

MOWLAM HEALTHCARE

Nursing Home Bake Off Recipes



Mowlam
Healthcare 

Recipes, Stories & Sweet Traditions

Nursing Home Bake Off

**Time-perfected
recipes that
have been made
with love down
through the
generations**

Learn how to make wholesome and comforting desserts like Irish grandparents, and great-grandparents did. This special Recipe Book is a wonderful collection of time-perfected Irish recipes from the people who have spent a lifetime cooking for love, not a living: Irish grandmothers and grandfathers in Mowlam Healthcare residential care.

Featuring 52 easy and accessible recipes from our nursing home residents throughout Ireland, you will be transported into the very heart of the Irish home to learn how to make great-tasting Irish desserts.

More than just a compendium of dishes, this Recipe Book tells the extraordinary stories of these exceptional ladies and gentlemen. It shows you that truly authentic Irish baking is simple and beautiful.

*"I have never been on a diet and
I'm not about to start now"*

Kathleen, Clearbrook Nursing Home

THANK YOU, THANK YOU, THANK YOU!

Firstly, the biggest thank you to all our residents for taking part in this initiative, and to our activity coordinators and chefs in every home for supporting them through the reminiscence activities and baking.

To well-known Irish chef and author Darina Allen, we thank you for embracing our idea and showing your support for our residents. We also thank you for gifting two of your recipes to this book, recipes which suit the older palette and tastes.

We thank our Directors of Nursing in each of our homes for allowing their homes to be turned into bake-off kitchens and photo studios.

The final thank you - well, it has to be to the residents' families who embraced the Bake Off idea and supported their beloved parents and grandparents throughout this joyful endeavour. As you read through and try out the recipes in this book, you'll see a common theme emerge - family.

"I am delighted to be involved in the Mowlam Healthcare Nursing Home BakeOff Recipe Book. Wishing all the lovely residents across the Mowlam Homes nationally all the very best in their Bake Off, I can't wait to see the book once it is published. Keep baking."

Darina Allen

Irish chef, food writer, TV personality and
Founder of Ballymaloe Cookery School

Contents

Molly's Christmas Cake	06
Hazel's Pineapple Upside-down Pudding	09
Cecily's Strawberry Pavlova	11
Cissie's Irish Tea Brack	12
Maura's Banana Bread	15
Maureen's Fruit Scones	16
Micko's Lemon Drizzle Cake	19
Nettie's Gingerbread Cookies	20
Breda's Cherry Baked Scones	23
Joanna's Rich Tea Brack	24
Kathleen's Bread & Butter Pudding	27
Bernie's Christmas Cake	28
Kathleen's Famous Apple Tart	30
Kilmainhamwood Rice Pudding	33
Kilmainhamwood Queen of Pudding	33
Tess' Treacle Bread	34
Joe's Victoria Sponge Cake	37
Mary's Rhubarb Sponge Cake	38
Veronica's Bread & Butter Pudding	41
Gregory's Baked Apple Tart	43
Kitty's Sherry Trifle	44
Margaret's Chocolate Biscuit Cake	47
Kathleen's Porter Cake	48
Ann Marie's Chocolate Cake	51
Bridie's Mince Pies	52
Christina's Apple Tart	54
Bridget's Irish Apple Cake	56
Joan's Roly Poly	59

Philomena's Apple Tart	60
Joan's Cheesecake	63
Julia's Wild Strawberry Sponge	64
Nancy's Apple Tart	66
Tom's No-bake Lemon Cheesecake	69
Vera's Christmas Fruit Cake	70
Donal's Trifle	71
Moir's Park Brack	73
Nancy's Victoria Sponge Cake	75
Brid's Pineapple Upside Down Cake	76
Martha's Basic Crumble Mix	79
Theresa's Homemade Bread	81
Maura's Plain Tea Cake	82
Ellen's Tea Back	84
Traditional Boiled Fruit Cake	87
Mary's Apple Cake Dessert	89
Hilda's Pancakes	90
Joan's Brown Soda Bread	93
Ruby's Chocolate Rice Crispie Cakes	95
Mary's Treacle Cake	97
Eithne's Pavlova	98
Pecan Pie	99
Brigid's Chewy Oat Cookies	101
Breda's Cinnamon & Walnut Scones	103
 Recipes Gifted by Darina Allen	
Old Fashioned Rice Pudding	105
Apple & Blackberry Traybake	106



Molly's Christmas Cake

¾ lbs of sultanas
 9oz raisins
 9oz currants
 4oz cherries
 4oz mixed peel
 4oz chopped almonds
 Juice and the rind of one
 lemon and one orange
 2oz chopped apricots
 1 large apple peeled
 and grated
 1 glass of whiskey, brandy,
 rum or cherry.
 Mix all together

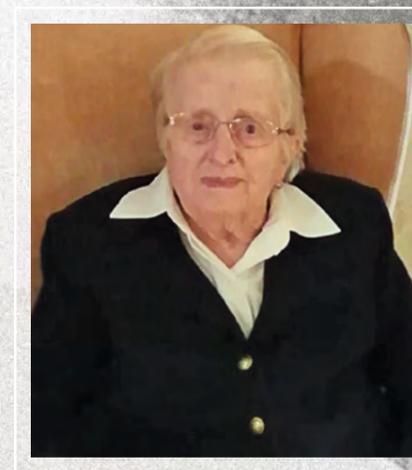
9oz of butter at room
 temperature
 9oz soft brown sugar
 12oz flour
 3oz ground almonds
 1 teaspoon of mixed spice
 ½ teaspoon of ground
 nutmeg.
 ½ teaspoon cinnamon
 5 eggs at room temperature

1. Soak all the fruit ingredients overnight. This will allow the fruit to plump up and soak up all the flavours.
2. Cream the butter and the sugar by hand with a wooden spoon or with an electric mixer until it is lightened.
3. Sift the flour into a bowl and add the ground almonds.
4. Beat the egg in another bowl then gradually add some of the flour and almond mix and some of the egg into the sugar butter mix. Keep repeating this until the ingredients are combined.
5. Fold in your fruit mix and mix well. Add the mix to a well lined 9 inch cake tin and bake in a moderate oven over 150°C for approx. 3.5 hours.
6. When the cake comes out of the oven leave it to cool slightly then pour a glass of whiskey over the top and leave to cool in the tin. In the tin then wrap well in greaseproof paper or tinfoil until a week or two before Christmas. To decorate the cake use some home made almond paste and royal icing and you will have a beautiful Christmas cake.

Molly Kiely

Molly was born and raised in Ferns, Co Wexford with her mother, father and sister. She always had a passion for cooking. Mollie left school and went on to study domestic economics with Miss Bolger. She then got a job in a house where she was head chef, cooking and baking. Mollie takes great pride in her cakes and baked many a wedding cake, including her own! Mollie always has a positive look on life! She celebrated her 100th birthday this year and is delighted to have her recipe included in this special Bake Off Recipe Book!

Castlegardens Nursing Home & Memory Care Centre, Wexford





Hazel's Pineapple Upside Down Pudding

1 can pineapple rings
4 glacé cherries (halved)
4 tablespoons golden syrup
4oz stork margarine
4oz castor sugar
2 large eggs
4oz self-raising flour
1 level teaspoon baking powder

- 1.** Place sieved flour, baking powder, margarine, castor sugar and eggs in mixing bowl and beat until light and fluffy.
- 2.** Grease an 8 inch sandwich tin. Pour golden syrup in. Arrange pineapple rings and glacé cherries in it.
- 3.** Bake in a pre-heated oven at 180°C for approx. 40 minutes.
- 4.** Leave to cool on a cooling rack. When ready serve with whipped cream.

Hazel

Hazel was born in Dublin and was the youngest child in her family with three sisters and one brother. While her sisters spent their time getting pampered to go out, she used to spend all her time watching her mother cook. Hazel remembers with great joy that her mother used to do the cooking the healthy, traditional way using an Aga type of oven in a beautiful house in the countryside. She is now 87 years old, the happiest mother of 5 daughters and 15 grandchildren. Hazel is definitely our Hero Mother, as her husband passed away at a very young age, so she had to raise her daughters all by herself. She guided them through life, offering the best education and care a mother could give. She had to be the brave mother and father at the same time for them. They are adults now, with their own children all across the world, proud of their mother who formed them and planted the seeds of Irish treasures in them.

Hazel inherited her cooking talent from her mother, who passed on her recipes. Hazel is a pineapple lover, so she adapted the traditional recipes to her taste. The lovely pineapple upside-down pudding emerged from a passion for traditional cooking and the need to put her signature on her mother's recipes.

Kilcoole Lodge Nursing Home, Co Wicklow



Cecily's Strawberry Pavlova

5 egg whites
10 oz caster sugar

For the filling:
Strawberries
Fresh whipped cream
Chocolate

- 1.** Whisk 5 egg whites until they form stiff peaks, then whisk in the caster sugar, gradually.
- 2.** Spread the meringue out to cover the circle on the non-stick baking parchment, building up the sides so they are higher than the middle
- 3.** Bake for 1 hour at 160°C fan, then turn off the heat and let the Pavlova cool completely inside the oven. If you keep the oven door closed you will encourage a more marshmallowy meringue.
- 4.** Top with melted chocolate, whipped cream and strawberries, then chill in the fridge for 1 hour before serving.

Cecily, aged 88

Cecily is 88 years old and was born in Sutton. She is the happy mother of two children, one daughter and one son, and nine grandchildren. Cecily remembers with great joy the moments when she used to go camping on the beach in a camper van with her children, so she had to come up with easy and quick recipes. She preferred to spend more time with her children, so she adapted her recipes to that wish.

Pavlova was very much loved by her children, who used to think they were eating snow because it was so white and fluffy. They could have large portions because it was so light - it was as they could have double desserts. It was like a special fairy dessert that they could fill with magic fruit and chocolate.

