

The Latest Hullabaloo

Hullabaloo Food "We put in less ... so that you can have more."

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Hi all,

Winter is definitely here. Hobart has been doused in daily rains for a week, soccer training has been cancelled twice (yippee!) and there is snow on The Mountain - so the wind coming off it is just glacial. All this bad weather makes going in and out of the house very unpleasant and I think by far the best solution is to keep the door shut and stay in and experiment with cooking. I have had a number of requests over the year for a recipe for dairy-free cheese sauce. I have been working on it but getting it to taste like the real thing has eluded me to date. I am still trying and now, it seems, I have even more reason to find the solution.

I thought that we already had our share of allergies, intolerances, itches, scratches and wheezes, But No! So we have recently been investigating/diagnosing lactose intolerance in one of my brood. Although a straight forward condition I haven't found it very well catered for. The advice seems to be that if you are lactose free then you are milk free, but given that milk has valuable protein, calcium and minerals it seems crazy to avoid milk just to avoid the lactose - I've done some research which is in the section below.

Cheers until next time,

Jane

"Sweet and Sour Popcorn 20g"

I know I just sorted out the whole popcorn thing but... my kids were sick of plain popcorn and begged me to add some salt. I am not keen on adding salt but what I made for them instead was a complete hit. They have it in their lunch box everyday and take a pile when they go out with friends. What's more it only has about half the sugar of one lolly.

INGREDIENTS: Popping Corn, Sugar, Tartaric Acid.

Warning: Once your kids get a taste of this they'll be hooked for life.

Featuring The Trevallyn Deli Café.

Marcus Douglas and Jo Bain started out with a small delicatessen (the middle part of the photo) in March 2006 and quickly followed this opening Café Culture next door in the August. These two businesses are separated by a sliding door, encouraging customers to make their trip a complete food experience. Marcus had a strong retail background and Jo came from banking and finance. Neither of them had experience in the food industry, but they both shared a love of beautiful food and have always looked for products which may not be readily available in the chain supermarkets. They are both committed to supporting Tasmanian producers, again something larger stores are not always able to do.

When the lease expired on the old supermarket next door in July 2007 they took it over and renovated it from top to bottom - opening "The Trevallyn Grocer on the Hill" in November last year. They cut a hole in the wall between the grocer and the deli and now the deli forms an integral part of the whole shopping concept.

When they first opened the deli their first assistant, the delightful Claire, was coeliac. She introduced them to the concept of food allergies (they are lucky not to have allergies in their family). They started to be more conscious of people with gluten intolerance and their interest has gone from there. They researched the available allergy friendly foods and were very excited when they came across Hullabaloo Food last year. Jo and Marcus's interest in catering for food allergies and intolerances is fabulous and they have shelves in the Deli dedicated to customers with food intolerances.



ALL ABOUT LACTOSE INTOLERANCE

Lactose intolerance is not an allergy, but as the name suggests, intolerance to the sugars naturally occurring in milk. Most people produce an enzyme, called lactase, which converts the lactose into glucose and galactose so that our bodies can then absorb them and use them for energy. People who have lactose intolerance produce too little of this enzyme. As the undigested lactose passes through the intestines it causes discomfort, bloating, wind, cramps and diarrhoea.

How mild or strong these symptoms are will depend on how much lactase the person produces and how much lactose they consume. People with a mild case of lactose intolerance can tolerate small amounts of lactose without suffering symptoms. They may be able to have milk in tea, cakes and biscuits, and some hard cheese – but not be able to eat yoghurt or drink whole milk. Finding the balance is usually achieved by trial and error.

The obvious advice is to go onto a lactose-free diet, but the problem is that most lactose-free recipes are really milk-free. The challenge is to avoid the lactose without always avoiding the milk and this is harder than it sounds.

There are three ways manage lactose intolerance.

1: Don't eat anything that ever had lactose in it.

The most common treatment for lactose intolerance is to go onto a milk-free diet. This is certainly the easiest way to manage the symptoms but in practical terms avoiding any food group is hard work and means you need to think hard about supplementing protein, fat soluble vitamins and calcium.

2: Eat dairy products which are low in lactose

Most supermarkets sell UHT lactose-free milk, so even if you can't get it locally you can always stock up. This milk is normal cow's milk which has had the lactase enzyme added to convert the lactose. Lacteeze drops allow you to do this at home, by lowering the lactose content of normal milk from 12 grams per cup to about 3 grams. Hard cheese contain very little lactose, about 0.02 grams per 30 grams as does butter, which is really just the fat component of milk.

3: Replace your missing lactase enzyme.

Another way to eat dairy without the symptoms is to take lactase supplement so that the lactase converts the lactose in your stomach. Lactase tablets can be taken just before eating dairy products and this can be particularly useful when eating out. Years ago there were a number of products on the Australian market, but it appears that the demand for them was too small. At present you can get "Lacteeze Tablets" [Sorbital, microcrystalline cellulose, lactase, calcium stearate and natural mint flavour] from a limited number of pharmacies or online.

HINTS FOR LACTOSE FREE COOKING

At one level lactose-free cooking is easy. You can pretty much use butter and hard cheese straight from the fridge and you can always substitute lactose-free milk for any milk in the recipe. But, although all simple sugars have the same calories they don't taste equally sweet. Compared to sucrose, normal sugar, they each have the following relative sweetness.

LACTOSE 30 | GLUCOSE 70-80 | SURCROSE 100 | FRUCTOSE 120-160

This means that once the lactose has been transformed into glucose it tastes 2 to 3 times as sweet as normal milk. So lactose-free milk works well for sweet dishes, just hold back on the added sugar a little bit, but makes savoury dishes like white sauces unpleasantly sweet.



ALL ABOUT IODINE

Iodine is an essential nutrient in our diets and necessary for normal thyroid function. Thyroid hormones assist with growth and energy expenditure and are essential throughout childhood for normal brain and physical development.

If you don't have enough iodine in your diet, it can lead to an enlarged thyroid gland (goitre) or other iodine deficiency disorders. Iodine deficiency is the world's leading cause of mental retardation in children.

Although you need very little iodine, our bodies are not able to store it so we need a little bit all the time. Recommended daily intakes are; Infants 90 micrograms/day, Children 120 µg/day, Adults 150 µg/day, Pregnant and Breastfeeding women 200 µg/day.

The best natural sources of iodine are seafood and seaweed because the ocean is high in iodine. Two or three serves of seafood a week is enough. But if you don't or can't eat fish and seafood then you need to look at other sources. Iodine is also found in the soil and so exists in animal products (meat, eggs and dairy) and to a lesser extent in some vegetables.

Unfortunately many regions of Australia have been depleted of their iodine by millions of years of erosion, these include the mountainous areas of northern and eastern Tasmania, the Atherton Tablelands of north Queensland, the Great Dividing Range in NSW, the plains surrounding Canberra, the eastern region of Victoria and the Adelaide Hills.

If you don't eat fish, meat, animal products or live in a low iodine area then you really need to consider supplements. The easiest of these is to switch to Iodised Salt, but many multivitamin tablets contain a suitable dose of iodine. An extra 50-100ug per day is recommended. You should be careful about how much extra you have because it is possible to overdose on iodine. 1000ug per day is considered dangerous.

In Tasmania, a voluntary program is being trialled, to encourage commercial bread manufacturers to again use iodised salt. [Department of Health and Human Services, Tasmanian, Iodine program](#)

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Hullabaloo Foods are all peanut and tree nut free and manufactured in a nut-free kitchen.

We exclude preservatives, artificial colours & flavours from all products and various other allergens from the rest.

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