

## GLUTEN-FREE ON LONG ISLAND

### More Choices and Tastes Good Too

At last, gluten-free has arrived. There are numerous products in the market, restaurants are offering gluten free alternatives and one of the big stories at Chelsea Clinton's wedding was her wedding cake: a nine-tier vanilla cake, filled with dark chocolate mousse, frosted in white fondant, that was completely gluten-free. In place of wheat flour, the bakers used a special brown rice blend.

Celiac disease is a major reason for the need for gluten-free foods. Celiac disease is an inherited auto-immune disease lacking a gene which allows you to process gluten, a protein found in wheat, barley, rye and, possibly, oats. Gluten builds up in the hair-like projectiles in the small intestines preventing normal digestion. Long-term complications include malnutrition—which can lead to

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anemia, osteoporosis, and miscarriage, among other problems — liver diseases, and cancers of the intestine.

Estimates of the numbers of

people in the US with celiac disease vary widely, from 1 in 1750 to 1 in 105 people. The Celiac Disease Foundation thinks the number is even greater – 1 in 33, asserting that 97 percent of the people affected don't know they have it, attributing abdominal problems to other causes.

There is no medication that will prevent damage or prevent the body from attacking the gut when gluten is present. The only effective treatment for celiac disease is a commitment to a gluten-free diet.

Fortunately there are manufacturers, restaurateurs and bakers who are ready to help. Brian Fishman of Sweet Karma Desserts in East Meadow ([sweetkarmadesserts.com](http://sweetkarmadesserts.com)) estimates that gluten-free makes up 30 percent of his overall business. Instead of wheat-based flours, Fishman uses tapioca starch, rice flour (sweet brown and white), potato starch, cornstarch and almond means. "I find that most of the flours tend to be too coarse so we let them grind finer in the food processor," he says. "It really helps with the end resulting texture and produces a much better end product." A recent addition to the Long Island gluten-free landscape is the Bare Naked Bakery & Café in Bellmore where everything in the shop is gluten-free.



Giuseppe and Marisa Ruta of La Bottega have introduced a gluten-free menu.

Marisa Ruta, the co-owner of La Bottega in Garden City South ([ilovepanini.com](http://ilovepanini.com)) with her husband Giuseppe, has celiac disease. They recently introduced a gluten-free menu in their Garden City South location. "I feel that when I go to other restaurants, I am limited on what to order," she says. "I spoke to Giuseppe and said to start to focus on a gluten-free menu that is not just salads and grilled chicken." She says she wanted her customers to feel they have a regular meal without feeling "different."

We decided to try out some of the gluten-free items at La Bottega and were treated to a banquet that began with a basket of good-tasting gluten free bread, and moved on to cabbage salad with duck breast, mashed ripe plantain with ground beef, turkey breast wrapped with prosciutto, rabbit and chicken with saffron rice, braised Cornish hen with vegetables and chick peas, a sweet potato and butternut squash gratin (a standout that could have served as a dessert!) and crepe filled with fig spread, caramelized peach and blueberry sauce. For now, the complete gluten-free menu is available only in the Garden City South location but

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all of the 16 La Bottegas are offering gluten-free bread.

Here are two recipes for delicious dishes that are perfect for the gluten-free holiday table, or any time of year.

### Gratin di Patata e Zucca

from Chef Miguel Ecoquij at La Bottega, Garden City South

- 1 pound butternut squash (thin slices)
- 1 pound sweet potato (thin slices)
- 1/2 pound Parmigiano Reggiano
- 2 pints heavy cream
- 4 ounces sugar

*In a casserole dish, start by coating the bottom with some of the heavy cream. Layer the bottom with slices of the butternut squash; next layer is the slices of sweet potato. Sprinkle the top of the sweet potato with sugar, then Parmigiano Reggiano, and repeat the layers until you get to the top. After the last layer pour the remaining cream over the whole top. Preheat oven to 400 degrees, put the casserole dish in and let bake for 1 hour. Let cool down a bit before serving.*

Here are a few places on Long Island to buy gluten-free products.

