

YUMMY NORTHWEST

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WHERE'S THE BREAD, MAN?

What happens when you find out you can't eat anything with gluten in it?

No more crusty rolls? No brownies or cookies? No macaroni and cheese, no pancakes, no pizza? Oh, no!

It's not easy to adjust, but there are alternatives. Read on to learn about some of the local ones.

On page 2, one woman shares what she suffered until she learned what was really wrong with her.

If you ever wondered what "gluten-free" means, here are some answers.



Don't Sing the Blues – Eat Them!

Says the contributor: "This was one of the first things I found when I was diagnosed."

Blue Cornmeal Hotcakes

1 cup blue cornmeal
1 tablespoon baking powder
1 teaspoon salt
1 tablespoon sugar
3 tablespoons melted shortening (I use margarine)
2 eggs, beaten
1 cup milk

In a large mixing bowl, combine dry ingredients. Mix in shortening, eggs and milk. Drop by spoonfuls on a greased griddle, turning as cakes brown, 3-4 minutes.

Makes 12 3-inch cakes.



- R., Bisbee, Ariz.



Why can't I eat that?

The Gluten Intolerance Group (GIG) was established to answer this and other questions asked by gluten-sensitive people.

Celiac disease is a "chronic, inherited disease," according to the GIG Web site. The only way to deal with it is to avoid gluten, one of the factors that cause the debilitating symptoms.

Gluten sensitivity can also be caused by allergies, which may not be as serious as celiac disease but are uncomfortable nonetheless.

Gluten is most commonly found in wheat, rye and barley. (For a complete list, go to the GIG Web site.) "Wheatless" does not always mean "gluten-free." Gluten is what helps make bread fluffy, so substitutes tend to be dense. But if you can't have gluten, those substitutes can taste like a bit of heaven.

Gluten Intolerance Group
15110 10th Ave. S.W., Ste. A
Seattle, Wash. 98166
(206) 246-6652
www.gluten.net



Kaili's is really cool!

(review by M., Seattle, Wash.)

The menu was more varied than I expected, but all the standards of an American cafe were there, plus some exotic appetizers and luscious desserts. The food was delicious, and the young waitress – Kaili's daughter – handled her tasks with a grave sense of responsibility. Kaili herself came out of the kitchen long enough to chat with everyone and answer any questions we had about her specialty cooking. This is a great neighborhood restaurant, regardless of your dietary requirements.

Kaili's Restaurant
9713 Firdale Ave.
Edmonds, Wash. 98020
(206) 542-1462
www.wheatlessinseattle.com



The Flying Apron soars!

(Yummy review)

It's hard to believe these baked goods are vegan and gluten-free. Tender, spicy Cardamom Chai Cupcakes; delectable Maple Pecan Muffins; "real" Chocolate Chip Cookies; candy-bar-like Chocolate Walnut Triangles – all these and more are the wondrous creations of Jennifer Dowd, daughter of owner and baker Bill Dowd.

Flying Apron Organic Bakery
4759 Brooklyn Ave. N.E. (at 50th)
Seattle, Wash. 98105
(206) 526-2903
www.flyingapron.com



Make your own

Two Seattle-based cookbook authors specialize in gluten-free recipes. Both women provide many excellent resources.

Bette Hagman
www.gluten.net/store.asp

Karen Robertson
www.cookingglutenfree.com

One woman's story

By M. Keils

My celiac disease story began in 1982. I was a waitress at a kosher hotel in the Catskills. I was eating a lot of bagels and challah and Corn Pops, but I chalked up my frequently painful bloating, hideous gas and diarrhea to poor water quality and intense stress.

I put up with lots of discomfort on and off until 1989. By then I was living in Seattle, having moved here with my boyfriend in the fall of '88. In April, I started to occasionally have strange numbness in my legs when I was sitting for more than five minutes. I was very worried that I might have MS.

But it wasn't a chronic thing, so I didn't see a doctor about it. I also started to lose weight, but I didn't equate it with the diarrhea I was having again frequently.

