

Memory Makers
Tastes like
Nostalgia

A collection of memorable recipes



Bailiúchán d'oidis speisialta
Déantóirí Cuimhne

Comhairle Contae
Fhine Gall
Fingal County
Council



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022





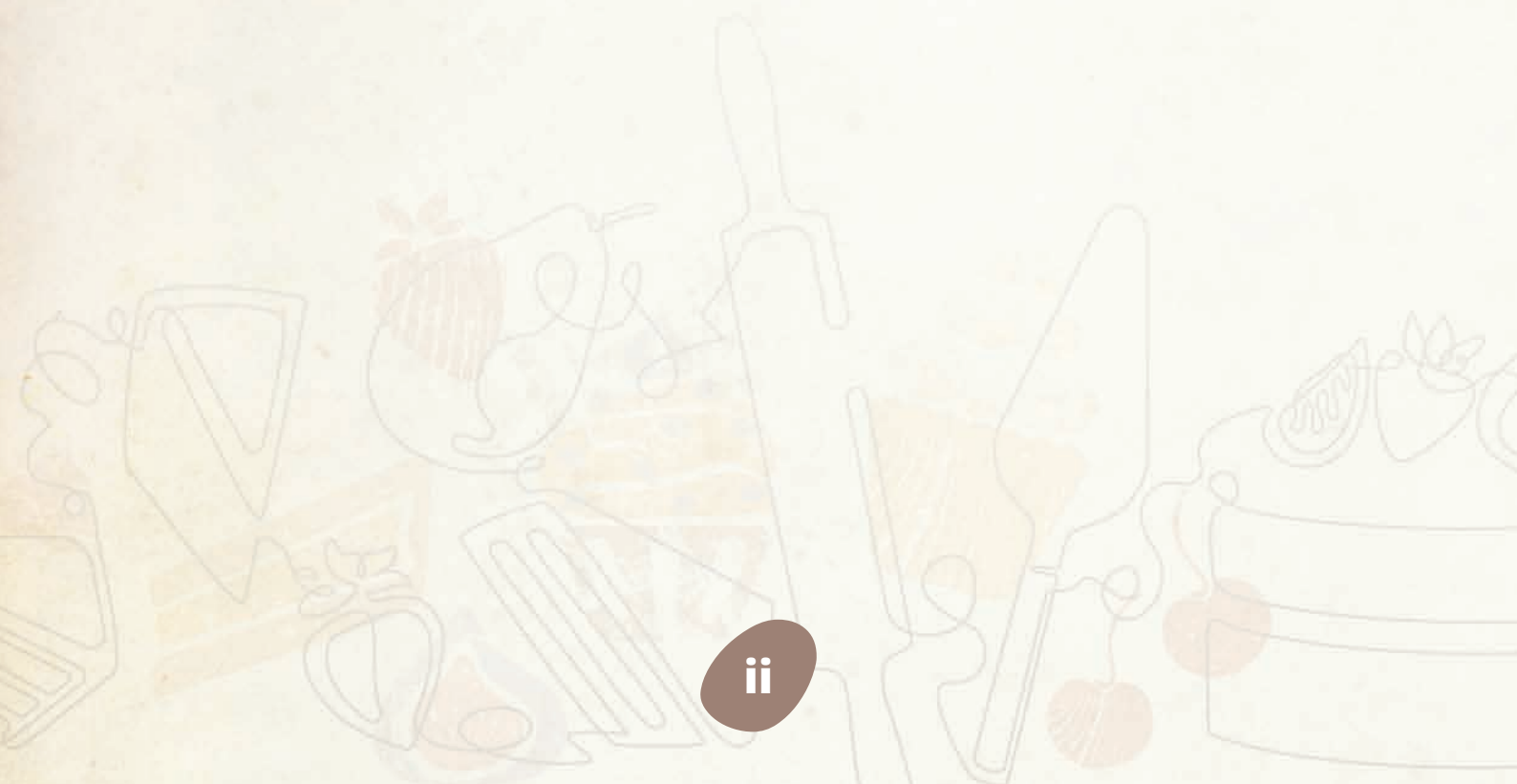
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Introduction

Peig McManus

The recipes in this book go back to the last century and probably as far as famine times as they have been handed down through generations. Most of the ingredients are high carb, sustainable, cheap, slow release, organic and fresh – often home grown. They reveal stories of large families up to seventeen children, mothers making stews and coddles, one pot dinners to stretch out their money. Nothing was wasted. Often dinners were made of leftovers. People made blind stews from leftover vegetables. They made Gur Cake out of stale bread, they made brown bread, soda bread and griddle bread. Pushing their prams daily to the shops for their messages. No fridges. Rushing home to have the stew ready for their hungry children returning from school. A contributor (one of seventeen children) recalls the smell of the Saturday stew with meat as the whole family cleaned the house from top to bottom, their reward was the delicious meal.

