

To avoid my 'waffling' included are websites related to the topics. Hasta todos and thank you for your contributions and enthusiasm!

We started the meeting on the dot to fit in the complete bread making demonstration by Anne Muir a retired professional pâtissier and baker (to the Royals at times I may add!), as well as being the daughter of a successful baker. While the dough awaited being 'knocked back' and later shaped and 'proved', we discussed various aspects of food and health. The main areas of discussion amongst others was the preventative and curative powers of food and the healing powers of foods, in particular those which can aid in lowering cholesterol and blood pressure.

Here is Anne's recipe for a basic white loaf or 13 rolls (truly a baker's dozen!)

500 grms Strong bread flour (can be purchased for about 90cents from a Panaderia along with the fresh yeast) , 265 mils water (blood heat), 1 ½ tsp salt, 1 ½ tbs sugar, 1 ½ tbs olive oil, 1 tbs yeast (ideally fresh, check instructions on packet if using dried)

Crumble the yeast in a container with the sugar mix to a paste with a little of the water and add a third of the warm water, In a large bowl mix the flour and salt, make a well in the centre and add the oil and yeast mix. Add the remaining water gradually until the mix comes together to form a soft slightly sticky dough. With floured hands on a floured board knead the dough with the heel of your hand, pushing it away from you and pulling back with the fingers, for about 10 minutes or so until it is smooth and elastic. (This is when you get a work out and release stress) Place back in the bowl and cover with a damp tea towel in a warm place to rise and doubled in size. When proven knock back by gently kneading until back to the original size. Cut the dough into 13 pieces and roll into the shapes you want on a greased baking tray, or put the mass of dough again shaped into a larger roll into a greased loaf tin. Leave to prove again in a warm place covered with oiled cling film until doubled in size. You can brush with an egg-wash before placing in a pre-heated oven 210C 15mins for rolls and 180C for 35 mins for a loaf. You will know if it is cooked when you tap the base it or they as in rolls should sound hollow. If you wish to add fruit nuts seeds etc, the basic rule is anything which is harder can go in earlier at the first kneading stage softer fruits etc. later then you do not break them down.

Anne and her father felt that the best flour came from Canada

Here is my take on sites [http://www.marriagesmillers.co.uk/home\\_baking/strong-flour.html](http://www.marriagesmillers.co.uk/home_baking/strong-flour.html)

Someone else (sorry missed who) mentioned that Aragon flour is the best in Spain.

<http://www.elve.net/mol/asosob.htm>

Anne stressed the importance of strong bread flour, strong meaning high in gluten, the sort of elastic in the dough...Jean Miller remembered how she chewed wheat grains as a child until the result was a sort of chewing gum in the mouth not sweet, but as Aslam said keep chewing and the saliva would add sweetness.

<http://fenlaners.blogspot.com/2008/08/natures-chewing-gum.html>

[http://www.best-home-remedies.com/herbal\\_medicine/grains&pulses/wheat.htm](http://www.best-home-remedies.com/herbal_medicine/grains&pulses/wheat.htm)

Of course those were the days as they say, today one would probably die of pesticides or genetically modified something or other.

Jean also recalled her mother, a market gardener, feeding her bolted lettuces, cut from the plant rinsed and popped in her mouth no doubt she slept well with its soporific qualities which poor Benjamin Bunny found out along with a close shave with Mr. McGregor as Beatrice Potter tells us. (a little digression into literature)

<http://potter.thefreelibrary.com/Original-Peter-Rabbit-Books/1-3>

Kate Roberts who is seriously into eating wholesome foods and back to basics, kindly brought in a mini oven with a view to baking Anne's bread. Anne felt it would not work on this occasion but, another owner of the same device namely the Remoska Electric Cooker also thinks it is great and those who wish to cook for one or two people felt it was something worth looking into. (Kate has no commercial links we add!) Kate brought these sites or more information:

<http://www.hoorayforhomecooking.co.uk/>:

<http://www.lakeland.co.uk/remoska>

Although Steve Collins who couldn't make the meeting he sent in this great check list chart regarding health giving properties of certain foods. (Just bear in mind that 'good' foods such as garlic may be a problem for some people who do not want their blood to be too thin, grapefruit is healthy but can affect certain medicines and so on... We are passing on information and we are not professionals!)

