

GLUTEN-FREE NEWS

FROM *Hiller's*

FALL 2010



A HILLER'S SHOPPER PERSPECTIVE

By *Alissa Malerman*

Fall is upon us and that means many things to parents. It's time to go back to school, back to scheduled days, back to planning ahead. And for people who pack lunches for those with special diets, there's an extra emphasis on planning ahead.

While most people are stocking up on pencils, notebooks and crayons, I also hit the grocery store. Hiller's has the supplies I need to keep my first-grader's lunch pail filled with snacks and nourishment that will help him do his best in the classroom. Kinnikinnick Graham Crackers, Glutino pretzels and crackers are good standards. Add some hummus, cheese slices or peanut butter and a healthy study snack is quick at hand.

For school nights, I recently discovered that an old favorite is now gluten-free. Check out the new Gluten-Free Bisquick for some quick and crowd-pleasing meals. We like making Impossibly Easy pies or Chicken and Dumplings. Pancakes and waffles are also a hit, and both can be frozen for on-the-go breakfasts.

Another new find (for me anyway) is King Arthur cake mixes. Their gluten-free cakes are a little pricier than the Betty Crocker gluten-free mixes, but one mix makes two layers. Found at Hiller's, I'm happy to pick up a box so I can make and freeze the many cupcakes he will need for festivities throughout the school year. King Arthur is also dairy free, soy free and nut free. So, if others have food allergies, you are pretty covered.

Another tip for school days? See if the child's teacher can stash some extra treats for surprise events. An assembly or safety lesson may include a piece of candy, bag of pretzels, etc. Fill a plastic storage bag with Starburst candies, gluten-free gummies and other little treats and label it "gluten-free" for the teacher to have on hand. That way, no one has to guess what is safe for your child to eat and your child can enjoy getting a treat with the rest of the class.

Sending kids to school with the right tools is important to assure that they can learn, socialize and become active members of their school communities. Food that will keep them healthy and comfortable happens to be the very best tool you can pack. Plan ahead, communicate with the staff and teach your child to advocate for themselves.

Then give yourself an "A" for your efforts.

SUFFERING WITH CELIAC DISEASE?

Let Hiller's make your gluten-free shopping a breeze.
Schedule a gluten-free shopping tour at any one of our seven locations.

Contact Lynn Lederman: lynn.lederman@hillers.com (248)798-5442



Alissa Malerman is the Food Editor for The Oakland Press. She writes a blog, "Suddenly Gluten Free," which chronicles her journey into a gluten-free kitchen after her son was diagnosed with autism and celiac disease. Find it at theoaklandpress.com.

GLUTEN-FREE RECIPES



Autumn Harvest Chicken Stew

1 1/2 pounds cooked chicken, pulled from bone
48 ounces gluten-free chicken broth
24 ounces stewed tomatoes, crushed by hand
1 medium butternut squash, peeled and diced
1 large onion, diced
1 teaspoon crushed red pepper
4 ounces smoked pork, diced (optional)
salt and pepper, to taste

Mix chicken broth, smoked pork, stewed tomatoes, red pepper flakes and onion together. Bring to a simmer. Add squash. Simmer for 10 minutes. Add chicken meat and simmer for an additional 10 minutes. Season and serve.

Gluten-Free Savory Meatloaf

2 1/2 pounds ground beef
or turkey
1/2 pound grated asiago cheese
1 bag baby spinach, julienned
1 cup shredded carrots
1/2 pound tapioca bread,
soaked in water
3 tablespoons chopped garlic
1 tablespoon salt
1 tablespoon coarse black pepper



Cut up bread. Soak with water. Squeeze dry. Mix all ingredients well. Oil a large loaf pan. Place meatloaf mixture into pan. Lightly pack down. Cover with foil. Bake at 350° F for 50 to 80 minutes or until the internal temperature if 165° F. is reached.

BERTILLE BAKING



Produced by R.W. Bakers Co.

We began baking GF buns 13 years ago with a recipe that we devised for our son, who is on the autistic spectrum. Our son had to adhere to a GF, dairy-free diet but had serious sensory issues that we had to overcome in making bread for him. In order for him to eat it, it had to taste, smell and have a mouth feel just like regular bread. This is a daunting task when you remove gluten and dairy from the mix. Along with the sensory goals that we started with, we were also determined to create a bun that could hold up to normal "bun use", i.e.. no crumbling allowed!! It had to be soft, moist, squishy and flexible just like gluten buns so that the burger or sandwich could actually be eaten normally. This effort has resulted in a product that holds up perfectly during distribution, (unlike most other GF products that crumble easily). Literally hundreds of recipes and 13 years later we have developed a ground breaking product.

It didn't take long for people to notice what we'd accomplished. Three years ago I changed careers and devoted myself to full-time production and marketing the product. We applied for a utility patent in May of 2009 and expect to be up for review within the next 6 months. I opened a commercial production facility near our home in a suburb of Detroit. The problem was, every business I showed the buns to, hospitals, grocery stores, universities, restaurants wanted to carry them. I quickly realized that I had to either drastically enlarge my "new " bakery or look for another solution. After showing them to the food distributor Sysco (who loved them and wanted to carry them, yikes!) I was put in touch with R.W. Bakers in Muskegon, Michigan and we got down to work. After a year of planning and building we now have a brand new, 100% dedicated GF facility with huge production capacity. With a tremendous amount of encouragement from the gluten-free community we are beginning our push for national distribution. We were one of only 20 vendors chosen to take part in the first ever Gluten-Free Pavilion at the 2010 National Restaurant Show in Chicago. This event was sponsored by the National Foundation for Celiac Awareness (NFCA) and was a terrific first step in introducing our product on the national stage.

Susan Beier - Bertille Baking