Kilcoole Lodge Nursing Home, Co Wicklow

Cissie's Irish Tea Brack

450g/ 1lb mixed dried fruit
175g/ 6 oz brown sugar
Enough strong tea to cover fruit
1 large egg lightly beaten
25g/ 1oz stork margarine, melted
250g/ 9 oz plain flour
½ level tsp bread soda

- 1.** Steep fruit and sugar in large bowl and cover with strong cold tea. Leave overnight.
- 2.** Drain excess tea, add melted margarine and beaten egg to fruit mix.
- 3.** Fold in flour, bread soda and mix until all ingredients are combined. Place into prepared loaf tin.
- 4.** Bake in pre heated oven for approx 1½ hours. Leave in tin for 10 minutes to cool, or turn out onto wire tray.



Cissie, aged 91

From Ennis, Co. Clare, Cissie loves to keep herself busy everyday, writing letters and reading the daily papers. She has six children and four grandchildren. Cissie has always loved to bake and still bakes twice a week in Ennis Nursing Home - baking scones and apple tart every Wednesday afternoon for her fellow residents to enjoy for their evening tea. Every afternoon Cissie can be seen doing her crosswords and word searches. At the weekend Cissie spends time catching up with all the sport, hurling being her favourite, but she also follows Liverpool FC. All in all Cissie lives life to the full in nursing home care.

Ennis Nursing Home, Co Clare





Maura's Banana Bread

2 cups of self raising flour
1tsp of baking soda
¼ tsp salt
½ cup butter
¾ cup brown sugar
2 beaten eggs
4 sliced cherries
¼ cup mixed fruit
2 1/2 cups mashed banana

- 1.** Sieve flour baking soda and salt into a bowl. Add brown sugar. Add softened butter and mix well
- 2.** Add 2 beaten eggs gradually. Add banana, cherries and mixed fruit to mixture. Stir well with a wooden spoon.
- 3.** Bake @ 170°C for 1 hour.
- 4.** Stand banana bread on wire rack overnight. Best eaten with a hot cup of tea as per Maura.



Maura, aged 67

Maura's mother was an excellent baker – always making gingerbread from her own recipe, apple tarts and apple fritters. Maura and her sisters used to help her mother to measure the ingredients. Maura's love for baking started while at School in Catherine McAuley's Limerick. Maura used to make cupcakes for St. Bridget's ICA, and her own recipe for Banana Bread went down a treat with everyone she made it for. She used to include pineapple, cherries and sultanas in it and when set, she covered it in chocolate. WHAT A TREAT.

The Park Nursing Home, Co Limerick

Maureen's Fruit Scones

3 ½ cups (16 oz/500g) flour
 5 teaspoon baking powder
 1 pinch of salt
 ¼ cup (2oz. 60g) sugar
 ½ cup (2 ½ oz) cold butter
 1 egg
 ¼ cup (60 ml) double cream
 ¾ cups (170 ml) milk
 Raisins

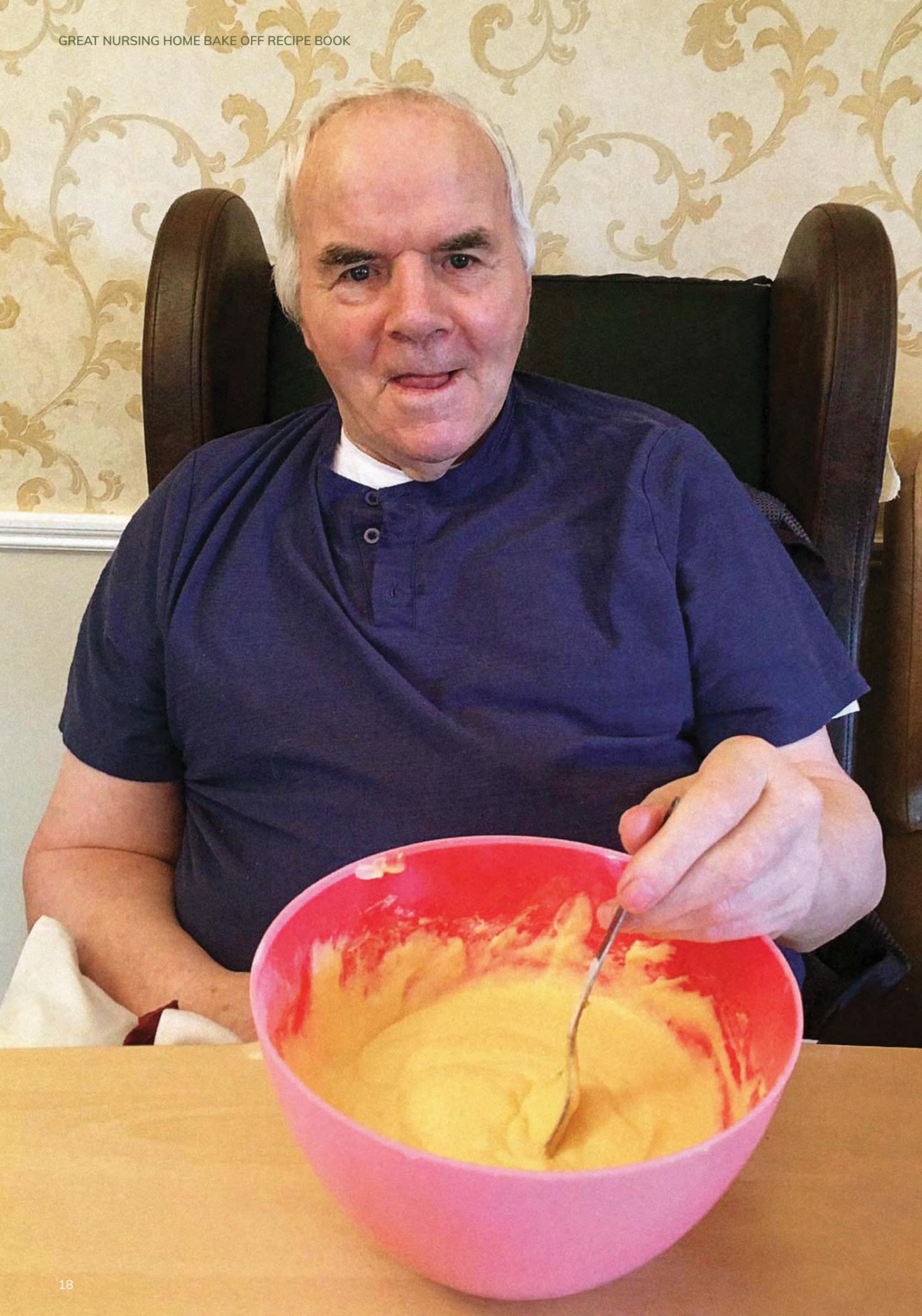
- 1.** Mix dry ingredients in large bowl. Rub in cold butter with your fingers until look like a breadcrumbs. Add raisins.
- 2.** Mixed your egg with milk and cream and pour into your flour mix. Mixed by hand until you form a dough. The bowl should be clear from the dough.
- 3.** Turn your dough onto floured surface. Roll the dough until 2-3cm high. With scone cutter or glass, cut out little scones.
- 4.** Put on baking tray, glaze the tops with milk to give golden top when baked. Bake at 180°C for 15 minutes.

Maureen, aged 81

Maureen is an 81-year-old lady who was born in Dublin and grew up in Summerhill. Maureen worked in Jacobs Biscuit Factory. She has no kids. Maureen likes playing bingo, reads a lot and used do lots of baking with her mum.

Swords Nursing Home, Co Dublin





Micko's Lemon Drizzle Cake

For the cake:
175 g self-raising flour, sieved
2 eggs
175g golden caster sugar
150g butter or margarine
Rind of 1 lemon
150ml milk
Pinch of Salt

For the lemon drizzle
2tbsp of granulated sugar
Juice of 1 lemon

- 1.** Preheat oven to 180°C. Grease and base line a 900g loaf tin.
- 2.** Beat the butter or margarine and sugar together until well mixed. Add the eggs and lemon rind and beat again until well blended. Finally, add the flour, milk and salt and beat until mixture is smooth.
- 3.** Transfer to the prepared tin and bake for about 45 minutes until golden brown and firm to the touch. Remove from the oven and place on a wire tray.
- 4.** Combine the lemon juice and sugar in a small saucepan and simmer over a low heat until the sugar has dissolved.
- 5.** Prick the warm cake with a fork, the gently drizzle syrup over until completely absorbed. Leave to cool completely before serving and enjoy!

Michael Rafferty, aged 80

Michael, or more commonly known as Micko, is 80 years of age. Micko was born in Corofin in County Clare and moved to Moycullen, Co Galway, later in life for work. Micko never married and has no grandchildren.

Moycullen Nursing Home, Co Galway

Nettie's Gingerbread Cookies

For the cookies
 350g of plain flour
 1tsp bicarbonate of soda
 2tsp ground ginger
 ½ tsp ground cinnamon
 150g of butter
 175g light muscovado sugar
 2tbsp black treacle
 2tbsp golden syrup
 1 large egg

•Glacé or royal icing to decorate

1. Preheat the oven to 200°C.
2. Sieve the flour, bicarbonate of soda and spices into a large mixing bowl. Add the butter and rub in until the mixture resembles fine breadcrumbs. Stir in the muscovado sugar.
3. Beat the treacle, golden syrup and egg together and add to the bowl. Mix to form a smooth dough.
4. Roll out the dough between two sheets of baking parchment and cut out biscuits using Christmas cookie cutters. Re-roll trimmings and cut out more biscuits.
5. Bake the cookies in the centre of the oven for 10-12 minutes.
6. Allow to cool for a few minutes before transferring to a wire rack to cool completely. Decorate and enjoy!



Moycullen Nursing Home, Co Galway

Teresa McDonagh, 80

Teresa, who prefers to be known as Nettie, has lived in Oughterard, County Galway her whole life before moving to Moycullen Nursing Home. Nettie married in 1963 and has a large family with six children and nine grandchildren.





