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The Gersky Gazette

Tips, hints, and other fun stuff from Gersky's Catering and Event Planning

May 2005

Greetings!

Welcome aboard to all the folks we met recently at Temple Beth Shalom's Bar / Bat Mitzvah showcase. It's always fun showing off what we do and getting to meet new people. We hope you enjoy our newsletter.

Everyday we talk to countless people about the events they're planning. In our discussions, occasionally, people say that they or some of their guests are allergic to one food or another. It could be peanuts, garlic, or (god forbid) chocolate.

More and more, we're seeing people allergic to wheat products. More specifically their stomach's can't digest the gluten in the wheat. They have Celiac disease.

We did a little research and discovered a wealth of information. See what we found below.

Visited a great restaurant? Discovered a new and interesting food? Have a question for Joel? We'd love to hear from you. Click on the email link below.

Happy reading and eating - Howie, Joel, and Michelle

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Attention: Cooking & Gourmet Food Enthusiasts



John Porter at Kitch n Kaffe is pleased to present you with his SPRING SERIES OF COOKING CLASSES. You'll no doubt be impressed with the selection of topics and chefs in this series. Come out to learn, meet new friends, and have a great time.

And bring your own wine.

[Sign up today...](#)

Tummy feeling a little wierd?

We recently catered a party where a member of the family has Celiac disease. We had to be careful preparing the dishes so no wheat products were used in the foods he was going to eat.

We were curious about this disease and did a little research. We discovered that the symptoms of Celiac disease vary from mild to pretty gross. Which got us to thinking, who out there might be feeling a little queasy and wierd sometimes... and doesn't know why.



Here's a useful web link containing more information about the disease, it's causes, and treatments. Hopefully, you or someone you know will find this useful.

[Read on...](#)

Recipe of the Month



We've been making our signature Wild Rice, Raisin, and Honey Roasted Walnut Salad for years. The nutty and chewy texture combined with a slightly sweet, slightly salty flavor perks up any meal. It's especially good for lunch with a grilled chicken sandwich.

And speaking of chicken, add a little grilled chicken or shrimp and you've got a complete meal.

Our good friend Phyllis Solar, has been a fan of this salad for a long time. Here's the recipe, Phyllis. Hope you enjoy it.

[Rice on...](#)

Do you like grilling as much as we do?

Now that the weather is warming up, we're sure you're noticing the fragrant aromas of grilling in your neighborhood.

One of the best email newsletters we receive is the The Smoke 'n Fire Enquirer from the folks at "Barbecue'n on the Internet."

They not only sell a wide variety of grilling equipment but are a wealth of information about grilling and smoking. We especially like their recipe of the week.



[Grill on...](#)

Quick Links...

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- [More About Us](#)
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