

nca

National

Celiac Association Tennessee

GRAINWISE
& GLUTENFREE

November 2020

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Our Next ZOOM Meeting

Saturday, November 14th --12:00 – 2:00

Holiday Recipes – Chef Demonstration and Sharing among our Talented Members



Jason Laiacona fell in love eating and cooking at an early age. It was the pleasure that a plate of wonderful food can invoke that drew him to the Hospitality Industry. Jason's family roots are planted in New England, however, he came to Nashville by way of Chicago, IL. It was there that he attended the Le Cordon Bleu Cooking and Hospitality Institute. After an extended internship at a traditional fine dining restaurant that rested on the scenic Fox River, he began branching outward. Diving into an array of food service styles: off-site catering, Hotel and Banquets, paced out multi-course dining, gastro-pub and American Bistro.

Arriving in Nashville, he spent extensive time with two of the city's leading Restaurant Groups; in turn, fine tuning his personal style of leadership and expanding his culinary education. The latter having a major focus on sustainable seafood and local farms, as well as waste accountability. Jason is the new chef at Miel Restaurant, a locally sourced and seasonally driven restaurant, located off Charlotte Ave, a couple of blocks west of the new Turnip Truck

and tucked behind Bobby's Dairy Dip. He will demonstrate 3 dishes to accompany our holiday meals and provide the recipes.

After his demonstration, we will have a Sharing Opportunity. If you have a gluten-free holiday favorite for your family, I would ask that you talk about it and share your ideas with our participants. This will all be possible on our Zoom meeting. You can either show us a sample of your dish or take a photo of it and share that picture on the screen as you talk. Those who don't have a recipe to share will be able to gather lots of ideas for gluten-free holiday dishes to prepare for your own family celebrations.

We all regret that we can't try these delicious suggestions at our annual potluck this year, but we can still gather new ideas and share them with each other during our Zoom meeting. Please plan to join us on November 14th.

Yes, We're going to meet via Zoom!

In June, we used Zoom for the first time, sharing the presentation on Dining Out that we had to cancel back in March. In September, Valerie Kraft spoke to us about the phenomenal things she has accomplished during her first three years at Vanderbilt. Since we still don't feel comfortable meeting in person yet and we cannot have our annual potluck this year, we have decided that we will meet once again via [Zoom](#).

If you haven't used Zoom yet, it is very easy. We will set up a meeting for November 14th 12 - 2 pm and then we will send you a link to that meeting and a password so only our members and guests can get in the Zoom classroom. You may use a computer, an iPad, or your smartphone to log into the Zoom meeting. You may enter with both audio and video from your computer or phone. We will be able to see each other and we will be able to converse as we usually do. During the presentation, you will mute your audio so that no distracting noises interfere with the program, but you will be able to unmute your audio to ask questions as needed and at the end, during our sharing opportunity. It's really almost like meeting in person, except we are all at home and meeting virtually on the screen.

September's meeting – Valerie Kraft's Amazing Transformation of the Vanderbilt Dining Services for Students with Special Dietary Needs

Our guest speaker at our September 12th Zoom meeting was Valerie Kraft. She joined our NCAT when she came to Vanderbilt in 2017. She has worked to vastly improve the special dietary programs for students at Vanderbilt.

She shared with us how she organized a student committee to allow students with various food allergies to participate in transforming the dining hall meals for not only gluten-free students, but also those with various food allergies. They began by working with Dining Services to improve the ordering system for special meals and to make it more user-friendly for the students.