Breda's Cherry Baked Scones

450g self-raising flour
1tsp bicarbonate of soda
100g cold butter, diced
2tbsp caster sugar
284ml pot buttermilk
2tbsp milk
2tsp vanilla extract
100g glacé cherry, chopped

1. Heat the oven to 220°C. Put the flour, ½ tsp of salt, bicarbonate and butter into a bowl and rub in with your fingerprints until the mixture resembles breadcrumbs. Mix in the sugar.
2. Quickly mix in the buttermilk, a splash of milk, vanilla and cherries and bring together to form a soft dough. Press out onto a lightly floured surface to about 3cm thick. Cut out with 5cm cutters.
3. Transfer to a lightly floured baking sheet. Brush with the remaining milk and bake for 12 - 15 minutes until golden brown and well risen. Serve with clotted cream and jam.



Breda Delaney, aged 81

Breda worked in a sweet factory in Dublin. She has three children - one daughter and two sons. She also has five grandchildren. Breda is an avid walker and loves to bake as a past time. Breda's favourite food is stew.

St Colmille's Nursing Home, Co Meath

Joanna's Rich Tea Brack

1lb mixed fruit
5 tea bags
1lb self-raising flour
2tsp ground cinnamon
Half lb soft brown sugar
 $\frac{3}{4}$ pt boiling water
1tsp baking powder
3 free range eggs

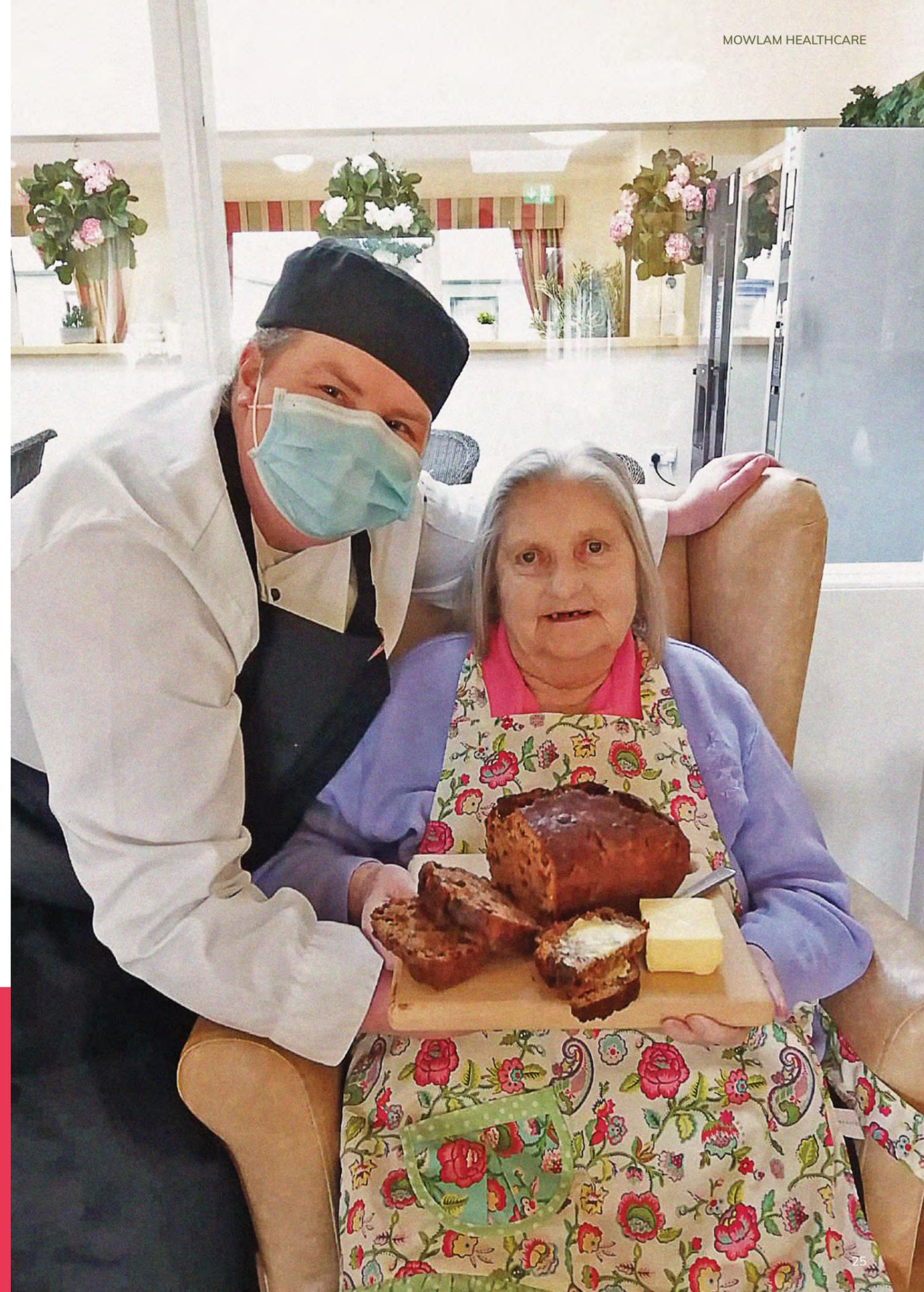
- 1.** In a large bowl soak the fruit with boiling water and the teabags overnight.
- 2.** Next day mix the flour, sugar and cinnamon together and add the fruit mix. Don't forget to remove the teabags!
- 3.** Place the mixture into 2 lined loaf tins and bake for 1 hour. Leave to cool on a wire rack once baked. Serve with butter.



Johanna Fortune

Johanna grew up in Cranford, Co. Wexford. She trained as an assistant nurse in England and became a housewife when she got married. Johanna said she was always cooking and baking at home and a tea brack was one of her favourite go-to recipes. It would be gobbled up quickly, wouldn't be left on the table very long! She's very excited to be involved in this bake-off.

Castlegarden's Nursing Home & Memory Care Centre, Wexford





Kathleen's Bread & Butter Pudding

8 slices buttered white soda
bread with crusts on
10g lemon zest
50g raisins
275 ml milk
65 ml double cream
50g sugar
3 eggs
1tsp cinnamon

- 1.** Arrange one layer of slices in baking dish then sprinkle over half the lemon zest and raisins.
- 2.** Cover with another layer of bread and then sprinkle remaining raisins and zest
- 3.** Whisk the eggs and add to milk, then add cream to milk. Pour the milk mixture over the bread and cover with sprinkle of cinnamon.
- 4.** Bake at 180°C for 40 minutes until golden brown.

Kathleen

Kathleen is from Cork and remembers helping her mother make this pudding. She has worked in the past as a special needs advocate.

Kilrush Nursing Home & Memory Care Centre, Co Clare

Bernie's Christmas Cake

575g/ 1lb 4oz currants
 375g/ 13oz sultanas
 200g/ 7 oz raisins
 150g/ 5oz glazed cherries
 150g/ 5 oz blanched almonds
 150g/ 5 oz mixed peel
 2 grated lemon rinds
 1 grated orange rind
 ½ glass brandy/ whiskey
 400g/ 14oz plain flour
 ¾ level tsp ground nutmeg
 1 ½ level tsp mixed spice
 100g/ 3 ½ oz ground almonds
 350g/ 12 oz stork margarine (room temp)
 350g/ 12 oz dark brown sugar
 7 large eggs

- 1.** Place all cake ingredients together in a large bowl.
- 2.** Beat with wooden spoon until well mixed for 3-4 minutes
- 3.** Place mixture into prepared tin. Smooth top with the back of a wet spoon.
- 4.** Bake in a preheated oven for 3 – 3 ½ hours. Check at intervals after 2½ hours. Remove from oven, allow to cool in a tin. Turn out onto wire tray.

Bernie, aged 85

Bernie was born in Kilrush, Co. Clare but moved to Skibbereen in her younger years where she met her husband. Bernie also loved to bake in her spare time and used to make Christmas cake for friends and family, and this is one of her favourites. Bernie also enjoyed drama in her younger days and was part of the Skibbereen Cathedral Players Drama Group. Her family spans over four generations with three children, four grandchildren and four great-grandchildren!



Ennis Nursing Home, Co Clare

Kathleen's Famous Apple Tart

4 large cooking apples
225g plain white flour
45ml milk
1tsp cinnamon
130g unsalted butter
100g caster sugar (2tbsp for pastry)
1 teaspoon of bread soda
1 pinch of salt
1 egg to glaze

- 1.** Sieve the plain flour, salt and bread soda into a large bowl. Rub in the butter until you get a crumbled texture. Mix in milk and 2 tablespoons of sugar and cinnamon.
- 2.** Gather mixture together, cut in half, roll mixture out one for the top and one for the bottom. Use a circle baking tin or a plate and grease with butter. Put the bottom half of the dough in the tin.
- 3.** Peel and cut apples in to wedges, layer apples, sprinkle sugar and repeat this process. Add the dough on top half using the fork seal around the edge of the pie. Glaze the top with an egg.
- 4.** Put in the oven for 200°C for 30mins or until it looks golden brown.



Kathleen, aged 82

This recipe is by Kathleen, a resident of Clearbrook Nursing Home. Kathleen is 82-years-old and grew up in Dublin. She was married with two children. When asked "where and when did you learn how to bake?" Kathleen answered that she was taught how to bake in school. She corrected herself with "Taught? No, I was forced; I hated cooking". Kathleen said later on in life, she gave it another try and started to enjoy baking again for herself. Kathleen said "practice makes perfect" and this is what made her want to bake more. Kathleen has a sweet tooth and quoted "I have never been on a diet and I'm not going to start now". By making this recipe, Kathleen expressed she wants people to forget about diets and enjoy every single bite.

Clearbrook Nursing Home, Dublin



Rice Pudding

¾ pint of milk
4 oz pearl rice
2-3 oz sugar
¼ pint cream

- 1.** Put milk and rice into pot.
- 2.** Bring to boil slowly. Cover the pot and simmer until rice is absorbed then put on a low heat.
- 3.** Add sugar and cream and stir well. Keep mixture stirred regularly.
- 4.** Cook for 45 minutes - 1 hour. When ready serve with stewed apple, fresh fruit or jam.

