

## Patient information

### **Coeliac Disease Gluten Free Christmas**

#### Nutrition and Dietetics Therapies Department

There is no reason why you cannot enjoy Christmas whilst following a gluten free diet.

Many traditional foods eaten over the festive period can be gluten free, whether bought or freshly made.

There are some foods that you will need to check for the presence of gluten before purchasing.

#### **Some foods to double check include:**

- Mince pies
- Christmas cakes and puddings
- Gravy and condiments
- Stuffing
- Roast potatoes and Yorkshire puddings

#### **Recipes:**

If you enjoy cooking and baking, you may find the following recipes useful over the Christmas period.

For the ingredients marked with a \* please check food labels carefully or check in your Coeliac UK Gluten-Free Food & Drink Directory, or Coeliac UK App for suitable brands.

Please ensure to avoid any products which are labelled as “may contain gluten.”

#### **Gluten Free Christmas Pudding**

##### **Ingredients:**

- 350g / 12oz Top quality mixed dried fruit
- 150g / 5oz Ready-to-eat dried figs, finely chopped
- 50g / 2oz Ground almonds
- 110g / 4oz Gluten Free Breadcrumbs made from a white Loaf\*
- 110g / 4oz White Mix\*

- one ½ x 5ml tsp Gluten-free baking powder\*
- 75g / 3oz Vegetable suet\*
- two Medium eggs
- four x 15ml tbsp Brandy
- one x 15ml tbsp Milk
- 110g / 4oz Muscovado sugar
- 150g / 5oz Diced cooking apple

#### **Method:**

1. In a large mixing bowl combine the ingredients together using a wooden spoon.
2. Then spoon the mix into two x 900ml / one½ pint bowls or eight individual bowls and cover with a double layer of greaseproof paper.
3. Wrap the whole basin in foil.
4. Steam the pudding for six hours (or two hours for individual size) and fill up with boiling water as required.
5. When cooked, cool and cover with fresh greaseproof paper and wrap in foil again. Store in a cool, dry place or freeze.
6. To reheat the pudding, steam again in the bowl for approximately one ½ hours. Turn out of the bowl on to a plate and flame with brandy or decorate with holly.
7. Serving suggestions – brandy butter/sauce.
8. The puddings can be made up to three months in advance or can be frozen for up to 18 months. Defrost thoroughly before reheating.

#### **Gluten free Mince Pies**

##### **Ingredients:**

- 125g unsalted butter, chilled and diced
- 200g gluten-free flour\*, plus a little extra for rolling
- one tbsp icing sugar
- grated zest one orange
- 200g gluten-free mincemeat\*

For the crumble topping ...

- 25g ground almonds
- 25g flaked almonds
- A pinch of ground cinnamon
- 25g unsalted butter, melted

- 25g soft light brown sugar

### **Method:**

1. Rub the butter into the flour until the mixture is of a breadcrumb consistency.
2. Add the icing sugar and orange zest.
3. Spoon in four tbsp water, mixing with a knife until the dough starts to come together.
4. Lightly knead, flatten into a disc shape, wrap in cling film and chill for at least 30 minutes.
5. Heat oven to 180C/fan 160C/gas four. On a lightly floured work surface, roll the pastry out to a two-three mm thickness. Using a nine-ten cm fluted cutter, stamp out discs from the pastry. Re-roll any trimmings and stamp out more discs until the pastry is used up.
6. Line two eight-hole muffin tins with the pastry discs, then fill each pastry shell with 1 heaped tsp mincemeat and spread out to smooth.
7. Combine the crumble ingredients in a small bowl, then sprinkle a little over the top of each mince pie.
8. Bake on the middle shelf of the oven for about 20 minutes until the pastry is cooked and golden brown.
9. Cool in the tins for five minutes.
10. Serving suggestions – brandy butter or crème fraiche.

The mince pies can be frozen uncooked in trays for up to one month.

### **Gluten Free Parsley and Thyme Stuffing**

#### **Ingredients:**

- one small onion (finely diced)
- one stick of celery (finely chopped)
- one lemon (grated zest and juice)
- 25g/1oz butter
- One x 15ml tbsp fresh chopped parsley and thyme
- Generous pinch of ground black pepper
- 200g/7oz fresh breadcrumbs from a Gluten Free White Loaf\*
- 50g/2oz walnuts (roughly chopped)
- one medium egg

#### **Method:**

1. Gently heat the onion and celery with the lemon zest and juice and butter for five minutes to soften without browning.

2. Combine the remaining ingredients.
3. Either use as traditional stuffing for turkey or wrap in bacon and cook for 25 minutes at 200°C/190°C Fan/400°F/Gas Mark six

### **Who can I contact for support?**

Coeliac UK is a charity set up to support patients with Coeliac Disease.

It is recommended that all patients join as they get the food and drink directory and regular updates. They also send out a quarterly magazine 'Crossed Grain'.

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

### **Further information**

#### **Coeliac UK:**

**Coeliac UK is a charity set up to support patients with Coeliac Disease.**



**It is recommended that all patients consider joining Coeliac UK to receive regular updates and access to all website information, as well as the gluten free Food and Drink Directory. You will also receive a quarterly magazine 'Crossed Grain'.**

#### **Coeliac UK contacts:**

**Tel: 08704448804**

**Email: [helpline@coeliac.co.uk](mailto:helpline@coeliac.co.uk)**

**Web: [www.coeliac.org.uk](http://www.coeliac.org.uk)**

**There is also a local Liverpool group that offers support, cookery demonstrations, lunches, and social events. They meet on the third Saturday of the month. Please ask your Dietitian for more information or contact: [liverpool@coeliac.org.uk](mailto:liverpool@coeliac.org.uk)**

**Author: Nutrition and Dietetics/Therapies Department**

**Review date: December 2027**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體（Moon）盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوه‌نیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه پسه‌ند کراون، نه‌گهر داوا بکریت له فۆرماته‌کانی تر‌دا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گه‌وره، شریتی ده‌نگ، هیلی موون و نه‌لیکترۆنیکی هه‌یه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体（Moon）盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.