

# COELIAC DISEASE

Coeliac disease is an 'auto-immune disease'. The NHS ([www.nhs.uk](http://www.nhs.uk)) describes coeliac disease as a 'common digestive condition where the small intestine becomes inflamed and unable to absorb nutrients.'

Coeliac disease is also referred to as gluten intolerance as it is caused by a reaction to gluten, found in cereals such as wheat, rye and barley. Wheat is found in bread, pasta, breadcrumbs and batter, rye is often found in bread, and barley is often found in soup.

Common symptoms of coeliac disease include tiredness, abdominal pain, bloating, flatulence and constipation. Long term effects of coeliac disease include malnutrition and anemia.

## Activity

**Evaluate the suitability of the following dishes for people with coeliac disease. Is the dish suitable? If not, explain how the dish could be altered to make it suitable.**

- A chicken fillet wrapped in parma ham served on a bed of green beans with an applewood and sweet pepper cream

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- A fillet of chicken coated in southern breadcrumbs with sweetcorn, fruit fritters and bacon

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- A sirloin steak served with mushrooms and topped with crispy onions

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- A fillet of haddock coated in a crispy batter, served with mushy peas and a homemade tartar sauce

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- Thin strips of beef coated in a sticky peanut, ginger and chilli glaze on a bed of stir fry vegetables and noodles

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- Pasta and vegetables bound in a smoked cheese and tomato cream sauce, topped with cheddar cheese and served with garlic bread

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## **Teacher notes**

### **A chicken fillet wrapped in parma ham served on a bed of green beans with an applewood and sweet pepper cream**

- This is a suitable dish for someone with coeliac disease. The chicken fillet is wrapped in parma ham and therefore does not contain any batter or breadcrumbs.

### **A fillet of chicken coated in southern breadcrumbs with sweetcorn, fruit fritters and bacon**

- This is not a suitable dish for someone with coeliac disease as the chicken fillet is coated in breadcrumbs and the fruit fritters are coated in a batter.
- The fillet of chicken coated in breadcrumbs could be replaced with a plain chicken fillet.
- The fruit fritters could be replaced with pieces of fruit not coated in a batter e.g. a slice of pineapple.

### **A sirloin steak served with mushrooms and topped with crispy onions**

- This is not a suitable dish for someone with coeliac disease as the crispy onions are coated in a batter and fried to make them crispy.
- The crispy onions could be replaced with sautéed onions. Sautéed onions are plain slices of onions cooked in a hot frying pan in a small amount of oil or clarified butter.

### **A fillet of haddock coated in a crispy batter, served with mushy peas and a homemade tartar sauce**

- This is not a suitable dish for someone with coeliac disease as the fillet of haddock is coated in a batter.
- The fillet of haddock coated in batter could be replaced with a plain fillet of haddock.
- Some homemade tartar sauces may not use a sweet pickle relish that is gluten free. It is important to check all labels to ensure that sauces are gluten free before serving this to customers.

### **Thin strips of beef coated in a sticky peanut, ginger and chilli glaze on a bed of stir fry vegetables and noodles**

- This is not a suitable dish for someone with coeliac disease as the beef and stir fry vegetables are served on a bed of noodles. Noodles are a type of pasta that will contain wheat.
- The noodles could be replaced with rice.

**Pasta and vegetables bound in a smoked cheese and tomato cream sauce, topped with cheddar cheese and served with garlic bread**

- This is not a suitable dish for someone with coeliac disease as it contains pasta and bread which both contain wheat.
- The pasta could be replaced with rice.
- The garlic bread could be replaced with a side salad.
- The dish could be made using gluten-free varieties of pasta and bread.