

Help for Celiacs

March thru November 2008



AIDANT BOOKS
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*Jennifer Cinquepalmi, author of
The Complete Book of Gluten-Free Cooking
speaks to create awareness and teaches to inform and educate
about Celiac Disease.
www.aidantbooks.com*

Friday March 7th 7:00 – 8:30p.m. Liberty Recreation Center Plano, TX

“Gluten – Free 101” Adjusting to “life without wheat” can be a daunting task. This informational class will take you through the steps of adapting to the gluten-free lifestyle. Learn about the positive points of celiac Disease, setting up your gluten-free kitchen, mixing up flour mixes, gluten-free products, and much more!
\$15 - \$19 per person Register thru Plano Parks and Recreation 972 769-4234

Sunday April 20th 1:00 – 3:00 p.m. Market Street Cooking School, Colleyville, TX

“Easy Gluten-Free Cooking” Come watch and learn as Jennifer Cinquepalmi, author of *The Complete Book of Gluten-Free Cooking* shows you how to prepare Chicken Tetrizinni, Almond Bread, Stir-Fried, Green Beans, Spanish Coffee Cake, and Strawberry Pie.
Call reservations at 817-577-5047 \$24.00 per person

Friday May 23rd 7:00 – 8:30 p.m. Liberty Recreation Center Plano, TX

“Gluten – Free 101” Adjusting to “life without wheat” can be a daunting task. This informational class will take you through the steps of adapting to the gluten-free lifestyle. Learn about the positive points of celiac Disease, setting up your gluten-free kitchen, mixing up flour mixes, gluten-free products, and much more!
\$15 - \$19 per person Register thru Plano Parks and Recreation 972 769-4234

Sunday May 25th 1:00 – 3:00p.m. Market Street Cooking School Colleyville, TX

“Light Cooking on the Gluten-Free Diet” Has your diet been off-track since on the gluten-free diet? This class taught by Jennifer Cinquepalmi, author of *The Complete Book of Gluten-free Cooking*, will show you how to prepare light yet satisfying dishes. The menu includes Spinach Stuffed Chicken Breasts, Meatless Taco Salad, Savory Crackers, Pretzel Pie Crust with Peaches and Cream, and Granola.
Register by calling 817-577-5047 \$24.00 per person

Friday and Saturday June 6th and 7th Fort Worth, TX

“The Gluten Intolerance Group of North America’s National Education Conference”

Fort Worth hosts this yearly conference where doctors and researchers specializing in Celiac Disease share the latest research on early recognition and detection of CD, current testing methods, and the latest treatment options. Also presenting will be gluten-free cookbook authors who will educate about gluten free cooking and baking, and offer tips for coping with the gluten-free diet. Jennifer Cinquepalmi, author of *The Complete Book of Gluten-Free Cooking* will be presenting this year on Friday 10:30 a.m., “Gluten-Free Baking and Cooking for Kids.” Experts will present the latest in advocacy for Celiac Disease, and dieticians will inform about how to live a nutritious life. The conference will host around 40 gluten-free food and product manufacturers in the vendor hall. For more information and a complete schedule of events visit www.gluten.net.

Saturday June 28th Oklahoma City, OK

“Book Talk” Jennifer Cinquepalmi will introduce *The Complete Book of Gluten-Free Cooking* to the Oklahoma City Celiac Support Group.

Thurs. July 17th 6:30-8:30p.m. Central Market Culinary School San Antonio, TX
“**Gluten-Free Baking for the Beginner**” Come learn the basics of gluten-free baking from Jennifer Cinquepalmi, author of *The Complete Book of Gluten-Free Cooking.* Understand the unusual ingredients used in GF baking, how to mix up a flour mix, how to make the most of your time in the kitchen, kitchen tips, and more. We will demonstrate Sandwich Bread, Teff Blueberry Waffles, muffins, Wraps, Upside-Down Vegetable Casserole, Graham Crackers, and Chocolate Birthday Cake.
call 210-368-8600 for reservations

Wed. July 30th 6:30-8:30p.m. Central Market Culinary School Austin, TX
“**Gluten-Free Baking for the Beginner**” Come learn the basics of gluten-free baking from Jennifer Cinquepalmi, author of *The Complete Book of Gluten-Free Cooking.* Understand the unusual ingredients used in GF baking, how to mix up a flour mix, how to make the most of your time in the kitchen, kitchen tips, and more. We will demonstrate Sandwich Bread, Teff Blueberry Waffles, muffins, Wraps, Upside-Down Vegetable Casserole, Graham Crackers, and Chocolate Birthday Cake.
call 512-458-3068 for reservations

Sun. Aug. 3rd 1:00a.m. – 3:00p.m. Market Street Cooking School McKinney, TX
“**Alternative Grains in Gluten-Free Cooking**” Not just for Celiacs, this class will inform about the wonderful world of grains beyond wheat, their nutritional value, and how to use them. We will discuss Millet, Sweet White Sorghum, Teff, Buckwheat, Quinoa, and Amaranth. Jennifer Cinquepalmi, author of *The Complete Book of Gluten-free Cooking*, will prepare a meal including Teff Bread, Spinach Quinoa Salad with Balsamic Vinaigrette, Salisbury Steak, Confetti Spaghetti, and Carrot Cake.
\$29.00 per person call 972-548-5167 for reservations

Tuesday August 12th 6:30 – 9:00p.m. Central Market Culinary School Dallas, TX
“**Gluten-Free for The Whole Family**” Serve gluten-free food that is good enough to feed your entire family. The menu includes Beef Tenderloin Deluxe, Garlic Potatoes, Green Salad with Lemony French Dressing, Focaccia Bread, and Apple Praline Pie. And, learn about other great recipes to please your family from Jennifer Cinquepalmi’s book, *The Complete Book of Gluten-Free Cooking.*
call 214-361-5754 for more information or to register

Thursday August 21st 7:00 – 8:30 p.m. Liberty Recreation Center Plano, TX
“**Gluten – Free 101**” Adjusting to “life without wheat” can be a daunting task. This informational class will take you through the steps of adapting to the gluten-free lifestyle. Learn about the positive points of celiac Disease, setting up your gluten-free kitchen, mixing up flour mixes, gluten-free products, and much more!
\$15 - \$19 per person Register thru Plano Parks and Recreation 972 769-4234

Sun. Sept. 21st 1:00a.m. -3:00p.m. Market Street Cooking School McKinney, TX
“**Gluten-Free Baking for the Beginner**” Come learn the basics of gluten-free baking from Jennifer Cinquepalmi, author of *The Complete Book of Gluten-Free Cooking.* Understand the unusual ingredients used in GF baking, how to mix up a flour mix, how to make the most of your time in the kitchen, kitchen tips, and more. We will demonstrate Sandwich Bread, Teff Blueberry Waffles, muffins, Wraps, Upside-Down Vegetable Casserole, Graham Crackers, and Chocolate Birthday Cake.
\$29.00 per person call 972-548-5167 for reservations

Monday November 10th DelRay Beach, Florida
“**Book Talk**” Jennifer Cinquepalmi will introduce *The Complete Book of Gluten-Free Cooking* to the Palm Beach County Celiac Support Group.