<http://www.eface.in/awesome-food-chart/>

Aslam passed on foods which contain antioxidants see this site:

<http://www.drbenkim.com/articles-antioxidants.html>

He also pointed out the Danger of aspirin <http://www.mnwelldir.org/docs/cardio/cardio26.htm>  
<http://the-health-gazette.com/157/do-you-know-all-the-dangers-of-aspirin/>

Is this perhaps a propaganda way to get rid of us oldies as the state cannot support us???

Aslam also mentioned old fashioned 'rice water' for children with upset stomachs. Rice and bananas came under the title of 'binding foods' according to my Grannie. See this website for some interesting background (Also mentions some of the problems discussed at the celiac presentation a few months back)

[http://www.health911.com/remedies/rem\\_diar.htm](http://www.health911.com/remedies/rem_diar.htm)

Meanwhile Daphne Way pointed out The Great cholesterol Con <http://www.thegreatcholesterolcon.com/>

We really have to be our own experts these days! We also need to double check the sources on the internet, as many companies use doctors to endorse and promote their products purely for material gain.

<http://caloriecount.about.com/dairy-industrys-anti-soy-lies-debunked-ft63485>

Graham Muir mentioned this site

<http://www.worldwithoutcancer.org.uk/>

<http://www.vitaminb17.org/foods.htm>

How happy I am that as a child I often disposed of an apple core by eating the lot, hope it hold me in good stead!

<http://www.laetrile.com.au/copy.asp?sect=q2&page=foods>

Linking with something Aslam mentioned I found these interesting sites <http://forbetterhealth.com/>

And this

[http://store.bunspace.com/Dried-Willow-Twigs-with-Leaves\\_p\\_9.html](http://store.bunspace.com/Dried-Willow-Twigs-with-Leaves_p_9.html)

Evelyn mentioned the dangers of margarine and how butter is much healthier ( of course in moderation) Here are some interesting sites

<http://www.scribd.com/doc/3900381/The-dangers-of-margarine-hydrogenated-fats-vs-the-health-benefits-of-butter>

<http://felinehangout.blogspot.com/2007/04/i-received-this-e-mail-and-i-just-gad.html>

<http://good.net.nz/magazine/ten/good-start/butter-vs-margarine>

Benefits of soya <http://www.soya.be/soy-health.php>

Arthritis: Some interesting sites

<http://vitaminlady.com/Articles/Arthr.asp>

[http://www.natural-homeremedies.com/homeremedies\\_arthritis.htm](http://www.natural-homeremedies.com/homeremedies_arthritis.htm)

<http://searchwarp.com/swa12470.htm>

The latter is a very interesting site as the writer stresses that everyone is different, although there are general guidelines which work. My mother suffered from arthritis but had never eaten a tomato in her life, but loved potatoes (from the same family). Yet my father who lived much longer and only had a touch of stiffness at almost ninety ate at least two bananas a day. Rather like those tales of the exceptional centenarian who swears by a pint of Guinness and a couple of Woodbines, and another who says no alcohol and a simple diet. Sadly we should probably veer towards the latter or die a bit earlier and have fun!

This site I like because it doesn't blame the 'copa de vino'!

<http://www.youtube.com/watch?v=A-mtx73Cu84>

Here a couple of books some of you requested the titles of:

"What Doctors Don't Tell You: The Truth About the Dangers of Modern Medicine" [Lynne McTaggart](#)

The Optimum Nutrition Bible: The Book You Have to Read if You Care About Your Health by [Patrick Holford](#)

Please bear in mind that I just pass on shared information, I am not a professional nutritionist just a facilitator who passes on other peoples' knowledge and input.

The best rule of thumb is to eat a varied diet nothing in excess and a little of what you fancy does you good.

The next meeting will be a presentation on Serbian Food at 10.30am Thursday 20<sup>th</sup> May at the Javea Tennis Club. It will prove to be an eye opening and very varied topic.

The June meeting will be a Question and Answer session, including tips, hints etc. So bring along your ideas. Thanks Daphne Latter for the idea, a good way to round off the Foodies year.