Queen of Pudding

570ml milk
110g white breadcrumbs
25g "golden" caster sugar
40g caster sugar
1tsp butter
3 eggs, separated
6dsp/175g raspberry jam

- 1.** Preheat oven to 180°C. Pour milk into pot and boil. Stir in breadcrumbs, sugar and butter. Leave for 20 minutes to allow breadcrumbs to swell.
- 2.** Lightly beat egg yolks and add to cooled breadcrumbs. Pour mixture into dish. Bake in the oven for 35 minutes.
- 3.** When pudding is cooked melt jam and spread over the pudding top.
- 4.** Whisk egg whites in a bowl until stiff. Add caster sugar. Spread mixture over the pudding and bake for a further 10 - 15 minutes until golden brown.

Kilmainhamwood Nursing Home, Co Meath

Tess' Treacle Bread

500g plain flour
2tbsp back treacle
7 fl oz milk
2tbsp golden castor sugar
1tsp cream of tartar
1tsp bread soda
Pinch of ground ginger
125g sultanas

- 1.** Preheat oven to 200°C. Lightly dust a cake tin or flat baking sheet with flour.
- 2.** Heat the treacle and milk over a low heat. Mix all the dry ingredients together over the bowl. Add sufficient liquid to mix to a soft dough.
- 3.** Turn onto a floured surface and lightly knead. Shape into a round and place in prepared tin, make a cross on the top of the dough.
- 4.** Place into preheated oven and bake for about 40 minutes. When ready, wrap in a clean tea towel until cold and enjoy.

Mary Teresa Mulcaire, aged 85

Mary Teresa, also known as Tess, is 85 years of age. Tess was born Kilmahil, County Clare and lived there before moving to Moycullen Nursing Home. Tess married her husband in England, and they have one child together. Tess has two grandchildren.

Moycullen Nursing Home, Co Galway





Joe's Victoria Sponge Cake

For the cake
200g self-raising flour
200g butter
200g golden castor sugar
1tsp baking powder
4 eggs
2tbsp milk

For the Filling
Strawberries
Whipped Cream
Strawberry Jam
2tsp granulated sugar

- 1.** Preheat oven to 180°C. Grease and base line two 18-20cm sandwich tins.
- 2.** In a large bowl, beat all the cake ingredients together to form a smooth soft batter.
- 3.** Divide the mixture between the prepared tins and smooth the top with back of a spoon. Bake for 20 minutes until golden brown on the top springs back when pressed.
- 4.** Turn onto a wire tray or cooling rack and allow to cool completely.
- 5.** Make the filling by whipping the cream with the sugar. Whip the cream until it can maintain stiff peaks.
- 6.** Spread the cream over the base of one of the sponges and jam over the other. Sprinkle strawberries over the bottom sponge and then press together. Decorate the cake however deemed fit and enjoy!

Joseph Lally, aged 87

Joseph, also known as Joe, was born in Limerick but grew up in Renmore, County Galway. Joe married his wife in 1953 in England. Together they had seven children, and Joe has 17 grandchildren and seven great-grandchildren.



Moycullen Nursing Home, Co Galway

Mary's Rhubarb Sponge Cake

For the cake

8 oz self raising flour

8oz soft butter

8oz caster sugar

4 medium eggs

Splash of vanilla

Fresh/ frozen rhubarb 14 oz (roughly)

Sugar to sweeten 4oz

- 1.** Preheat oven to 180°C.
- 2.** In a large bowl, Cream the butter and sugar.
- 3.** Add eggs and vanilla. Sift the flour and fold it into the mixture.
- 4.** Cut rhubarb into small chunks and stew slightly. Place rhubarb in an oven proof dish.
- 5.** Add sugar to the rhubarb and top off with sponge mix.
- 6.** Bake for 40 minutes until golden brown or a knife comes out clean and pierced into sponge. Serve hot with cream, ice cream or custard, whichever you prefer!

"I learned to bake at home, and I always baked with my mother and grandmother. When I got married and had my own family, three boys and a girl, I always baked at home. Every Wednesday and again at the weekend I'd bake bread, buns, cakes, they would only eat homemade bread the same as I did growing up. The only time we got shop-bought bread when I was young was when we were going to the bog for the day, and that was hard work, but the food always tasted great when you were there."

- Mary Gardener, aged 79

Sligo Nursing Home, Sligo





Veronica's Bread & Butter Pudding

Loaf of stale bread
Raisins
Sugar
Birds eye custard
Butter

- 1.** Preheat oven to 170°C. Cut off crusts from the bread and butter on both sides.
- 2.** Layer the dish with bread, sprinkle on raisins and sugar. Repeat this step until you have filled the dish
- 3.** Pour custard over the top and sprinkle on some sugar. Bake for 25 minutes until golden brown.

"I learned this recipe when I was in secondary school in Tubbercurry Co. Sligo. When I got married and had my children (I have two boys, one girl and seven grandchildren), I used to make it for them, and they loved it. I also baked soda bread and gingerbread regularly. The first gingerbread I made you could have broken your tooth on it - I put way too much treacle in it, but it didn't put me off, and it became a family favourite."

**- Veronica Walsh,
aged 80**

Sligo Nursing Home, Sligo





Gregory's Baked Apple Tart

250g flour
125g butter
150ml cold water
75 g caster sugar
4 large cooking apples,
Peeled, cored and thinly sliced
1 small egg
Icing sugar to dust (optional)
Softly whipped cream, to serve

- 1.** Preheat oven to 200°C. Place butter/margarine in freezer for about 15 minutes to harden.
- 2.** Sieve flour into a bowl. Grate hard butter/ margarine into the flour. You may need a little flour on your fingers for this. Using a knife, mix grated butter/margarine into flour. Add sufficient water and mix to a soft dough with the knife.
- 3.** Turn onto a floured board and knead lightly. Roll out half the pastry to the size of an oven proof plate. Arrange apples on the pastry. Sprinkle with sugar to sweeten.
- 4.** Roll remaining pastry to cover the apples. Dampen edge of base pastry with cold water to seal. Press top pastry over apples to make the tart. Seal the edges by using the back of a knife to form a crust. Then cut at 1"/3cm intervals to form a scalloped edge, if liked!
- 5.** Put a cut on top of pastry to allow steam to escape and bake for 25-35 minutes approx.



Gregory Duffy, aged 80

Gregory Duffy, originally from Belfast, Northern Ireland, now lives in Meath. He is married to Pauline and has two daughters, a son and one grandchild. Gregory has worked in a range of industries, working as a master beekeeper, a silversmith and a photographer in Africa for a newspaper. He has a keen interest in Bonsai outdoor plants. He also loves baking and arts & crafts.

St Colmcille's Nursing Home, Co Meath

Kitty's Sherry Trifle

Sponge cake 500g
Fruit cocktail 820g
Strawberries 820g
Jelly 17g
Cream
1 glass of sherry
Custard

- 1.** Liquidise strawberries. Jam sponges. Drain fruit cocktail and add a half pint of hot water to jelly.
- 2.** Layer sponges. Add layer of fruit cocktail. Layer sponge. Add liquid strawberries. Add a good glass of sherry. Add jelly. Finally, add custard.
- 3.** Trifle can be left to chill in the fridge or served with cream.



"I married Edmond Daly from Templeglantine, and we lived in Colmanswell. I worked in Golden Vale, Charleville for 28 years in the cheese section and canteen. I am a resident in St. Martha's for 12 years - I love it here and feel safe and secure. I keep very active in St Martha's - I set up the altar for mass, feed the birds and the fish, I get involved in bingo, bowls, and my favourite - baking. I did much baking when I was at home, and my favourite was sherry trifle. My mother gave me the recipe and Edmund loved it too. You can't make it without the sherry as it puts the flavour in it."

- Kitty Daly, aged 95

St Martha's Nursing Home, Co Cork

Margaret's Chocolate Biscuit Cake

4oz butter
12oz chocolate
12oz rich tea biscuits
1 tin of condensed milk

- 1.** Melt the butter and chocolate and break up the biscuits
- 2.** When the butter and chocolate has cooled down add condensed milk and stir well.
- 3.** Add biscuits and stir well. Line a loaf tin with greaseproof paper. Fill the tin with mixture and press down firmly. Store in fridge until completely cool and hardened. Enjoy!



"I am originally from Lombardstown, my husband John was the signal and station master. We had four children. I always loved baking scones, fruit cake, brown bread and queen cakes. My family's favourite was chocolate biscuit cake. I got the recipe from my great neighbour Mary O'Mahony. I made it for birthdays, special occasions and if I had visitors calling. It would hardly be cooled when the children would be looking for it, and it used not last long! The children used to help me make it, and now they make it for their families."

- Margaret O'Gorman

St Martha's Nursing Home, Co Cork

Kathleen's Porter Cake

- 1lb self raising flour
- 1tsp baking powder
- ½tsp nutmeg
- 1/2lb butter or margarine
- 1 cup of stout
- 1dsp of treacle
- ½tsp salt
- ½lb brown sugar
- ½tsp mixed spice
- 1lb sultanas or raisins
- 2 large eggs

- 1.** Seive flour, salt, baking powder. Add sugar, nutmeg, mixed spice, treacle and mix well.
- 2.** Rub in butter and sultanas/raisins. Add 2 well beaten eggs and stout. Mix well.
- 3.** Bake for two hours in a fan oven set to 160 -180°C.



"Born in England, I met my husband Patrick and moved to Charleville 70 years ago in 1951. We had seven children. I always loved baking and would start the Christmas baking in September every year to have them made in time for family, neighbours and friends. I would make puddings, Christmas cakes and tea bracks. I would make about 15 each of these, but everyone's favourite was the porter cake. I would get more and more requests for them each year!"