The Christmas pudding brought back memories of family participation, everybody had to stir the pudding. They waited for family members coming home from England. One little girl describes getting off the boat in the docks and running all the way to East Wall arriving just in time to stir the pudding. Her family gathering was so large the children had to sit on the stairs and eat their dinner off their lap.

On behalf of Fingal's Older People's Council Steering Committee for the production of this book (Peig McManus, Patricia Martin, Vera Dempsey & Janette Scott), I want to thank everyone who submitted their recipes and special memories. Without you this book could not come together to be the beautiful collection of recipes and memories this book presents to you today.

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Is le húdair aon tuairimí, torthaí, agus conclúidí nó moltaí a léirítear san fhoilseachán seo agus ní thugtar le fios gurb ionann iad agus dearcthaí Chomhairle Contae Fhine Gall. Cuireadh an t-eolas go léir atá san fhoilseachán seo sa leabhrán seo sa bhunfhormáid a bhí aige. Sheol na húdair na híomhánna ar aghaidh

Foreword



Mayor of Fingal
Councillor Howard Mahony

“Ponder well on this point: the pleasant hours of our life are all connected by a more or less tangible link, with some memory of the table”

Charles Pierre Monselet (1825-1888)

Tastes Like Nostalgia is a charming collection of recipes and memories that not only captures family memories but also the generosity of the contributors as they share their sacred family recipes that may, otherwise, have been a locked away as a closely guarded secret.

Food is the centre of all our lives as people of all ages, nationalities and cultures gather around the tables across the world to celebrate family traditions and events whether they are happy or sad. The pride in delivering traditional family recipes to those eagerly awaiting to experience the taste and joy is evident throughout this book and reading it truly is a joyful experience.

I would like to thank all of the contributors for taking the time to donate their recipes and stories and for sharing their precious memories with us. I would also like to thank the Fingal’s Older Peoples Council and Age Friendly Fingal for the work and dedication that went into production such a worthwhile piece of work, their work in making Fingal a great place to grow older in is tireless and extremely worthwhile. Books and projects such as this are vitally important in preserving the traditions and culture for future generations of Fingal residents.

Foreword



Chief Executive – Fingal County Council
AnnMarie Farrelly

The importance of recording our heritage and past experiences cannot be underestimated. It is crucial that future generations have a understanding of the lives that were lead in Ireland before they were born so that they can hold onto those values as they move forward into the future. This lovely publication does exactly that. When you read the stories accompanying the recipes you are transported to a time when life was simpler in so many ways yet much more difficult in many others. As each generation go through the challenges presented some things will always remain constant, traditions, family values, our love for food and celebration and for sharing all that we have with the people we love.

Tastes like Nostalgia, is a beautiful book that I am very sure could rival any cookbook on any bookshelf. I am very proud of the work that Fingal’s Older Peoples Council do in representing the “voice of the older people” across Fingal. I would like to congratulate them on the completion of this wonderful project and wish them many future successes as they continue to work with Fingal Age Friendly in making Fingal a great place to grow older in.

Foreword



Director of Housing and Community Development
Robert Burns

Memories Makers has been an important part of Fingal since 1998. **Tastes like Nostalgia**, a lovely collection of recipes, photographs and short stories, is the fourth remarkable collection of precious memories in the Fingal Memory Maker series. **Tastes like Nostalgia** captures moments in time that mean so much to each of the contributors and show us how making and sharing food contributes so positively to people's way of life.

It is with pride that I congratulate Fingal's Older Peoples Council and the Fingal Age Friendly team on the creation of such a lovely piece of work. I hope, like me, when you flick through the pages of this beautiful book the stories and photographs inspire you to recreate some of recipes and that you and your families make new memories and family traditions that could be content of future memory makers publications.

