Kirkandrews- on- Eden WI May meeting.

President Margaret McKenna welcomed members and guests to our May meeting in Beaumont Parish Hall.

A short business meeting followed when apologies for absence were received and the County News was read.

Margaret then welcomed Heidi Jackson from Bells of Lazonby to talk about “The challenge of developing gluten free and dairy free cakes”

We all love making and eating cakes but recognise that some people are unable to enjoy this without suffering health problems. Heidi works in the New Product Department for dairy free and gluten free foods at Bells of Lazonby. This is on a separate site to the traditional Bakery. She took us on a journey which started with a visit to London or Manchester to visit and gain inspiration from the famous names of Carluccios, Le Pain Quotidien, Ottolenghis and others. She showed pictures of their cakes and pastries which generated their ideas for the mainstream and specialised products. It is a challenge to make the gluten and dairy free products as close to the conventional as possible.

Heidi described how trends are constantly changing and Christmas 2018 themes are already decided and finalised which is necessary to ensure that adequate supplies of ingredients are available. Information about calories, nutrition policy, price and shelf-life are collected to inform the customer and the traceability of every single ingredient is recorded.

Ten different types of flour were passed round for us to feel the different textures and colours and we were encouraged to sample and comment on some products that she had brought along.

The vote of thanks was given by Margaret Mckenna.

The competition for a cake tin was won by Sadie Bell and second was Judith Swinsco. The drawing was won by Margaret Roe.