- Kathleen Cotter

St Martha's Nursing Home, Co Cork

Ann Marie's Chocolate Cake

200 g caster sugar
200 unsalted butter
4 large eggs
200 g self-raising flour
2tbsp cocoa powder
1tsp baking powder
½tsp vanilla extract
2tbsp milk
Fresh whipped cream

- 1.** Heat the oven to 190°C. Butter the base and sides of the round tin and lined the base with baking paper.
- 2.** In large bowl beat together sugar, butter, eggs, flour, cocoa powder, baking powder, vanilla extract milk an pinch of salt.
- 3.** Divide the mixture between two tins and bake for 20 minutes until skewer inserted into the centre of the cake come out clean.
- 4.** Leave to cool for about 10 minutes, then turn out onto a wire rack to cool fully.
- 5.** On a cake stand or large plate, sandwich the cakes together by putting the whipped cream between them. Sprinkle icing sugar on top of the cake.



Ann Marie, aged 75

Ann Marie is a 75-year-old lady who was born and grew up in England in London. She has two kids and four grandchildren. Ann Marie used to work in an office and loved her job. She likes reading, bingo, classical music and did lots of baking for her family when she lived at home.

Swords Nursing Home, Co Dublin

Bridie's Mince Pies

225g flour
1 egg
125g butter
1lb jar of mincemeat
Caster sugar to dust

- 1.** Preheat oven to 200°C/400°F/Gas 6. Lightly grease patty/bun tins.
- 2.** Rub butter/margarine through the dry ingredients. Add the egg and water, if required and mix to a soft dough.
- 3.** Turn onto a lightly floured board and gently knead. Cover with cling film and keep in fridge until ready to use.
- 4.** Roll pastry on a floured board and cut rounds or stars with a cutter to fit greased bun/patty tins.
- 5.** Put a teaspoon of mincemeat in each and cut a lid from remaining pastry to put on top.
- 6.** Bake for about 15 minutes or until golden brown.



Bridie, aged 87

Bridie was born in Tipperary and even though she has lived all her married life in Limerick (60 years) she is very much a Tipp woman. She said her mince pies fed her family and none of them died of the hunger!!!

Caherass Nursing Home, Co Limerick



Christina's Apple Tart

For the pastry

230g(2 sups) plain flour
130 g(½cup) unsalted butter
1tsp salt
2tbsp caster sugar
50 ml (3tbsp) cold water or milk

For the filling

4 large (1½ lbs) cooking apples
75 g (6 cups) caster sugar
Egg yolk mixed with milk to glaze

- 1.** Preheat the oven to 200°C. Sift the flour in to the large mixing bowl along with salt and sugar. With a knife cut the butter into small pieces and add to the flour.
- 2.** Rub the sift butter into the flour to create a breadcrumbs like consistency. Make sure you rub the butter into flour while holding your hands above the bowl – that allows the flour to fall keeping air in the mixture and to make nice light pastry.
- 3.** Once the butter is combined add the water or milk and mix with your hand to a nice ball shape.
- 4.** Wash, peel and core the apples then slice them in to the bowl.
- 5.** Take your pastry and divide in two balls, one bigger than the other. The small ball will be the base and the bigger will be used for the top as it will need to cover the apples.
- 6.** To bake your apple tart use dinner plate. Roll out the smaller pastry to the size of the plate and little over the edge. Take half of your apples slices and layer them around the pastry to cover the base. Sprinkle half of the your sugar over the layer then add the remaining apples followed by the last sugar.
- 7.** Roll out the bigger ball of pastry to size slightly bigger than the plate. Take a little bit of water or egg wash and rub it around the edge of the bottom layer of pastry. Transfer the top layer of pastry by rolling it over your rolling pin and folding it out over your apples. With sharp knife, cut off the excess pastry.
- 8.** Take a fork and press all around the edge of the pastry to seal. Next prod the pastry with fork to allow the steam to release. Brush the pastry with egg yolk mixed with milk to create golden crust.
- 9.** Bake in the preheated oven for about 30 minutes until the pastry is nice and golden brown.



Christina, aged 94

Christina is a 94-year-old lady who was born and grew up in Dublin. She has seven kids and lots of grandkids. She likes reading, bingo and baking for her family when she lived at home.

Swords Nursing Home, Co Dublin

Bridget's Irish Apple Cake

For the Streusel topping

3/4 cup (3 3/4oz/105g)
all-purpose flour
1/4 cup (3/4oz/21g) rolled oats
1/2 cup (4oz/115g) sugar
A pinch of salt
6tbsp (3oz/85g) butter

For the Apple Cake

4oz/115g butter at room temperature
4oz/115g sugar
2tsp vanilla extract
2 large eggs
6 1/4oz/177g all-purpose flour
1 teaspoon baking powder
1tsp cinnamon
1tsp salt
3tbsp milk
3 granny smith apples,
Peeled and sliced thin

1. Preheat your oven to 180°C. Butter and line a 9-inch bake pan. Set aside.
2. For the Streusel topping, in a medium bowl, combine the flour, oats, sugar, and salt. Next rub in the cold butter until fully incorporated and you've reached the texture of coarse breadcrumbs. Set aside in the fridge while you make the cake.
3. For the Irish Apple Cake, cream the butter and the sugar together in a large bowl until light and fluffy. Next, add in the vanilla then beat in the eggs one at a time.
4. In a separate medium bowl combine the flour, baking powder cinnamon, and salt. Fold the dry ingredients into the wet along with the milk.
5. Once the batter has formed, transfer it to the prepared cake pan and lay on the sliced apples, making sure they are arranged in one even layer. Cover the apples with all the streusel topping.
6. Bake for roughly 65-75 minutes, or until the top is golden brown all over and crisp.
7. Remove from the oven and allow cooling slightly before turning out of the tin. When ready to serve, dust the cake with powdered sugar, slice and enjoy. Store the cake in an airtight container at room temperature for up to 4 days.



Bridget Keane

Bridget Keane is from Waterford City. She has fond memories of her mother baking apple cake for her when she was young. Bridget remembers the family black recipe book, and over the years it got lost, but Bridget said she still has some of the recipes by memory. She has four grandchildren, Sadie, Aoibhe, Cian and Joe. Bridget did not get a photo opportunity with her cooked apple cake as she had to leave for a dentist appointment, but we made sure to keep her a big slice for when she returned.

Waterford Nursing Home, Waterford

Joan's Roly Poly



Joan Stone

Joan Stone is from Waterford City. She recently celebrated her 52nd wedding anniversary with her husband, Paddy. Joan has six grandchildren, Liam, Harry, Rebecca, Jack, Sarah and Nathan. She chose to bake Jam Roly Poly as she likes the taste but also because there are not many ingredients involved in the making of it.

Waterford Nursing Home Waterford

Softened butter, for greasing
200g/7oz self-raising flour, plus
extra for dusting
100g/3½oz shredded suet
1tbsp caster sugar
Good pinch salt
150ml/5fl oz semi-skimmed
milk or water
6 - 7tbsp raspberry jam

- 1.** Preheat the oven to 200°C/180°C Fan/Gas 6. Butter a large sheet of baking paper and set aside.
- 2.** Stir the flour, suet, sugar and salt in a large bowl until fully combined. Slowly stir in the milk to form a soft, spongy dough.
- 3.** Tip the dough out onto a floured surface and knead for a few minutes. Roll the dough out to a 22cm x 32cm x 13in rectangle.
- 4.** Spread the jam onto the dough, leaving a 1.5cm/½in border. Gently roll the dough up from the short end and transfer to the greaseproof paper, seam-side down. Wrap the roly poly in the baking paper, making a long pleat in the paper to allow the pudding to expand as it cooks. Twist the ends of the paper like a Christmas cracker and tie tightly with kitchen string, to seal the pudding inside. Repeat the process with a large piece of kitchen foil.
- 5.** Place the pudding onto a roasting rack set on a deep-sided roasting tin. Pour boiling water halfway up the roasting tin and cook in the oven for 30–35 minutes. Remove the pudding from the oven, unwrap the kitchen foil, then snip the string and unwrap the paper.
- 6.** The pudding should be well risen and lightly browned in places. Don't worry if the jam has made its way through to the outside of the pudding a little – it will taste all the more delicious. Put on a board or serving plate and cut into thick slices. Serve with lots of hot custard or cream



Philomena's Apple Tart

255g plain flour
Pinch of salt
140g of butter
6tsp water
Egg
Sugar
6 cooking apples

- 1.** Rub flower, salt and butter until they resemble bread crumbs. Add water (add more water if required). Knead mixture.
- 2.** Wrap the pastry and put in the fridge to rest for 20 minutes.
- 3.** Grease your pie dish. Roll pastry and place on dish. Cut apples thin and place on pastry
- 4.** Add a generous amount of sugar. Cover with remaining pastry and brush with egg wash. Pinch the 2 layers of pastry together and pierce with a fork.
- 5.** Bake for 45 minutes at 180°C in the centre of the oven. Take out when golden brown. Serve hot or cold.

Philomena Connolly, aged 86

"I learned to bake at home with my mother. Everything was home-baked and home-cooked from the farm. We grew the wheat for the brown bread and grew apples, blackcurrants, gooseberries, and strawberries. Baking was done every day, and when I got married, I still baked every day for all the family. There was always apple tart, and anyone who called to visit would leave with either a tart or bag of apples. I only put sugar in with the apples when making a tart. I never put cloves or spices or anything like that."

Sligo Nursing Home, Sligo





Joan's Cheesecake

150g digestive biscuits
50g butter
300g cream cheese
145g icing or caster sugar
450ml double cream
1tsp vanilla extract

- 1.** Crush biscuits into powder, melt the butter and mix together.
- 2.** Put into an 8 or 9 inch tin and put in the fridge to set.
- 3.** Mix the cheese and sugar in a bowl until smooth, add the cream and vanilla and mix until fully combined.
- 4.** Take the base out of the fridge and spread the creamy mixture over the top.
- 5.** Chill in the fridge for at least an hour before serving.

Joan Collier

I used to make this regularly for my family - my husband Louis and my boys Thomas and Michael. They all loved it, and so did I. I always made vanilla, and I never made it with fruit although some people add strawberries or raspberries.