Foreword



Age Friendly Programme Manager – Fingal County Council Tricia Matthews

Since my father died with Alzheimer's in 2017, I have niggling guilt about not recording in some way, his many stories and memories throughout his extremely interesting life. I have no doubt that it would have been a best seller or at the very least something that our family could cherish, laugh and cry about now that he is gone. But as is the way these days a busy life got in the way and time moved on. So, when the opportunity came to create this book with the members of Fingal's Older Peoples Council, I took it as a sign from my dad that this was something that I had to fully invest in and support.

The collection of memories of our elders, whether it be life lessons, funny or sad stories or a collection of recipes such as **Tastes like Nostalgia**, is something that we all should do now instead of regretting not doing later.

As Fingal's Age Friendly Programme Manager, I am very proud of Fingal's OPC and Age Friendly team for creating such a beautiful keepsake of recipes and stories that have captured the wonderful memories of our subscribers.

I hope it will be an inspiration to all us to capture our precious family memories for our future generations.

Almond Slices

Miriam Carroll

Recipe

6oz of Sugar
4oz of Margarine
8oz of Oatmeal
1 Teaspoon of Almond Essence

Method

Cream margarine and sugar (egg optional)
Add meal and almond essence, mix well
Roll out pastry, place on tray, spread on jam
Bake for 20-30 minutes

Memory

When I left school first in 1977, I worked in Lever Brothers in Castleforbes Road, Dublin. I worked in the customer service department, it was situated adjacent to the docks, well before the regentrification of that area.

The McDonnells Good Food Kitchen (Paula Daly) was within the manufacturing plant footprint, and I remember we used to be called down to the kitchen in groups of 3 or 4 to taste new variations for Stork Margarine which was very new to the traditional world of baking with butter. The first cookbook published by McDonnells - The New Art of Cooking was in 1976. It was reprinted in 1977, of which I received a copy. This cookbook is now 46 years old, there were 4 different cookbooks printed in total.

Whilst searching for a suitable recipe for the Memory Maker cookbook this recipe fell out of the Stork New Art of Cooking Cookbook. It's a recipe from one of my mother's 'go to' favourites, Almond Slices, always a well-received treat in our house growing up.

Almond Slices
 6 ozs Sugar. 4 ozs marg
 8 ozs oatmeal 1 tsp almond ess
 cream marg + sugar, (egg optional)
 add meal, & almond ess, mix well
 roll out pastry, place on tray,
 spread on jam. Rasp, black-
 berry
 & bake for about 20-30 min

This is the only memory I have of her handwriting, she would have been 103 years old in September this year.



Anchie's Victoria Sponge

Tricia Matthews

Cake

½lb (227g) of Margarine
½lb (227g) Caster Sugar
12oz (340g) Plain Flour
1 Heaped Teaspoon of Baking Powder
4 Eggs & A Drop of Milk

Filling

4oz (115g) Margarine or Butter (Softened)
6oz (170g) Icing Sugar
1 Teaspoon of Cocoa

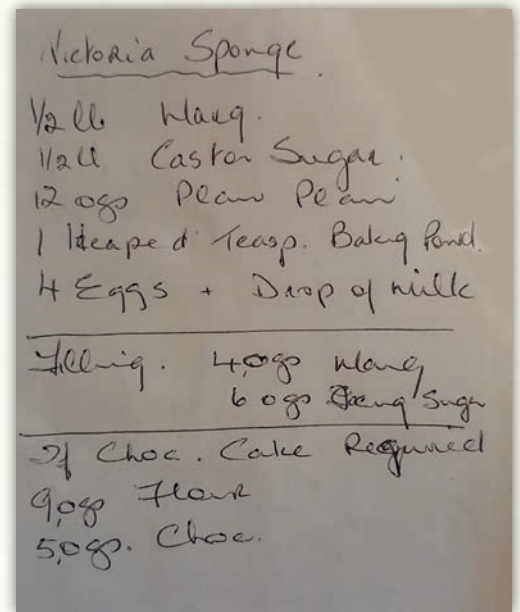
Method

Beat the butter and sugar until pale in colour – add the eggs and beat until mixed well. Sieve the flour and the baking powder and add to the mixture – add the milk. Pour into greased and base-lined baking tins. Bake in the oven at 180 degrees for 30-35 minutes or until a knife comes out clean.

