

Delicious treats and entrees are gluten, soy free

See related story on Taste front.

GLUTEN-FREE PASTA DOUGH

1 cup water
1/2 cup salt
1 cup gluten-free flour mix (see below)
1 1/2 teaspoon methylcellulose
1 1/2 teaspoon xanthan gum
1 teaspoon cream of tartar
1 tablespoon vegetable oil

Gluten-free flour mix:
2 cups rice flour
3/4 cup potato starch flour
1/2 cup tapioca flour

In a wide-bottom pan, bring water to boil, add salt; stir until dissolved. Remove from heat and add remaining ingredients. Knead together when cool. Keep in plastic bag or tightly sealed container.

From *Jan Lyles of the Tri-County Celiac Sprue Support Group*

GLUTEN-FREE BROWN AND WHITE BREAD

2 teaspoons active dry yeast

1 cup brown rice flour
1/2 cup white rice flour
2 1/2 teaspoons xanthan gum
2 teaspoons sugar
1 teaspoon salt
1 cup non-fat dry milk powder
1 tablespoon margarine or butter (melted)
1 large egg-well beaten
1 1/2 cup warm water

Place all ingredients, except the warm water, in bread pan and press start. While the machine is kneading, gradually pour in the water. If the dough does not mix well, use a rubber spatula to assist it occasionally. After the baking cycle ends, remove bread from pan, place on wire rack and allow to cool for 1 hour before slicing. Tri-County Celiac Sprue Support Group suggests wrapping each slice in plastic, and freezing it. (Makes a pound)

Taken from *"The Bread Makers Magic Book of Helpful Hints"* by Linda Rehberg and Lois Conway.

OATMEAL COOKIES

4 cups oat flour
1 1/2 cup sugar
1 teaspoon baking soda
1 cup oil
1 1/2 cups apple juice
1/4 cup quick oats

Combine all ingredients except quick oats and mix with electric mixer. Let stand for 1 to 1 1/2 hours.

Add 1/4 cup quick oats, mix well. Preheat oven to 350 degrees. Place rounded spoonfuls of dough on a non-stick baking sheet. Cook for 10 minutes or until brown. Cool completely before removing from cookie sheet. Suggestion: Add cocoa, raisins, or coconut flakes for variety. Oat flour can be made by finely grinding regular oats in a food processor.

These cookies are milk-, egg-, wheat-, (not gluten), peanut-, soy- and nut-free.

From the *Food Allergy network* cookbook.

SOY-FREE CHOP SUEY

1 1/2-2 cups cubed pork
1 teaspoon lemon juice
1 teaspoon dark molasses
1/2 teaspoon Hest's seasoned salt
1/4 teaspoon ginger
Brown pork pieces; drain off excess fat. Add water, juice, molasses, seasoned salt and ginger. Stir and simmer over low heat for about 30 min. Just before serving, add 1 can LeChey deluxe Chinese vegetables. Bring to boil, turn down heat, simmer 10 min.

Mix 1 tablespoon cornstarch with 1/4 cup cold water and stir into chop-suey until thick. Serve with rice.

From the *"No More Gluten, Sprue and You!"* cookbook by the Tri-County Celiac Sprue Support Group.

SOY-FREE SOY SAUCE

1 cup frozen pineapple juice
1 teaspoon dark molasses
1-2 teaspoons lemon juice
1/4 teaspoon ginger
1/4 teaspoon garlic powder or 1/4 teaspoon garlic salt
1/2 teaspoon black pepper

When used in place of marinade recipes, marinate pork or chicken pieces in deep bowl in refrigerator for 1-2 hours before grilling or broiling. Turn meat every 30 minutes before cooking time, drain well.

From the *"No More Gluten, Sprue and You!"* cookbook

GLUTEN-FREE CHOCOLATE CAKE

1 1/2 cups rice flour
1/2 cup sweet rice flour
1/2 teaspoon salt
1 teaspoon baking soda
2 cups sugar
1/4 cup shortening
3 eggs
1 cup mashed potatoes
2 squares semi-sweet chocolate or 5 tablespoons cocoa
1 teaspoon vanilla
1 cup buttermilk

Cream sugar and shortening, add eggs. Blend mashed potatoes, chocolate or cocoa and vanilla into shortening mixture. Add dry ingredients alternately with buttermilk. Bake 50 F in 9 by 13-inch pan for 45 minutes.

Look for rice flour and other specialty ingredients at health food stores.

Allergies

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emergency room being treated," she said.

Melissa Hopper of Troy has lived with food allergies for 18 years. She gets the same reaction to peanuts.

"I can feel my throat closing up. My eyes tend to puff up. . . . My whole system goes wacky on me," said Hopper who also lives soy-, bean-, and egg-free.

A handful of doctors tried to figure out why Marcia Campbell of Farmington Hills was iron deficient. Their efforts proved fruitless so, as a last-ditch effort, she was referred to Dr. Thomas Alexander at William Beaumont Hospital in Royal Oak. Through blood work and a small intestine biopsy, he diagnosed her with celiac sprue.

"It's a disease where the immune system mistakes the gluten part of the wheat grain and other similar grains for a foreign protein

and sends inflammatory cells to basically destroy the foreign protein. Instead of that it actually destroys the lining of the intestine," Dr. Alexander said.