Killarney Nursing Home, Co Kerry

Julia's Wild Strawberry Sponge

3 extra large eggs
4 oz/100g caster sugar
3 oz/75g self raising flour

For the filling and the topping
300ml whipped cream
450g wild strawberries

- 1.** Pre heat oven to 180°C. Grease an 8 inch tin with butter.
- 2.** Measure eggs and sugar in a bowl and whisk until thick. Sift flour and fold into the tin.
- 3.** Bake in a preheated oven for 40-45 minutes until golden brown. Leave to cool on a wire rack. Once the cake has cooled cut in two halves and fill with cream and strawberries. Alternatively blackberries can be used. Spread the remaining cream on the sides and decorate with fruit.



Julia Coleman, aged 92

Julia enjoys our baking afternoons and tells lots of tales, traditions and gives excellent tips for our baking sessions. Born in Kilmeedy Co. Limerick, she has been living in Adare and District Memory Care Centre for the last five years. Julia has seven grandchildren and nine great-grandchildren with one more on the way!

Adare & District Memory Care Centre, Co Limerick

Nancy's Apple Tart

225g Odlums cream plain flour
4oz Butter
150ml cold water
4 large cooking apples, peeled
Sugar
Icing sugar

- 1.** Pre heat oven to 200°C. Place butter in freezer for 15 minutes to harden. Sieve flour into a bowl
- 2.** Grate hard butter into the flour. Add water and mix until a soft dough is formed.
- 3.** Placed onto a floured surface and knead lightly. Roll out the half pastry and place onto an oven-proof plate.
- 4.** Add apples and sprinkle with sugar to sweeten. Roll remaining pastry and add to top of apples.
- 5.** Dampen edge of the pastry with fork and cold water to seal.
- 6.** Cut cross into centre of pastry and bake for 25 - 35 minutes.
- 7.** Remove, allow to cool, cut and serve with cream or custard.



Archersrath Nursing Home, Kilkenny

TOM'S No-bake Lemon Cheesecake

100g digestive biscuits
40g butter
250g cream cheese
280ml double cream
100g caster sugar
Zest of 2½ lemons

- 1.** Line base of 18cm round tin with greaseproof paper.
- 2.** Melt butter and add the crushed biscuits. Place in tin and push flat with hot glass. Place in fridge to chill.
- 3.** Grate zest of 2 1/2 lemons. Squeeze out 5tsp of lemon juice and set aside.
- 4.** Whip double cream until it peaks. Add cream cheese, caster sugar, lemon zest and juice. Whisk until combined.
- 5.** Remove base from fridge and add mixture. Smooth out using the base of a spoon. Put into a fridge for 2 hours to set.



Tom, aged 78

Tom ran a family pub for years in his hometown of Kilkenny. Tom is a huge hurling fan and likes to follow the Kilkenny Cats every year.

Archersrath Nursing Home, Kilkenny

Vera's Christmas Fruit Cake

175ml flavourless oil
100g light brown muscovado sugar
2 eggs
225g plain flour
1tsp baking powder
1tsp ground cinnamon
½tsp allspice
½ orange, juiced
½ lemon, juiced
200g mixed dried fruit
200g apricot jam
icing sugar for dusting

Decoration (optional)
75ml double cream
Lemon slices

1. Preheat oven to 160°C. Grease and line the bases of two 20cm tins with parchment paper.
2. Stir together the oil, sugar, eggs, flour, baking powder, spices, juices and mix together using a wooden spoon.
3. Gently fold in the fruit and divide evenly into the two tins. Bake for 20 - 25 minutes until a skewer comes out clean.
4. Once cool, remove from tins. Sandwich two cakes together with apricot jam and sprinkle with icing sugar. Decorate with double cream and lemon slices.
5. Whisk cream and place into a piping bag. Pipe swirls along the sides of the cake and decorate with a lemon slice on each. Enjoy!

Vera

Vera was born and raised in Kilkenny. She spent much of her teenage years helping raise her younger siblings so become a great baker. Vera has three children, one of whom lives in Canada. She has two grandchildren and two great-grandchildren.

Archersrath Nursing Home, Kilkenny

Donal's Trifle

Sugar free jelly
Fresh strawberries
Madeira Cake
Custard
Whipped Cream
Madeira Cake
Fresh Strawberries
Sugar Free Jelly
Custard ready to pour
Whipped Cream

1. Chop up Strawberries put into sundae glasses. Chop up the Madeira cake and put on top of the strawberries in the Sundae glasses.
2. Cover the strawberries and Madeira with sugar free jelly, make as per instructions on packet. Put the ready to pour custard on top of the set jelly.
3. Slice strawberries to go on top of cream. Strawberries on top of Sundae Trifle.



Donal, aged 59

Donal has lived in Coverlodge since September 2020. Previously he was in the foreign legion and managed gold mines in South Africa, The Middle East and Canada. His travelling gave him a love food, and he loves to cook lots of different meals, including salads, stir-fries, fish and roast chicken.

Cloverlodge Nursing Home, Co Kildare

Moira's Park Brack

130z self raising flour
130z mixed dried fruit
250ml cold tea
Butter, for greasing
4 1/2 oz soft brown sugar
1 large egg
2tsp honey

- 1.** Steep the fruit in cold tea and sugar over night. Sieve flour and mixed spice into wet fruit mixture gradually.
- 2.** Add beaten egg gradually. Stir mixture well with a wooden spoon.
- 3.** Grease loaf tin. Put mixture into tin.
- 4.** Put in preheated oven @ 170°C. Take out after ½ hour and brush top of the bracks with honey.
- 5.** Bake for one more hour. Check with knitting needle if brack is cooked by piercing and checking that needle comes out clean.
- 6.** Once baked sit it on a wire tray and let cool. Best served next day with butter.

Moira, aged 93

Moira has four daughters, 11 grandchildren and three great-grandchildren. Moira's worked with her sister Josie at Captain Shaws, known as Ballinacurra House, Limerick, where Josie was the cook. Moira developed an interest in baking from helping Josie. In the 1940s a Jam Sponge that they made came 2nd at the Limerick Racecourse Baking Competition. Moira's mother made apple tarts, brown bread, scones – everything that was needed for the home. The family's favourite bake was Moira's barmbrack. Moira used to bake this barmbrack for the Sale of Work and Day Care Centre in Milford Hospice, who cared for her husband RIP during his stay there.

The Park Nursing Home, Co Limerick

Nancy's Victoria Sponge Cake

4 eggs
225g caster sugar
225g self raising flour
2tsp baking powder
225g soft butter

To garnish
Pinch of icing sugar
Strawberry Jam
Whipped Cream

- 1.** Preheat oven to 180°C. Grease two sandwich tins.
- 2.** Add eggs, sugar, flour, butter and baking powder into a large mixing bowl and mix until combined using an electric mixer.
- 3.** Divide evenly into the two tins and place into the oven for 25 minutes, checking on them after 20 minutes.
- 4.** When cooked, allow to cool. Once cool, place upside down and spread with jam and cream. Assemble the two cakes together.
- 5.** Lightly sprinkle the top of the cake with icing sugar and enjoy.

Nancy Murphy

Nancy Murphy is a great hurling fan from Kilkenny. Nancy has four sons and 11 grandchildren.

Archersrath Nursing Home, Kilkenny

Brid's Pineapple Upside Down Cake

- 1 can of pineapple rings
Cherries
4oz brown sugar
2oz butter melted
6oz flour
4oz caster sugar
4oz margarine
1 egg
1tsp baking powder
 $\frac{1}{4}$ tsp salt
 $\frac{1}{3}$ 1tsp vanilla extract
pint milk - you can substitute with
juice from the tinned pineapples
- 1.** Melt 2oz butter in a heavy 9 inch heavy baking tin. Sprinkle the 4oz of brown sugar evenly over the butter. Arrange the pineapple rings in an attractive manner on this mixture and place a cherry in the centre of each pineapple ring.
 - 2.** Sift flour, salt and baking powder. Beat egg and add milk and vanilla. Cream margarine, gradually add sugar and beat until light and fluffy. Add flour mixture alternately and egg and milk. Pour batter over fruit.
 - 3.** Bake for 45 - 50 minutes at 180°C. To test, insert a skewer in the centre of the cake. If it comes out clean, the cake is cooked. Immediately, turn the upside-down cake on a serving plate. Leave the tin over the cake for a few minutes, then lift off. The brown sugar mixture will run down over the cake. Serve warm with whipped cream.

Brid Dowling

Brid Dowling worked in the post office. She has four children, and 10 grandchildren. She also has three great grandchildren.

Archersrath Nursing Home, Kilkenny





Martha's Basic Crumble Mix

2lb plain flour
1lb margarine
½lb sugar
30z colgan (diabetic sugar)

- 1.** Mix the flour and margarine together in the mixing bowl until it has the same constituency of breadcrumbs.
- 2.** Take 1/2lb of the mix out and place it in a separate bowl. Place to one side.
- 3.** Add the sugar to the rest and mix in.
- 4.** Take 1/2lb mix and add the colgan. This will make the crumble suitable for diabetics.



Martha

Martha loves fashion, always loved getting her nails done and is very into skincare. Martha is great for giving the carers and home team skincare tips.

Maple Court Nursing Home, Co Westmeath

Theresa's Homemade Bread

2lb self raising flour
1 pint of buttermilk
A pinch of salt

- 1.** Pre heat oven to 180°C. Put flour into mixing bowl, add salt and buttermilk and mix together.
- 2.** Pour flour onto counter top and knead mixture into place. Cut a shape of cross onto top of bread and place on a baking tray.
- 3.** Bake in a preheated oven for 30 minutes until golden brown. Leave to cool on a wire rack. Serve with real butter and jam.



Theresa Buston, aged 61

From Patrickswell in Co. Limerick, Theresa is a proud Limerick supporter who can often be heard cheering on 'The Well'. She has nine grandchildren. Theresa is delighted to be sharing her famous bread recipe, which is served weekly in Adare and District, and is our most popular evening treat for all the residents and home team.