Filling Method

Beat the butter to soften. Sieve the icing sugar and cocoa and add to the butter – beat well until combined.

When the cakes are done remove from tins and let cool – once cooled decorate with filling – no need to be neat – just be generous.





Memory

My Granny (Anchie) was a fantastic baker and is the reason for my very sweet tooth and my love for baking today. Anchie and Gramps lived beside us when I was growing up, so we were always spoiled with her treats. I have a very vivid memory of one particular day when I was playing in our front room and when I looked outside the window, I saw Anchie walking over to our house, dressed in her usual, floral pink dress and full-length apron, she was holding a plate in both hands and top of that plate was her chocolate sponge cake. Oh, how I jumped up and down, and ran to tell my sister – “Anchie is bringing a cake” I said, and we whooped and jumped with joy. By the time Anchie walked in with the cake our mouths were watering. She put the cake on the table and we watched anxiously as she cut a big fat slice for each of us and put it on a plate. We sat at the table and devoured every delicious bite. My favourite part was always the cocoa icing which was generously spread all over it. I can still remember to this day just as Anchie made it and the absolutely joy I got from it.

Apple Sauce Cake

Patricia McLoughlin

Ingredients

2½ Cups Flour
1¼ Cups Brown Sugar
1lb Stewed Apples or Rhubarb
1 Cup Cooking Oil
2 Eggs
2½ Teaspoons Baking Powder
½ Teaspoon Ground Cloves
1 Cup Chopped Walnuts
1 Cup Raisins

Method

Mix everything except raisins and nuts
Then add raisins and nuts and pour into cake tin
Bake for 40 mins or until cooked
Cool on wire tray



Apple Tart

Kathleen McGuinness



Ingredients

3 Apples (Cooking)
1 Cup Sugar
2 Cups of Self Raising Flour
Hand Full of Cloves
1 Egg
¼lb Margarine

Method

Put flour and margarine into bowl add 2 spoons water. Beat in the egg and sugar. Roll out pastry. Add the apples and cloves cover with top layer of pastry.

Cook at 180C for 25 mins.

Memory

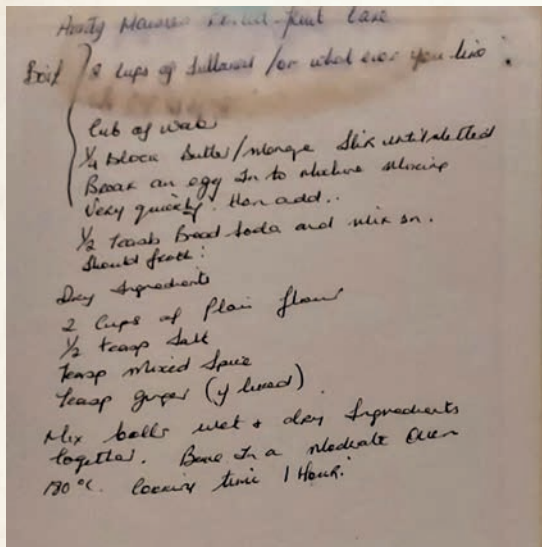
My mother loved cooking. We loved coming in to the smell of her baking, the apple tarts were so juicy.

Aunty Maisie's Boiled Fruit Cake

Janet Ivers

Ingredients

- 2 Cups of Raisins/Sultanas (what every type of dried fruit you like). You can soak it in tea which makes the fruit nice and juicy, but it is not necessary
- $\frac{3}{4}$ Cup of Caster Sugar
- 1 Cup of Water
- $\frac{1}{4}$ Block of Margarine (she always used stork the good stuff as she would say)
- 1 Egg
- $\frac{1}{2}$ Teaspoon of Bread Soda stir in quickly (should froth)



Dry Ingredients

- 2 Cups of Plain Flour
- $\frac{1}{2}$ Teaspoon of Salt
- Teaspoon of Mixed Spice
- Teaspoon of Ginger (if liked)

Method

For this recipe there are dry and wet ingredients. It is important to prepare the wet ingredients first. Place the fruit, butter, water, sugar into a pot and stir until the butter is melted. Once melted take off the heat and whisk in the egg quickly

otherwise it will curdle. Then add in the bread soda. This will fizz up. Mix the wet ingredients together.