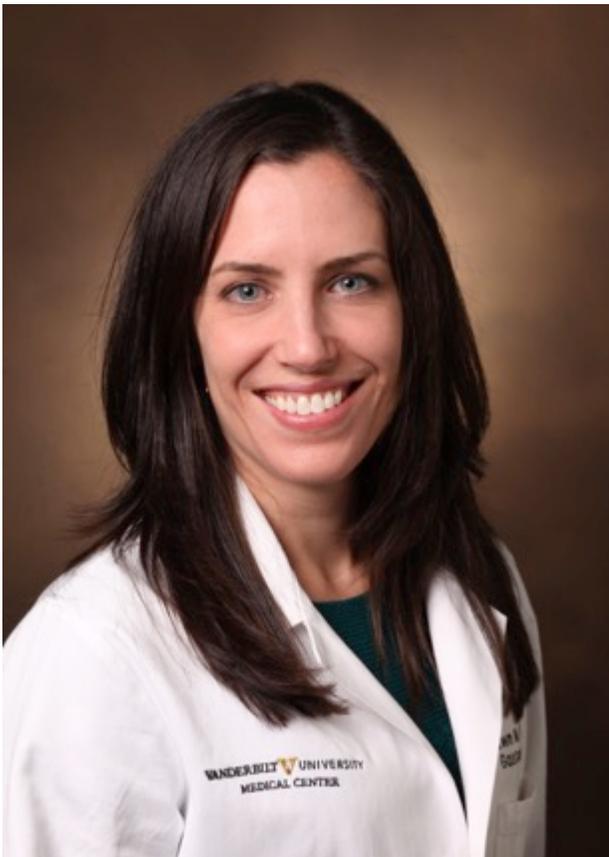
They worked with the Dining Services staff to provide allergen training for chefs, preps, and servers. In the spring of 2019, VU Dining Services ultimately opened a restaurant facility in the Student Center that provides a full-service eight allergen-free menu that students can pick up without needing to pre-order. All students can eat at that facility, not just those who have designated their food allergies. So the students who need to follow gluten-free diets can eat with their friends with none of the embarrassment of needing special food. Valerie has done an amazing job of organizing these services and she is a Senior this year, so we expect even more before she graduates.



Dawn Wiese Adams, MD, MS, agrees to serve as NCAT's Physician Consultant

Our NCA chapter owes a great thanks to Craig Wierum, MD, who has served as NCAT's Physician Consultant for many years now. He was instrumental in helping our Board and former Board members discuss and decide to become a chapter of the National Celiac Association when the Celiac Support Association disbanded in 2017. Once we became the Tennessee chapter of the new NCA, he continued to advise us. He recently suggested that we ask Dawn Wiese Adams, director of the Vanderbilt Celiac Disease Clinic, to serve as our Physician Consultant. He felt that she would be more up-to-date in her research on celiac disease and could better serve the needs of our group.

We are pleased to announce that Dr. Adams has agreed to serve as our Physician Consultant. Dr.



Adams is a gastroenterologist at Vanderbilt Medical Center. She is an Assistant Professor of Medicine in the department of medicine and is the Medical Director of the Vanderbilt Center for Human Nutrition. She has a passion for managing patients with celiac disease and started the Vanderbilt Celiac Disease Clinic in 2015. Her clinic focuses on treating patients with gastroenterology conditions that affect nutrition such as celiac disease, inflammatory bowel disease and intestinal failure. In addition to providing personalized excellent patient care, the Vanderbilt Center for Human Nutrition participates in research to advance patient care including clinical trials for both celiac disease and short bowel syndrome.

Dr. Adams completed an MS in Nutrition and an MD at Case Western Reserve University. She did her residency in Internal Medicine and a fellowship in Gastroenterology at Vanderbilt University Medical Center. We plan to expand the articles available to our members in the Medical Resources section of our website. Dr. Adams has agreed to help us decide which articles might be most helpful for our members so that we can update the resources available to you.

NCA Fall Webinar – Cooking Gluten-Free with Demonstrations and Holiday Inspirations – now on video for you to view

If you would like to see NCA's Fall Webinar from Oct. 22nd, you can go to www.nationalceliac.org and then click on the webinars to view that video. The chef, Denise Herrera, has developed all gluten-free recipes for the group of restaurants where she is the VP of Food and Beverage. She demonstrated pumpkin bread pudding, crab cakes or crab filling for cremini mushrooms, and a chicken velouté soup with gluten-free croutons. **You can also register to participate in the Nov. 19th webinar** on nutrition live or you can view the video of that webinar at a later time. On **December 17th** there will be another webinar on the psychology of dealing with a chronic disease. These are great resources for you.



NEW ONLINE Nourished Festival very informative

The Nourished Group launched an online Gluten-Free & Specialty-Diet Festival on September 24 - 26. It was free and offered demonstrations of gluten-free recipes and products. You can still see the products and sign up for newsletters from their producers at <https://onlinenourishedfestival.com/home> Here are some of the tips that I gathered during the festival.