#### Fairway

50 Manetto Hill Mall, Plainview  
516-937-5402  
fairwaymarket.com

#### Get Healthy America

148 Manetto Hill Rd., Plainview  
516-931-1900  
gethealthyamerica.com

#### Sherry's – The Healthy Gourmet

89 Deer Park Ave., Babylon Village  
631-661-5552  
sherryshealth.com

#### The Diet Shop

600-16 Portion Rd., Ronkonkoma  
631-981-0882  
thedietshop.biz

#### Trader Joe's

Various locations  
traderjoes.com

### Sweet Karma's Gluten Free Rock Road Brownies

- 1 pound butter
- 8 ounces unsweetened baking chocolate squares
- 1/4 cup oil
- 4 cups sugar
- 1/4 cup cocoa powder
- 1/2 cup rice flour
- 1/2 cup cornstarch
- 1 teaspoon xanthan sugar
- 1/2 cup chocolate jell-o instant pudding
- 8 eggs
- 4 teaspoons vanilla extract
- 2 cups mini marshmallows
- 1 cup roasted chopped peanuts (use salted or spiced for a new flavor combination)

*Melt butter, unsweetened baking chocolate and oil. Add the sugar, cocoa powder, "flours," xanthan gum, instant pudding, eggs and vanilla. Stir until smooth. Mix in marshmallows and peanuts. Spread onto baking pan and bake until just set. ♦*

## Good Advice

### Flat Fee Divorce

An Option to the Old Fashioned Billable Hour

by Douglas Kepanis, Esq.



If you are considering hiring an attorney to handle your divorce, please consider the attorney's billing method. The old fashioned billable hour is a true disservice to the client.

Hourly billing puts the lawyer's and client's interests at odds: The client wants the matter handled as expediently and cost effectively as possible. The lawyer has an interest in billing as many hours as possible to make more money.

Hourly billing emphasizes the effort expended, not efficiency or effectiveness:

Hourly billing actually rewards inefficiency and encourages the lawyer to engage in protracted litigation.

Hourly billing contributes a sense of

uncertainty and frustration to the client:

Clients want to know what their total fee will be up front. Without this knowledge, the client is left to estimate and guess what their final legal bill will be.

I offer an alternative approach to this – the **value-based flat-fee**. Rather than

***The old fashioned billable hour is a true disservice to the client.***

charge you for each and every minute spent on your case, you are charged a flat-fee for each phase - (1)Initiation, (2)Discovery, and (3)Trial.

If your case settles at any point within a phase, your billing ends at that point. Best of all, this allows you to budget yourself so that there are no surprise bills at the end of the month.

To learn more about value-based flat-fees, please email me for a free newsletter – [douglas@kepanislaw.com](mailto:douglas@kepanislaw.com) or call me at 1-877-342-3558.

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## Good Advice

### Help With Weight Loss and Diabetes

by Dr. Dazhi Chen, PhD, LAC



Recent reports show that two thirds of American adults are either overweight or obese in this country and obesity rates have grown from 15% in 1978-1980 to 32% in 2003-04.

Not only does obesity increase the risk for developing major diseases, including type 2 diabetes, heart disease and stroke, but may lead to some forms of cancer as well. Many therapeutic weight loss programs may work in the short term, however, as most Americans know, the patient gains the weight back almost immediately after he or she discontinues the program — usually under unhealthy conditions during treatment or after the patient has stopped exercising. Weight gain can be attributed to many things, but metabolism is a key consideration and should be looked at seriously.

I recently developed a healthy, successful way of losing weight with acupuncture, which can actually change your metabolism.

There are several unique characteristics with this therapy:

1. You do NOT gain back the weight you lost.
2. You will see the results as early as the FIRST WEEK.
3. Stop craving food.
4. Health Issues such as insomnia, constipation, menopause and stress will be alleviated simultaneously during the treatment.
5. It is effective for how your whole body will function.

***I recently developed a healthy, successful way of losing weight with acupuncture, actually changing your metabolism.***

*If other weight loss programs have failed call Dr. Chen at 516-562-9221 or 516-526-2058 (located at 444 Community Drive, Manhasset) for an appointment or email [altmedny@gmail.com](mailto:altmedny@gmail.com).*

Acupuncture is also an effective treatment for menopause, pain management (neck pain, shoulder and back pain) as well depression, fatigue and infertility.

Dr. Chen, is Senior Acupuncturist and Research Scientist at North Shore-LIJ Health Systems and Credentialed Acupuncturist at North Shore Hospital.

[www.camtherapycenter.com](http://www.camtherapycenter.com).

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