In a separate bowl, sieve the flour, salt, mixed spice, ginger (if adding) all together and place in a bowl. Put a well in the middle and put in the wet ingredients. Fold both together and place in a well-greased loaf tin. (You can line with grease proof paper if preferred).

Bake in a preheated oven at 180 degrees centigrade for one hour. Put on a wire tray to cool and enjoy with nice Kerry gold butter.

Memory

The five women in the photo have all played a key part in my life. They are, in my opinion, phenomenal women. They were modern, classy, independent and way ahead of their time. The lady to the left was my Granny. Sadly, she died when I was only three, but her legacy lived on in her daughters. I can't remember much about her but the way my mother and her sisters spoke about her I felt as if I did know her. She instilled the importance of putting family first in her children something that has continued to spill down the generations. Each of them played their part in some way during World War 2 and were amazing role models for me. Baking and cooking played a big part of their lives. Money was tight but they always managed to look great and could make a meal out of little or nothing. They were strong, kind, capable women who lived for their families.



My Aunty Maisie and my mother were particularly strong role models in my life. As a child the smells that came from my Aunty Maisie's kitchen were amazing. Her house was a welcome haven for me, my siblings, and cousins. We would take turns going to stay with her as she gave us one to one attention and we always got angel delight for dessert. In my teens I used to visit her regularly and would sit in her kitchen with the fire blazing, listening to the radio and we would talk about anything and everything. She was an amazing dress maker and I managed to convince her to make me a box jacket which was all the rave at the time. I still have it in my wardrobe to this day. She was a great listener and never judged anyone. There was nothing more enjoyable than a big fat slice of her boiled fruit cake, especially when it was warm and the Kerry Gold butter melted over the sides, it was wonderful.

I remember on one of my visits to her I wrote down her boiled fruit cake recipe. I have treasured it for all these years although I don't make it as often as I should. I am delighted to be able to share this wonderful recipe with you and hope that you will enjoy it. She didn't work in ounces or pounds she worked in cups, but it always worked out and tasted divine.

Best Christmas Pudding Ever

Leo Breslin



Would you get the big mixing bowl son from the top of the press? My mother gave me a smile and that was all I needed to do what she asked at any time of the day or night, nothing was too hard to do and nowhere was never far from home. It was my birthday yesterday, the first few days of September and I knew we were going to work on the Christmas puddings. Yes puddings, we have a large family and they all liked Mam's puddings. We made a batch and I had the privilege of tasting the mixture. It looked awful, like a bucket of sick, but closing your eyes and tasting it was the most wonderful taste you could ever do to your senses, it also smelled good.

First of all, the mixing bowl was thoroughly cleaned and dried. $\frac{3}{4}$ lb of raisins sultanas and currants were weighed and put into the bowl, next came 1lb of brown sugar, then $\frac{1}{2}$ box of nutmeg, $\frac{1}{2}$ box of cinnamon, $\frac{1}{2}$ box of mixed spice and a $\frac{1}{2}$ box of candid peel. The rind of an orange but only a little bit, a stale batch loaf that had been crumbed by hand earlier, 3 eggs, a handful of flour and a bottle of stout. Mixed by hand for a while. Then taste. Something missing. The cooking apple and mix again, taste. Something missing. A small bit of Atora suet and a drop of whiskey. Taste again. Just another taste. That's it I said, perfect. That was 2 hours to put together but well worth the time spent in Mam's company.



Roll out the pudding cloth, a large piece of muslin and this was then lined with grease proof paper which had been liberally smeared with butter and the mix was dolloped in the middle and wrapped up tight, it was then tied off with twine. The ham pot was half filled with water and a saucer was sitting in it. The pudding was placed on the saucer and the water was just to the twine. Then the heat was applied.

I went out to play with the lads on the road. Football, relievieo, marbles and whatever else a 12-year-old did. So, the boiling was done for 10 hours. The lid would lift on the large ham pot that was used to boil the mix, and the large heavy iron was put on top to keep it down and tight. The now cooked pudding was taken upstairs by Dad who would put it on the small window monkey stay tail. This was the bit that held the window open with the pin. It was curled like a monkey's tail, hence the name. The next two days were the same. Mixing, weighing, tasting, and boiling. The really best bit was cleaning the pot where the bit of mixture was left. I used my fingers and licked them clean.