I had to quit canvassing for Greenpeace just before Halloween. I had no energy within hours of getting out of bed, and I'd started to have bone pain after walking a couple of blocks. I visited a naturopath and listed many symptoms, but he just told me to take evening primrose oil and Vitamin B-6 and call him in two weeks if I wasn't feeling better. I was furious with him, but I didn't make an appointment with an M.D.

I forced myself to get another job in November. I started working at a bakery! The bakers would wear masks to protect their lungs, but I wasn't in the thick of the flour area, so I didn't take that precaution. My upper back would go numb while I stood wrapping bread. On Christmas Day, I was on the phone with my mom and my legs went numb. It was really scary. The episode passed, but I flew home to Michigan because I didn't have health insurance.

My first diagnosis was hepatitis because my liver tests were "off." I also saw a gynecologist because my periods had stopped. I realized later that he probably thought I was anorexic. I certainly looked like it! (I was 5 feet 5 inches tall and down to 101 pounds at this point.) I didn't really buy into the hepatitis diagnosis, so I returned to Seattle to follow up on finding out was wrong with me.

With no insurance, I went to a King County health clinic. In March, the doctor who'd prescribed Tums for my low calcium level went on vacation. Another doctor examined me and told me that he felt he absolutely had to refer me. So I found myself on Beacon Hill on my 32nd birthday, wondering if it might be my last one.

Two endocrinologists examined me and then referred me to a gastroenterologist. He said I would have to have a small bowel biopsy to confirm his suspicions that I had "celiac sprue." Huh?! They stuck a large tube down my throat

Where can I eat?

In addition to the two places reviewed in this issue, the following eateries provide gluten-free dining.

Café Flora
2901 E. Madison
Seattle, Wash. 98112
(206) 325-9100
www.cafeflora.com
* Vegan and vegetarian

Outback Steakhouse
www.outback.com/menu
* Ask for the special
gluten-free menu

P.F. Chang's
525 Bellevue Square
Bellevue, Wash. 98004
(425) 637-3582
* Chinese food – yum!

At home

You can create your own meals with the help of these local products.

Bob's Red Mill
5209 S.E. International
Way
Milwaukie, Ore. 97222
(800) 349-2173 (toll free)
www.bobsredmill.com

Ener-G Foods
5960 First Ave. S.
Seattle, Wash. 98124
(206) 767-6660
www.ener-g.com

GlutenFreeMixes.com
16004 S.W. Tualatin-
Sherwood Rd., #123
Sherwood, Ore. 97140
(866) 225-3432 (toll free)
www.glutenfreemixes.com

BumbleBar
3029 69th Ave. W., Ste. H
University Place, Wash.
98466
(888) 453-3369 (toll free)
www.bumblebar.com
A tasty organic energy
bar

and I waited anxiously for the results. Sure enough: "The lining of your small intestine is as flat as a pancake." I got a calcium IV for three hours and they said I could have had a grand mal seizure from having such a low calcium level.

I was so relieved that it wasn't MS! They gave me a list of gluten-free foods and told me I should start feeling better within a few weeks of following the diet. Within three weeks I felt like a new person.

But I did experience grief and anger about the foods I would have to avoid for the rest of my life. I remember making pancakes from an Ener-G Foods mix and crying after the first bite. But I came to love them, and to love that Ener-G Foods is based in Seattle; and that many stores are now carrying gluten-free products; and that labeling is improving and there are an ever-increasing number of products as more people are realizing that it isn't such a rare condition.

I love Bette Hagman's cookbooks, and I buy Food for Life* rice-almond bread and Pamela's* cookies and brownie and pancake mixes. I want to check out Kaili's Restaurant in Edmonds. My family gave me a breadmaker a few years back, but I confess I'm intimidated by it and by yeast. One of these days...

* These California-based companies make gluten-free products, which can be purchased online or in local stores and are recommended by readers:

Amy's Kitchen
www.amyskitchen.com

Food for Life
www.food-for-life.com

Pamela's Products
www.pamelasproducts.com



About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
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