Gluten-Free Beer, Cider, & Seltzers was the presentation of Karen Hertz, a “brewista” of a gluten-free craft beer that’s produced in Golden, CO. Since 2016 they have increased production from 257 barrels a year to 2100 barrels in 2019, a growth of 678%, but they still do not have enough to distribute nationwide. She explained that **distilled spirits** are gluten-free, however, if there are additives and flavors, they may not be gluten free. **Ciders** are gluten-free if they are made in a dedicated facility. Angry Orchard, for examples tests both their ingredients and their final product to assure that it is gluten-free. **Seltzers** are often produced on the same equipment used to produce beer. The lines are contaminated with the barley used in beer production. Although yeast is gluten-free, the brewer’s yeast used is propagated on barley, therefore not gluten-free. **Beer** that is “gluten-reduced” uses an enzyme to reduce the size of the gluten molecule. Although the pieces are smaller, they are still gluten particles. Some people are not bothered by these small pieces, but others still have a reaction to the gluten still present in the beer. Even Red Bridge beer, using gluten-free ingredients, are produced on the same equipment other beers are made on and at a risk for cross-contamination. **Holidaily Beer** offers an IPA, Stout, and Blonde, plus seasonals, made in a dedicated gf brewery. It is currently the largest gf brewery in the US, only available in CO and AZ. There are 15 gf breweries in US, but most are little and local. If a bar offers a gf beer on draught, should you try it? Karen Hertz recommended asking for a can or bottle of gf beer because she had learned that draught lines could be contaminated when changing kegs out, sometimes between gf and none gf beers, by human error.

Research on Gluten Cross Contact in Shared Kitchen from Boston Children’s Hospital reported that shared cooking water for **pasta** is definitely a problem. They cooked pasta, retained the water, and then cooked gf pasta. Tests showed contamination well beyond the 20 ppm and the surface area of fusilli pasta held more gluten than other pastas. When they washed pots after cooking pasta, added new water, and then cooked gf pasta, there was no gluten transferred to the gf pasta, so regular washing does work. They also cooked gf pasta in contaminated water and then rinsed the pasta off after cooking. The contamination of the resulting pasta was 17.5 ppm, less than the 20 ppm, but they did not recommend that for anyone.

Knives: Using a knife to cut a cake and then to cut a gf cake resulted in more than 20 ppm of gluten on the gf cake. Washing the knife between the cuts showed no gluten on the gf cake.

Toasters: They tested gf toast in rolling and pop-up toasters that had been used for toast with gluten. All results were below 8 ppm in rolling toasters and none at all in pop-ups. They concluded that there is no need for concern about toasters because contamination remained below 5 ppm for their samples.

Flour cross contact: Tests determined that a 6 feet space is needed to prevent cross-contamination from flour in a shared kitchen. Washing hands and surfaces works to remove gluten particles

Colanders and Cutting Boards: Their testing revealed that a thorough washing reduced gluten to well under the 5 ppm limit and that they could be used in shared kitchens with proper washing between uses.

Children’s Play: They tested **playdoh**. Even though there is 32,253 ppm in a 3 oz container, after playing with playdoh, no transfer was more than 20 ppm. After handwashing, there was no transfer.

They tested children playing with **cookie dough**, rolling out cookies that contained gluten and preparing them to be baked. All results were too high, 84 ppm. Washing hands with water alone did not work. Soap and water and wet wipes were also tested. The results were better, but beyond 20 ppm.

Papier maché produced well over 1,000 ppm. Only a gf paste that has been made with cornstarch should be used by children who play with papier maché.

Dry pasta is often used for craft projects. Children who played with it showed results far below 20 ppm.

Cooked pasta is also used for some craft projects. The results were over 100 ppm. Hand and table washing helps, but not well enough, so they don't recommend children play with cooked pasta.

The research did advise washing hands and surfaces really well whenever coming in the contact with any possible cross contamination whether in shared kitchens or in craft projects.

Measuring GF Flours and Starches: One baker recommended that you **stir your flour** because it settles over time. Then you use a kitchen spoon to **spoon the flour into your measuring cup**. Let it mound a little across the top and then **use a dinner knife to level it off the top**. The same technique is necessary for the tapioca or cornstarch that you add to a mix of flours. Use a **whisk with the starches** to get them fluffy. Then **spoon it into your measuring cup** until it is slightly mounded. Then **use a knife to level it off to the top of the measuring cup**. Generally, 1 Cup of flour weighs 4¼ oz, but different combinations of flours and starches weigh different amounts. For example, she suggests adding 1-2 Tablespoons of a starch to a cup of Bob's Red Mill 1 to 1 flour blend, but she says the Namaste blend doesn't need that.

Other cooks provide recipes that require weighing your ingredients, rather than relying on measuring cups. They say it is much more accurate to get good baking results. You may have to purchase a new electronic scale that allows you to weigh your cup or other container and then reset your scale to zero so you can add the number of ounces (or grams, if you are using European recipes) to your container. I've tried it now, and I have had good results with recipes when I have weighed the flour, the sugar, and other ingredients.