Adare & District Memory Care Centre, Co Limerick

Maura's Plain Tea Cake

175g of margarine
175g of sugar
175g of self raising flour
3 eggs
A drop of vanilla essence

Maura's tip – add some ground almonds depending on the flavour you prefer. I like to add 100g!

- 1.** Preheat your oven to 180 degrees and prepare your baking tin with greaseproof paper.
- 2.** Mix the sugar and margarine together in a large mixing bowl using a wooden spoon. Add your eggs to the mixture one by one and add the drop of vanilla essence.
- 3.** Slowly fold in your flour until the mixture is smooth. *Add your ground almonds here if you're using them!*
- 4.** Pour your mixture into the baking tin and bake in the oven for 45 minutes. The cake is finished when it is golden brown – if you put a knife or skewer in and it comes out clean – it's finished!!

Maura's tip – serve dusted with icing sugar and a nice hot cup of tea!



Maura Hanley, aged 90

Maura is a 90-year-old woman who was commonly known in her parish in Carbury as "the lollipop lady" or "the sweets lady"! She would always give out sweets and treats to any child she would see, and this generosity has been brought into her life in Sancta Maria! Anyone who meets Maura in the corridor is guaranteed to get a kit kat bar or a packet of smarties, which she hands over with the biggest grin and some lovely conversation! Maura's biggest baking tip is to "ditch the new electronics and use the wooden spoon for baking" – no electric mixers are allowed in her kitchen.

Sancta Maria Nursing Home, Co Meath



Ellen's Tea Brack

2lbs mixed fruit
1lb self-raising flour
Half lb soft brown sugar
1tsp mixed spice
1tsp baking powder
3 free range eggs

- 1.** Pre heat oven to 180°C. Grease an 8 inch tin with butter.
- 2.** Place mixed fruit into a bowl. Add eggs, flour sugar, mixed spice and baking powder. Mix well together.
- 3.** Divide mixture into a lightly greased 1 lb loaf tin. Place into the preheated oven for 40 minutes. Leave to cool on a wire rack once baked. Serve with butter or a dollop of fresh cream.

Ellen Brennan, aged 80

Ellen loves having the craic and has a great sense of humour. She is delighted to help out with the baking in Adare and District Memory Care Centre, sharing her recipe of a traditional tea brack

Adare & District Memory Care Centre, Co Limerick



Traditional Boiled Fruit Cake

Boiled fruit mixture
 4oz brown sugar
 8oz margarine or butter
 1lb mixed fruit
 2tsp mixed spice

Cake mixture
 4oz glacé cherries
 2 large eggs beaten
 2oz chopped walnuts
 12oz self raising flour
 1tsp bicarbonate of soda

- 1.** Preheat the oven to 165 °C/ Gas Mark 3. Place all of the ingredients for the boiled fruit mix into a saucepan and bring to the boil. Allow to cool for 30 minutes
- 2.** Add the cherries and nuts and stir through. Add the eggs and mix well. Add the flour and fold through the mix. Place the mixture in a greased tin and tie some greaseproof paper around the outside of the tin so it comes over the top about halfway through baking
- 3.** Bake for 2 hours but check after 1.5 hours. Check to see if cooked thoroughly with a skewer or a skinny knife. Allow cake to bake until the skewer comes out clean
- 4.** Allow to cool and either decorate with marzipan or royal icing or plain jam.



Marie O'Hanlon (left), aged 78 & Helen Kirby (right), aged 70

Good friends Marie and Helen, residents of The Willows in our Memory Care Centre, both baked their mothers' favourite traditional boiled fruit cakes. Marie, from Limerick, has ten grandchildren. Helen Kirby is from Foynes, Co. Limerick.

Adare & District Memory Care Centre, Co Limerick

Mary's Apple Cake Dessert



1lb self raising flour
¼ lb soft butter
1tbsp castor sugar
3 large bramley cooking apples (peeled
& sliced)
Buttermilk

- 1.** Preheat oven to 180°C. Rub the flour, sugar & butter together in a large bowl. Bind together with enough buttermilk to form a soft dough.
- 2.** Lightly flour the worktop. Cut the dough into two pieces and roll out each piece. Place the first on to a greased baking tray.
- 3.** Spread the sliced apples evenly onto the pastry base. Sprinkle with castor sugar, just enough to sweeten the apples.
- 4.** Brush the edge of the pastry with buttermilk, place the second piece of pastry over the apples.
- 5.** Neatly secure the edges with a blunt knife. Score the top of pastry with a knife. Brush with a little buttermilk on top.
- 6.** Place in a pre heated oven for approx 45 minutes. Serve warm with fresh cream.

Mary, aged 97

From Lissycasey, Co. Clare, Mary has always had a great love of baking, having worked for a time in her younger days in Curran's Confectionery Store in Abbey Street, Ennis. Mary can recall very fond memories of working here. Mary also has a love of dancing and would cycle into Ennis in her younger days to the dance hall. Mary has a wonderful memory and can recall many stories from her past. She is very proud of her apple cake recipe and has passed it on to many over the generations. She has 17 grandchildren.

Ennis Nursing Home, Co Clare

Hilda's Pancakes

5oz of flour
½ pint of milk
2 large eggs
Pinch of salt
Pinch of sugar

- 1.** Sieve the flour into a bowl add a pinch of salt and sugar
- 2.** Make a well in the centre and add the eggs and milk, whisk until a smooth mix is made. Leave to stand in the fridge for 1 hour.
- 3.** Heat your pan and wipe with a little oil using a piece of cloth. Add a little of the mix to the pan and swirl to make the pancake shape. Let it cook until the mix dries out a little and bubbles burst on top of the pancake then turn over. It will usually take approx. 1 minute to cook each pancake.



Hilda Kendrick

Hilda lived in Clone, Ferns, where she grew up working on the farm with her father and continued to do farm work throughout her life. Hilda loves pancakes and said that her mother used to make them, and it was her favourite dessert. "We would eat them with jam, chocolate, lemon or butter and we would love them every way!"

Castlegarden's Nursing Home & Memory Care Centre, Wexford





Joan's Brown Soda Bread

350g wholemeal flour
275ml buttermilk
1tsp bread soda
125g cream plain flour
1tsp bread soda
2 pinches of salt

- 1.** Sieve the plain flour, salt and bread soda into a large bowl. Mix in together with wholemeal flour and buttermilk
- 2.** Bring mixture together with hands (knead). Put flour on a board, place the dough and roll the bread mixture out.
- 3.** Put bread mixture in a tin or place on a grease proof sheet. Cut a cross shape on top of the bread.
- 4.** Preheat oven and cook on 200°C for 40 minutes. Allow the bread to cool on a wire tray, covering with a tea towel.



Joan, age 83

Joan, a native of Wexford, has four children - three girls and one boy. When asked the question where and when did you learn how to bake, Joan answered her mother Maureen taught her when she was young. She always enjoyed baking with her mother. They made apple tarts, scones and soda bread. When Joan had children of her own, she said she carried on this tradition and used to bake for her children as a treat like cakes and "stuff on the weekend". Joan expressed "the cakes she baked were a treat for herself rather than the kids because she enjoys eating". Although Joan said, she didn't make the soda bread as often as other things for her children it still comes to mind, as it made her remember the times she used to bake with her mam.

Clearbook Nursing Home, Dublin

Ruby's Chocolate Rice Crispie Cakes

4 large chocolate bars
A box of Rice Crispies or
Cornflakes
Mini marshmallows,
Smarties or sprinkles

- 1.** Stir chocolate in a pot to melt or in a microwave keep and eye on it because its easy to burn chocolate. Stir thoroughly.
- 2.** Add Rice Crispies, the less Rice Crispies, the more chocolatey. Depending on how much you add is how many you can make. Stir the chocolate and Rice Crispies together until they are fully covered.
- 3.** Add Mix generously into cupcake cases. Add the sprinkles, mallows and Smarties - whichever way you prefer. Have fun decorating!
- 4.** Leave out to cool and harden or put in the fridge so they are lovely cold. Serve with a smile!



Ruby, aged 68

Ruby grew up in Drumcondra in Dublin and has two sons and never married. When asked the question where and when did you learn how to bake Ruby gave a light comedy story on why she learned how to bake. Ruby brought quite a bit of laughter along with this recipe as she began baking for someone that she fancied. Baking made her so elated, and she really enjoyed it. Ruby stated: "I didn't want anything to do with him I just wanted to look at his lovely face, he was very handsome". This story was very funny. Ruby mentioned she only baked with love. Story aside, a lovely Rice Crispie Cake recipe came out of it. Ruby hopes that whoever makes these rice crispies has fun and serves them with a smile.

Clearbook Nursing Home, Dublin



Mary's Treacle Cake

225g/8oz margarine, softened
 175g/6oz light muscovado sugar
 200g/7oz black treacle
 300g/10oz self-raising flour
 2tsp baking powder
 1tsp ground mixed spice
 1tsp ground allspice
 4 free-range eggs
 4tbsp milk
 3 pieces stem ginger from a jar,
 finely chopped

- 1.** Preheat the oven to 160°C/325F/Gas 3. Cut a rectangle of non stick baking parchment to fit the base and sides of a 30x23x4cm/12x9x1½in tray bake tin or roasting tin. Grease the tin and then line with the paper, pushing it neatly into the corners of the tin.
- 2.** Put the ingredients for the cake into a large bowl and beat well for about two minutes until well blended. (Treacle can be difficult to weigh accurately as it tends to stick to the scale pan. Weighing the treacle on top of the sugar overcomes this problem.)
- 3.** Turn the mixture into the prepared tin, scraping the sides of the bowl with a plastic spatula to remove all the mixture. Level the top gently with the back of the spatula.
- 4.** Bake in the preheated oven for about 35-40 minutes, or until the cake springs back when pressed lightly with a finger in the centre and is beginning to shrink away from the sides of the tin. Allow the cake to cool a little, then remove the cake from the tin by easing the paper away from the sides of the tin. Turn onto a cooling rack, remove the lining paper and leave to cool completely.
- 5.** Serve with orange zesty whipped cream.

