



April 2017 Newsletter

The benefit of a good pair of shoes cannot be underestimated. It is certainly a contributing factor to many different pathologies of the feet and is part of the general assessment provided by podiatrists. From accommodating a bunion or clawing of the toes to providing support and stability to the foot for heel pain or ankle instability, a simple change in your shoes can often be the easiest solution to longstanding pain. At Gait Way podiatry we are passionate about shoes and footwear and being able to both provide a great range of different shoes on site and be able to advise on what is most suitable and where you can find them if we don't have it.

If you need help with deciding what shoes are best suited for you, be it for running, walking, work or just day to day shoes, make an appointment to see one of our podiatrists and we will point you in the right direction. We are always getting new shoes in, each with their own unique qualities including our **new winter range of FRANKiE 4 shoes**. With the stunning Salli boots, the stylish Alex and the casual and always comfortable Nat. Each of these also come with a removable innersole so you can wear your orthotics in style. Our men's shoe sale still on and there is 20% off the FRANKiE 4 sandals and last season winter shoes.

Easter is fast approaching and we love any excuse to give away something so to celebrate Easter at Gait Way Podiatry, we have a 'Guess the number of chocolates in the jar' competition running! So come in, write down your guess and one lucky winner will go home with a jar full of chocolate!



If you are wanting to really look after your mum this mother's day, keep an eye out for our pamper packages we will have available to purchase closer to May!



Fun Foot Fact:

Buying a new pair of shoes is best done in the afternoon because the feet are at their biggest. Also, always stand up and go for a walk around in the shoes before buying them because going from sitting to standing also increases the length of the feet.

Recipe of the month: Chocolate ricotta pancakes with Hazelnut sauce

Perfect for Easter Sunday morning to get the taste buds ready for a chocolate filled day!

Ingredients

Melted butter, to grease
Double cream, to serve
100g roasted hazelnuts coarsely chopped

Chocolate ricotta pancakes

2 cups self-raising flour
1/4 cup cocoa powder
1/4 cup caster sugar
2 cups smooth ricotta
1 1/2 cups milk
2 eggs, separated

Hazelnut sauce

200g good-quality dark cooking chocolate, coarsely chopped
185ml (3/4 cup) thin cream
220g Nutella chocolate hazelnut spread



Step 1. To make the sauce, place chocolate and cream in a heatproof bowl over a saucepan of simmering water (make sure the bowl doesn't touch the water). Cook, stirring, until the chocolate melts. Add the Nutella and stir until heated through. Transfer to a jug. Place plastic wrap directly on the surface of the sauce and set aside until required.

Step 2. To make the pancakes, sift the flour and cocoa powder into a bowl. Add sugar and make a well in the centre. Whisk the ricotta, milk and egg yolks together in a bowl. Add the ricotta mixture to the flour mixture, stirring until smooth. Cover and set aside for 20 minutes to rest.

Step 3. Use an electric beater to whisk the egg whites in a clean, dry bowl until soft peaks form. Gently fold the egg whites into the pancake batter.

Step 4. Brush a non-stick frying pan with a little of the melted butter to lightly grease and heat over medium heat. Pour two 60ml (1/4-cup) quantities of batter into the pan, allowing room for spreading. Cook for 1-2 minutes or until bubbles appear on surface and pancakes are golden underneath. Turn and cook for a further 1 minute or until golden. Transfer to a heatproof plate and loosely cover with foil. Place in oven to keep warm. Repeat, in 8 more batches, with remaining melted butter and batter, reheating the pan between batches.

Step 5. Divide the pancakes among serving plates. Top with double cream and drizzle with hazelnut sauce. Sprinkle with hazelnuts to serve.