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GRESHAM'S PUPIL RAISES £300.00 FOR WALKING WITH THE WOUNDED

Gresham's School pupil, Thomas Miller has used the power of social media to raise £300.00 for Walking With The Wounded, a charity set up in 2010 to fund training and education to help former Armed Forces personnel find a career, so that they can support themselves and re-build a life in the civilian work place.

Thomas set up a Facebook page called 'Millers Mutts and Mares', encouraging people to share images of their four legged friends (moggies were welcome, too) and to donate to the charity after being inspired by the charity's work to help support the re-training and re-education of wounded servicemen and women. The page featured Thomas' own much-loved mutt, Mabel.

Thomas said: "I wanted to pay tribute to these brave people and to our loyal four legged friends who walk with us, our Mutts, Mares and Moggies!

It was great to see so many people posting photographs of their much loved, furry friends on my Facebook page and kindly making a donation at the same time."

Thomas made a donation of £300.00 to the Walking With The Wounded charity, which has since written to him to thank him for his 'good idea' and to explain how his kind donation will be used to help finance new qualifications, courses and further education through their First Steps programme.

More information about Walking With The Wounded can be found on their website, www.walkingwiththewounded.org.uk.

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CREDIT CRUNCH COOKING

Gluten Free Needn't be Tricky

I have been experimenting lately with gluten free recipes, as my Mum cannot eat gluten any more, and I have to say, I have had mixed results. On the whole, the flour works well in cakes, but is trickier in pastry but with a bit of tweaking (and a lot of experimenting and eating) I think I have finally found a really great tasting, moist and moreish cake, that you could happily serve to anyone, whether gluten free or not. It really is delicious and I now make it all the time, so everyone can have some.

Further experiments with different flavours will happen (oh dear, more cake eating!) but these two are really simple and are sure to go down well in any company.

Using ground almonds was the key and they can be bought cheap enough at Lidl (thanks for the tip Greg from Just Add Grapes in L... a great place to go for all things Gluten Free). It's so good we have been known to tuck in whilst it is still cooling down! You would never know it is a gluten free cake, so grab a bag of Dove's Farm Self Raising Flour at the supermarket and give it a go they say all eat too much wheat, so maybe you can even claim you're doing yourself a favour, (as long as you don't consider the sugar)!

Gluten Free Lemon/Orange Cake

- 5 oz caster sugar
- 5 oz margarine or butter
- Grated zest and juice of 1 large lemon (or 2 small)
- 4 oz Gluten free self raising flour (I use Dove's Farm)
- 4 oz ground almonds
- 1 1/2 tsp Baking powder
- 3 medium eggs
- 3 tablespoons milk
- Granulated sugar to top



Grease a 7 inch loose bottom round cake tin, and line the bottom with greaseproof paper. Cream the butter and sugar until pale and stir in the lemon rind. Add in all the rest of the ingredients and mix well. Turn into the pan, level off and put into a preheated oven, at 180°, for approx 40 mins, until springy to the touch and a skewer inserted comes out clean. Remove from oven and from the pan and immediately pour over the juice of the lemon, followed by a generous dusting of granulated sugar. Leave to cool and scoff!

Will keep in an airtight tin for 3 - 4 days (although unlikely this will happen, as it is so delicious!)

Alternative flavour: Orange and cinnamon. Replace the lemon zest and juice with that of a large orange, and add a tsp ground cinnamon to the mix.

Carolyn B