Mary Smyth

Mary Smyth was born in Cork, and she has one son. She worked in Dublin in Bon Secours Hospital in the kitchen and other places in Dublin. She always loved cooking and baking. Mary would be the go-to person in her family for the mince pies, Christmas pudding and cake. She would make them for the whole family. When she wasn't working, baking or cooking, she would knit or do crochet.

Moate Nursing Home, Co Westmeath

Eithne's Pavlova

For the meringue:

4 large egg whites
225g (8oz) caster sugar
2 level tsp cornflour
2tsp white wine vinegar

For the filling:

300ml (½ pint) whipping or
pouring double cream, whipped
350g (12oz) strawberries, halved
or sliced

1. Preheat the oven to 160°C/Fan 140°C/gas 3. Lay a sheet of non-stick baking parchment on a baking sheet and mark a 23cm (9in) circle on it.
2. Put the egg whites into a large bowl and whisk until stiff and cloud-like. Add the sugar a teaspoonful at a time, whisking well after each addition, until all the sugar has been added. Blend the cornflour and vinegar together and whisk into the meringue mixture.
3. Spread the meringue out to cover the circle on the non-stick baking parchment, building up the sides so they are higher than the middle.
4. Place in the oven but immediately reduce the temperature to 150°C. Bake for about 1 hour until firm to the touch and a pale beige colour.
5. Turn the oven off and allow the Pavlova to become quite cold while still in the oven. If you keep the oven door closed you will encourage a more marshmallowy meringue.
6. Remove the cold Pavlova from the baking sheet and parchment and slide onto a serving plate. Top with the whipped cream and strawberries, then chill in the fridge for 1 hour before serving.

Eithne McKay

Eithne McKay was born on Enniscorthy, Co Wexford and studied a BCom at UCD. Eithne married and has a daughter named Fiona. Eithne remembers her first time eating pavlova at a friends house for dessert and since then has enjoyed making it for friends and family.

Rush Nursing Home, Co Dublin

Pecan Pie

In memory of Jane Brand

2oz butter, chopped
5oz brown sugar
160ml (2/3 cup) golden syrup
3 eggs, lightly beaten
1 teaspoon vanilla extract
8oz pecan halves
Whipped cream, to serve

Shortcrust pastry
7oz plain flour
Pinch of salt
4oz chilled butter, chopped
1 egg, lightly beaten

1. To make pastry, combine flour and salt in a large bowl. Add butter and, using your fingers, rub into flour mixture until it resembles fine breadcrumbs. Make a well in centre of flour mixture. Combine egg and 1 tablespoon iced water in a small bowl, then pour into well. Using a round-bladed knife, stir until mixture forms a dough.
2. Turn out onto a lightly floured surface and shape into a 2.5cm-thick disc. Wrap in plastic wrap and refrigerate for 30 minutes.
3. Preheat oven to 200°C. Place dough on a lightly floured work surface and roll out to a 30cm diameter disc. Line pan with dough, then trim and discard excess. Refrigerate for 15 minutes.
4. Line pastry with baking paper, fill with dried beans or pastry weights and bake for 20 minutes or until light golden. Remove beans and paper. Reduce oven to 175°C.
5. Meanwhile, to make the filling, place butter, sugar and golden syrup in a small saucepan over low-medium heat and cook, stirring, for 5 minutes or until butter melts and mixture is smooth. Remove from heat and set aside to cool slightly. Add eggs and vanilla, and whisk to combine. Scatter pecans over pastry base and pour over golden syrup mixture.
6. Place on an oven tray and bake for 35 minutes or until filling is browned and firm to the touch. Cool in pan to room temperature.

Moate Nursing Home, Co Westmeath



Brigid Farren

Brigid Farren was born in 1933 on a farm in Whitestown, near Rush. She has 11 siblings, and she was the eldest. Brigid has two daughters Bridget and Ailish with her husband, Richard. She worked for many years as a nurse in London and then St Michael's House for disabled children in Dublin. Brigid recalls baking a lot of biscuits and cakes as she learnt from the best - her paternal grandmother.

Rush Nursing Home, Co Dublin

Brigid's Chewy Oat Cookies

- 2 cups rolled oats
 - 2 cups plain flour
 - 2 cups coconut
 - 1 1/2 cups sugar
 - 250 g butter
 - 4tbs golden syrup
 - 1tsp bicarbonate of soda
 - 2tbsp boiling water
- 1.** Turn oven to 160°C. Lightly grease oven trays.
 - 2.** Place oats, flour, coconut, sugar in big mixing bowl. Melt butter and golden syrup in saucepan. Take off heat.
 - 3.** Mix baking soda and boiling water in a cup. Add to melted butter mixture in the pan. Quickly add to big mixing bowl. Mix well.
 - 4.** Roll tablespoonfuls of the mixture into balls. Place on trays 5cm apart. Press lightly with fork.
 - 5.** Bake for 20 minutes.



Breda Ludlow

Breda Ludlow was born in Castleknock, Dublin and has been living in the Rush district for many years. She is well known for being a dance teacher and the Keep-Fit programme facilitator in Dublin. She was married to the late Robert Ludlow of Co Meath. Breda recalls making scones for her family and four brothers who usually ate the family out of house and home. Besides her achievements in dancing and her various programmes, she also worked as a dicta-phone shorthand typist for an insurance company.

Rush Nursing Home, Co Dublin

Breda's Cinnamon & Walnut Scones

500g flour
125g sugar
1tbsp baking powder/soda
175g butter
20g salt
Egg
400ml golden syrup
100ml milk (preferably butter milk)
1tsp water
100 - 200g crushed walnuts
1 pinch of cinnamon

- 1.** Preheat the oven to 200 degrees Celsius/ 180 degrees Celsius fan assisted.
- 2.** Take a mixing bowl and put the Flour, Sugar, Baking powder, butter and the salt and mix until it resembles a crumbly texture. Add your crushed walnuts and cinnamon and mix contently
- 3.** Roll out and evenly cut equal circles and place on a well-greased baking tray approximately 3.5cm apart
- 4.** Whisk one egg repeatedly and paste the scones. This is to give the scones a glaze whilst they cook
- 5.** Sprinkle sugar over your scones and place on the middle shelf and leave for 13 minutes or until golden brown.



"A creamy rice pudding is one of the greatest treats on a cold winter's day. You need to use short-grain rice, which plumps up as it cooks. This is definitely a forgotten pudding and it's unbelievable the reaction we get to it every time we make it at the Cookery School. It's always the absolute favourite pudding at my evening courses."

Darina Allen's Old-Fashioned Rice Pudding

Serves 6-8

100g (3 1/2fl oz) pearl rice (short-grain rice)
40g (1 1/2oz) sugar
Small knob of butter
850ml (scant 1 1/2 pints) milk
1 x 1.2 litre (2 pint) capacity pie dish

- 1.** Preheat the oven to 180°C/Gas Mark 4.
- 2.** Put the rice, sugar and butter into a pie dish. Bring the milk to the boil and pour over.
- 3.** Bake for 1 1/4 - 1 1/2 hours approximately (usually the latter but keep checking). The skin should be golden, the rice underneath should be cooked through and have absorbed up the milk, but the rice pudding should still be soft and creamy. Calculate the time so that it's ready for pudding. If it has to wait in the oven for ages it will be dry and dull and you'll wonder why you bothered.

Serve with softly whipped cream and soft brown sugar.

©Darina Allen, Ballymaloe Cookery School

Darina Allen's Apple & Blackberry Traybake

Serves 10-12

8-12 lemon geranium leaves
(*Pelargonium graveolens*)
3-4 cooking apples, such as
Bramley Seedling or Grenadier
150g (5oz) blackberries
75g (3oz) caster sugar
crème fraîche or softly whipped
cream, to serve

For the Sponge Base
225g (8oz) softened butter
175g (6oz) caster sugar
275g (9oz) self-raising flour
4 organic, free-range eggs



- 1.** Preheat the oven to 160°C/320°F/Gas Mark 3. Line the base of a 33 x 23 x 5cm (13x 9 x 2 inch) cake tin, or a 25.5cm (10 inch) sauté pan or cast-iron frying pan with parchment paper, allowing it to hang over the sides. Arrange 6-8 sweet geranium leaves over the base – these give the sponge a haunting lemony flavour.
- 2.** To make the sponge base, combine the butter, sugar and flour in the bowl of a food processor. Whizz for a second or two, then add the eggs and stop as soon as the mixture comes together. Spoon the mixture over the base of the tin as evenly as possible (over the sweet geranium leaves).
- 3.** Peel the apples. Cut into thin slices and arrange on top of the sponge in three lines. Arrange a line of blackberries in between each row. Sprinkle 25g (1oz) of the caster sugar over the top and bake for about 50 minutes.
- 4.** Meanwhile, whizz 2-4 sweet geranium leaves with the remaining 50g (2oz) caster sugar in a food processor. Spread over a baking tray and set aside at room temperature to dry out.
- 5.** Once it is fully cooked, the centre of the cake should be firm to the touch and the edges slightly shrunk from the sides of the tin. Serve in the tin, sprinkled with the sweet geranium sugar. Alternatively, leave to rest in the tin for 4-5 minutes before turning out. Serve with crème fraîche or softly whipped cream.

Taken from *One Pot Feeds All* by Darina Allen, published by Kyle Books.

"You'll find yourself reaching for this recipe over and over again. Here I use apple and blackberries with sweet geranium, but I also love it with green gooseberries and elderflower, or plums. I enjoy arranging the blackberries and apples in neat lines, but if you are super busy just sprinkle them over the top of the sponge base."



"The first ginger bread I made you could have broken your tooth on it - I put way too much treacle in it but it didn't put me off and it became a family favourite."

Veronica, Sligo Nursing Home



Published by:

Mowlam Healthcare
Gardner House, Bank Place, Limerick

www.mowlamhealthcare.com

Designed & Edited by Copper Reed Studio