters and then beat at high speed for 3 minutes.
6. Liberally spread rice flour over surface of a wooden board and lightly flour hands. Use a spatula to move dough out onto the wooden board in a ball shape. Dough will be sticky. Roll dough around in the rice flour until it is lightly covered. Gently press into a 12x8-inch rectangle with your hands.
7. Lightly brush melted butter over top of rolled dough and sprinkle with brown sugar and cinnamon mixture. Starting with 8-inch side, carefully roll dough jellyroll fashion. Do not roll dough tightly; the individual rolls will rise better if they are more loosely rolled.
8. Use a small, sharp knife to cut the 8-inch roll of dough into eight 1-inch slices. (Don't worry if slices seem loosely rolled). Coat knife with rice flour if dough is sticking to it.
9. Carefully arrange slices in prepared cake pan so that they do not touch (put six around the outside of the pan and two in the middle.) Cover with a light cloth and let rise in a warm place until rolls have doubled or more in size and have filled pan (80 degrees is ideal and almost essential for this very heavy dough to rise in 1 to 1½ hours.)
10. Preheat oven to 375 degrees. Place rolls in center of oven and bake about 20 minutes, until light golden and cooked through.
11. Combine confectioners' sugar, milk and vanilla in a small bowl and stir until smooth and creamy. Spoon over top of rolls. Serve warm.

Each roll contains 291 calories, 7g total fat, 2g saturated fat, 0g trans fat, 58mg cholesterol, 176mg sodium, 53g carbohydrate, 2g fiber, 5g protein.

Recipe published with permission from Gluten-Free Baking Classics (Surrey Books), by Annalise Roberts.

TIP Extra finely ground brown rice flour is available from Authentic Foods ([authenticfoods.com](http://authenticfoods.com)). Make your own by whirling brown rice flour in a clean coffee grinder. LW

### **\* Gluten-Free Brown Rice Flour Mix**

MAKES 3 CUPS

2 cups brown rice flour, extra finely ground  
⅔ cup potato starch (not potato flour)  
⅓ cup tapioca flour starch

1. Whisk ingredients together to combine. Refrigerate in a tightly covered container until used.

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**King Arthur Flour Goes GF:** NEW online gluten-free baking resource. All the mixes, ingredients, recipes, and tips you need for your very best gluten-free baking. Check it out at <http://www.kingarthurfour.com/glutenfree/> The following recipe is provided by King Arthur Flour:

### **Gluten-Free Brazilian Cheese Buns**

Soft, chewy Pão de Queijo rely on tapioca starch (a.k.a. tapioca flour) for their structure, and garlic and cheese for their wonderful flavor. They're gluten-free, but don't reserve them for your friends and family living the gluten-free lifestyle. These fast and easy buns will quickly become your go-to bread to serve alongside soup, or with salad or pasta.

- 1/2 cup unsalted butter
- 1/4 cup water
- 1/4 cup milk
- 3/4 teaspoon table salt or 1 teaspoon kosher salt
- 2 cups tapioca flour or [tapioca starch](#) (they're the same thing)
- 2 teaspoons minced garlic
- heaping 2/3 cup grated Parmesan, Romano, or aged Asiago cheese
- 2 large eggs, lightly beaten

### **Directions**

- Preheat the oven to 375°F. Lightly grease a couple of baking sheets; or line with parchment.
- Put the butter, water, milk, and salt in a saucepan, and heat till the butter has melted and the mixture has come to a full boil. While the mixture is heating, put 2 cups of tapioca flour into a mixing bowl.

- Pour the boiling butter mixture over the tapioca flour, beating to combine. Beat at high speed till the mixture becomes smooth and elastic-looking; this will happen very quickly.
- Beat the garlic and cheese into the dough till well combined.
- Stick your finger into the dough. If it's uncomfortably hot, let it sit for a couple of minutes to cool a bit; you don't want to cook the eggs when you beat them in. If it seems hot but not burning hot, continue with the next step.
- With the mixer going, gradually dribble in the beaten eggs, beating till well combined and smooth.
- Drop the mixture in 2-tablespoon balls (about the size of a golf ball) onto the prepared baking sheets, spacing them about 1 1/2" apart. A level tablespoon cookie scoop works well here.
- Bake the rolls for about 20 minutes, till they have a freckled appearance (from the browning cheese), and they're beginning to color a bit. Remove them from the oven, and serve hot.

Recipe summary:

Hands-on time:  
10 mins. to 15 mins.

Baking time:  
20 mins. to 20 mins.

Total time:  
30 mins. to 35 mins.

Yield:  
18 to 20 buns

Tips from our bakers

These rolls reheat nicely in the microwave. Microwave briefly right before serving; test one first, to see how long it needs.



**18 More Days!**