

Mary Louise reveals CD Walk cake recipes

By Mary Louise Catura

I had several inquires about the food at the CD Walk on April 24. That inspired me to start a food column for *Celiac Digest* although it may be only a sometime thing -- not every issue. I decided to call it "Baker-at-Large" (getting larger with all the good food!).

Speaking of the Walk, I want to convey a sincere "Thank you" to all of you who helped at the food table at the walk especially Jeanette Sather; Mary Massorati; Esther Hopkins; Cleo Anderson; Laurie Kreidler, and Jeanine Faidley on the coffee table.

Back to baking. First, to answer the questions that inspired the column: The food at the Celiac Walk was all donated. When I offered to do the baking, I had no idea what I would get. The Walk committee selected the manufacturers. Here's what I did with the products I received.

Muffins

The muffins were from Sylvan Border Farm in the form of a pancake and waffle



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Baker-at-Large

mix. The bag yielded approx. 2 cups of dry mix. To this I added 1 cup of muffin mix. Any brand will do. To this 3-cup dry mix I added: 3 eggs; 6 Tbsp of oil and butter mixed together: 1 cup of orange juice; the grated rind of 1 orange; and 1 tsp vanilla.

Bake 15 min in the *miniature muffin cups* till lightly browned.

The blueberry muffins came from the same mix. Omitting the orange rind and juice, I added water and 1 cup of frozen wild blueberries. (The wild blueberries are much smaller than the regular ones.)

Brownies

The brownies were from Gluten-Free Pantry's Truffle Brownie mix. I followed the directions on the package and then

added chopped walnuts, less than 1 cup per batch.

Mexican Wedding Cakes

The "to-die-for" Mexican Wedding Cakes were from Marlene's Mixes. PO Box 1821 Whitehouse TX (no zip code listed) Phone# (903)-839-3892. They are called Marlene's Tea Cakes. I added chopped pecans.

I will attempt to bulk-purchase Marlene's Mixes for sale at our meetings but need to wait for a response.

Teff flour

If you like to bake from scratch you might like to try teff flour. At one time, we were cautioned not to use teff because it was contaminated with wheat in the milling process. Well, no more. A plant in Idaho raises and mills it gluten-free. I've been using it in my bread and I like it so well!!

For \$20.00 including shipping they will send you a starter package of two one-pound packages of teff flour, one ivory and one dark, and two one-pound packages of ivory and dark cereal (needs to be cooked). They also send you recipes. If you want more background on teff, you can find it in the little book we sell at the meetings, *Great Grains*. Reach the Teff Company at PO Box A, Coldwell, ID 83606, and 208-455-0375, Teffco @earthlink.net

All requests for recipes will be honored if at all possible. Happy baking!

(Mary Louise Catura is a talented baker who is also the Roundtable Forum chairperson. By instituting the **Baker-at-Large** column, she will be sharing her baking

SACS Leadership Contacts

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Health diary a must for Celiacs

By Jan Terry, RN

It is important to keep a diary of *what* tests are done, *when* they were done, *what lab* at what address drew them, and *what* doctor ordered them.

I jot down the acronyms that the doctor checked on my lab slip in my diary. It is especially important to remember which lab tests are borderline and/or abnormal.

Ask your doctor to give you a specific

number for any borderline or abnormal tests and jot those down in your diary. Ask the doctor what follow-up they require and make a note of that.

If you are seeing a specialist, ask that office to get the lab results from your primary care doctor. Call again a few days before your appointment to make sure that lab work was sent to the specialist. If you are at your primary care doc-

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