The destruction of the small intestine's villi, where nutrient absorption takes place, causes malnutrition. Other symptoms of celiac sprue include diarrhea, swollen stomach, bloating, excessive gas, and weight loss, according to Dr. Alexander. Children who suffer from celiac disease will stop growing once wheat is introduced into their diet, he said. In either case, it is rare.

Soon after Campbell was diagnosed, Dr. Alexander persuaded her and one of his employees who suffers from celiac sprue, Kathy Davis of Auburn Hills, to start the Tri-County Celiac Sprue Support Group.

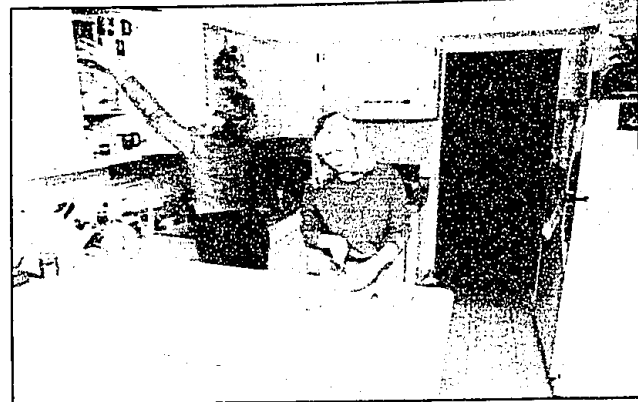
"As a physician it was not that difficult to make the diagnosis.

The unfortunate thing was for the patient to follow the diet and to be able to find something that's palatable. That was the push behind the group," Dr. Alexander said.

To make things easier on newly diagnosed celiacs, the support group offers an information packet that includes intensive shopping guide, contact numbers for food manufacturers and pharmaceutical companies, a sample menu, list of "allowed" flours, a directory of local health food stores, and a list of gluten-free foods at fast-food restaurants.

There's a simple treatment for food allergies and diseases like Celiac Sprue.

"Avoidance is the number one recommended treatment for food allergies," Dr. Rowe said in some cases, the treatment lasts a lifetime. Fish and nuts allergies stick with you while children tend to outgrow egg, milk, soy and wheat allergies.



Making dinner: Melissa Hopper of Troy and her mother, Linda get ready to make dinner — lemon and chicken with angel hair pasta.

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Contamination and hidden sources of the food can make that difficult. For example, peanuts and nuts are often ground up in tortes, or used to flavor coffee. Although the cookie and servers may say that an item is legume free, some fried foods are prepared in peanut oil.

For celiacs, their diet must be wheat-, rye-, oat-, barley-, millet-,

barley- and triticale-free. That means no pizza, cereals, bread, crumb toppings, croissants, pastries, pasta, meat or malt-flavored sodas or gravies, unless it's made with "allowed" flours like corn, rice, potato, or tapioca. Gluten can also be found in vinegar, caramel food coloring, sulphites, MSG, cheese mixes, medication, postage stamps, lip-

stick or balms, Play-Doh, soy sauce, corn chips, or rice cereals.

Anne Russell and Melissa's mother Linda Hopper started the Southeastern Michigan chapter of the Food Allergy Network for the same reasons as the founders of the Tri-County Celiac Sprue Support Group. Living with these sorts of problems or people who can not eat certain foods can be

rough.

"Our goal is to help provide education to the families that are dealing with this and are coping with this. You don't know what you don't know and there's a lot out there to know. We also provide a forum for emotional support and also allow the kids to let other other people (who have allergies)," Russell said.

Try some great-tasting garlic recipes

See Chef Larry Jones' Taste buds column on Taste front. Everyone knows the medicinal effects of garlic. You'll love the great taste!

GARLIC GREEN BEANS

1 pound green beans, ends trimmed
Boiling water to cook the beans
1 cup water
2 cloves garlic, unpeeled
1 tablespoon red wine vinegar
1 tablespoon olive oil

Dash salt and fresh ground pepper to taste

Place the beans on a steamer rack over the boiling water. Cover the pot and steam the green beans for 5-7 minutes or until they become tender-crisp. Rinse the beans briefly under cold water to preserve their color. Cover to keep warm.

While the beans steam, in a small saucepan, bring 1 cup of water to a boil, add the garlic and simmer for 5 minutes. Drain, peel and mince the garlic. In a large bowl, combine the garlic with the remaining ingredients. Add the warm green beans

and toss the beans in the dressing until they are well coated.

If desired, heat gently before serving.
Chef's secret: these are also great chilled! Serves 4-6

GARLIC SOUP

4 cups chicken or vegetable broth
1/2 cup dry white wine
12 cloves garlic, peeled
2 onions, peeled and quartered
1 lb of celery, quartered

1/4 cup dry sherry (optional)

Combine all the ingredients except the sherry in a saucepan and over high heat, bring the soup to a boil. Reduce the heat, cover and simmer for 1 hour. Check the pan from time to time and add a little water, if needed.

Place all the soup in a blender and process until smooth. Return to soup pot and stir in sherry, if desired.

To serve: ladle into bowls and garnish with crostons, sauteed sliced mushrooms or 2 teaspoons of olive oil. Serves 4

Where to get answers to your food questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hotline, 8:30 a.m. to 5 p.m. Monday through Friday, (810) 838-0804 in

Oakland County, (313) 494-3013 in Wayne County.

The Food and Nutrition Hotline is the place to call for all your food con-

cerns. Questions on why your jam won't jelly, or how to freeze those extra tomatoes are some common requests answered daily by the trained staff of the hot line.

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