Sneaky Sources of Gluten in a Plant-Based Diet: Jenn Espinosa-Goswami reminded the participants that leafy greens, fruits, vegetables, legumes, fats, and oils, are all naturally gluten-free. She focused her presentation on plant-based proteins. She talked about the average consumption of 83 grams of animal protein, now more chicken than beef or pork, compared to 17g of protein from plants. That is excessive since a person weighing 150 pounds only needs .36g per pound, or just 54g of protein per day.

Some whole grains that are gluten-free contain some protein and can be used in baking or coatings: look for arrowroot, tapioca, chickpea, almond, and coconut flours.

You may also want to use pseudo-grains that are, in reality, grasses, not grains: sorghum, millet, buckwheat (not related to wheat), kamut, amaranth, teff, brown and wild rice. Some can be used on their own, others, such as buckwheat may be made into pancakes or crepes, or into noodles. Soba noodles are made with buckwheat and are therefore gluten-free. But you should still read labels to make sure that no ingredients have been added that make them no longer gluten-free. Also, even though the teff grain is considered gluten-free, some people have experienced reactions similar to those of gluten with this grain that is used primarily in the Ethiopian injera bread. So take care with these pseudo-grains.

Plant-based meats may be high in saturated fats and high in sodium. She advised avoiding Boca, Tofurkey, Sweet Earth, Quorum, Seitan, and Field Roast products because those products contain vital wheat protein, a source of gluten. Also be on the lookout for malt, soy sauce, beer, and modified food starch in the dressings and gravies that accompany the plant-based meat products in the stores. Those are all sneaky sources of gluten that you may not recognize in the ingredients' list of the product you are buying.

Upcoming Events for NCAT—

November 14th – NCAT Zoom meeting with Chef Demonstrations & Sharing, 12-2 pm

November 19th NCA Webinar on Nutrition, 12 - 1:15 pm Central

December 17th – NCA Webinar on Psychology of Dealing with a Chronic Disease

March 13th – NCAT Meeting – Details will be sent out in the February newsletter

May 15th – NCAT Meeting – Details will be sent out in the April newsletter

September 11th -- NCAT Meeting – Details will be in the August newsletter

November 13th – NCAT Meeting – We hope this will be our Annual Holiday Potluck

Your Suggestions Can Help Our Programs

It's been a rough 2020, but we've adapted with Zoom meetings. We foresee still needing them in March and May, 2021, but we still need your program ideas. What do you want to see? What do you have questions about? What do you want to learn? We'll find a speaker if you just tell us what you want to know.

We will also set up a Dining Meet-up as soon as we feel we can comfortably meet in a restaurant and not risk covid. Let us know where you would like to try so we can make those arrangements.



Grandmas Gluten Free Goodies Traditional Thanksgiving Feast 2020

Turkey Dinner

12-14 lb. Herb rubbed Roast Turkey for 8-12 people \$75.00

Gluten Free Meal includes:

Herb rubbed Roast Turkey

Turkey Gravy

Mashed Potatoes

Sausage & Cornbread Stuffing (Sausage optional)

Homemade Brandied Cranberry Sauce

Butterhorn Rolls

Side Dish Price per casserole for 8-12 \$22.00 for 14-18 \$32.00

Broccoli Rice Casserole; French Onion Green Bean Casserole with Gruyere; Grandmas Scalloped Corn; Candied Sweet Potatoes; Cornbread and Sausage Dressing

Butterhorn Rolls 6ct-\$4.00 12ct-\$6.00/ 24ct-\$10.00

Desserts: Pie serves 6-8 -- Pecan -- \$25.00; Pumpkin; Apple; or French Silk -- \$20.00

Cake serves 12-14 --Frosted and Decorated with borders and Chocolate Leaves \$35.00

Frosted with Decorated borders \$25.00

Decadent Chocolate; Italian Cream; or Coconut

Please place your Thanksgiving Meal orders by Tuesday, Nov. 12th by emailing grandmasgfgoodies@yahoo.com or by texting Jeanne Baird at 615-779-1976. Thanksgiving meals will be available for pickup at my home in Gallatin Tues. Nov. 24th after 3P Or at Richland Park Library in Nashville at noon Tues Nov. 23rd. grandmasgfgoodies.com

Miel Restaurant will have four special gluten-free side dishes available for Thanksgiving take-out.

Place your order by Monday the 23rd, Pick Up Wednesday the 25th. Call 615-298-3663 or order online at mielrestaurant.com

Small—serves 3 -- \$20 Large – serves 5 -- \$35

Rutabaga mash, hibiscus glazed chestnuts

Collard Greens, Bear Creek Pork Belly Lardons

Delicata Squash, hazelnuts, brown butter, brandied cherries

Butter-poached Radish, baby leeks