I have my own children now and have made puddings and cakes. They were not interested in tasting the mixtures. My heart went out to them as I was brought back to my early years in Cabra West every time in September. Now they have all flown the nest and have their own children. Next year I'm going to start making puddings and cakes with them and following Mam's recipe. The memory of Mam making puddings, watching the pot of water boiling off and refilling it from the kettle, will never leave me; it makes me cry even now as she left us very early.

Bible Cake

Diana O'Donoghue

Ingredients

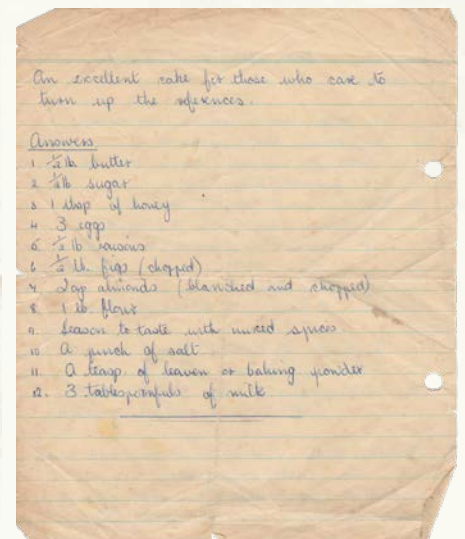
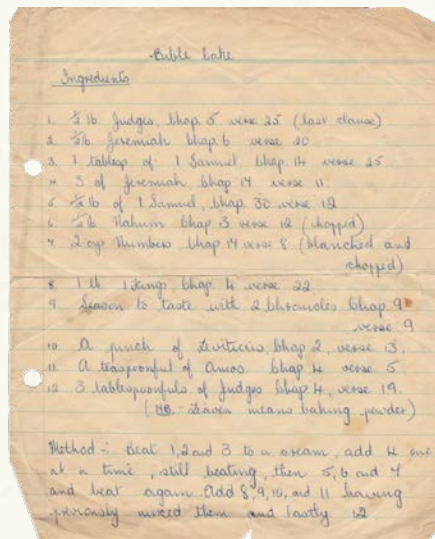
1. ½lb Judges, Chap. 5, Verse 25 (Last Clause)
 2. ½lb Jeremiah, Chap. 6, Verse 20
 3. 1 Tablespoon Of 1 Samuel, Chap. 14, Verse 25
 4. 3 Of Jeremiah, Chap. 17, Verse 11
 5. ½lb Of 1 Samuel, Chap. 30, Verse 12
 6. ½lb Nahum, Chap 3, Verse 12 (Chopped)
 7. 2oz Numbers, Chap. 17, Verse 8 (Blanched And Chopped)
 8. 1lb 1 Kings, Chap. 4, Verse 22
 9. Season To Taste with 2 Chronicles, Chap. 9, Verse 9
 10. A Pinch of Leviticus, Chap. 2, Verse 13
 11. A Teaspoonful of Amos, Chap. 4, Verse 5
 12. 3 Tablespoonfuls of Judges, Chap 4, Verse 19
- (Note: Leaven means baking powder)

Method

Beat 1, 2 and 3 to a cream, add 4 one at a time, still beating, then 5, 6 and 7 and beat again. Add 8, 9,10 and 11 having previously mixed them and lastly 12

Answers / Ingredients

1. ½lb. Butter
2. ½lb. Sugar
3. 1 Tbsp Of Honey
4. 3 Eggs
5. ½lb Raisins
6. ½lb Figs (Chopped)
7. 2oz Almonds (Blanched And Chopped)
8. 1lb Flour
9. Season To Taste with Mixed Spices
10. A Pinch of Salt
11. A Teaspoon of Leaven (Baking Powder)
12. 3 Tablespoonfuls of Milk





Memory

It was one of my grandmother's favourites, Gretchen Fisher (1907-1993). This is her original handwriting. I have made the cake, but I must be honest, as fruitcakes go, it wasn't as tasty as my mother's recipes. I found there was a lack of fruit in the Bible Cake, it must have had something to do with the rations of that era. I am glad she gave me the clues too, as I don't own a bible to look them up. I haven't Googled references either to see if it is correct, I just took her word for it. My Grandmother also never added the cooking instructions, she wouldn't have had the modern electric ovens like we have now so it wouldn't have made much difference, so I just guessed how long to bake it.



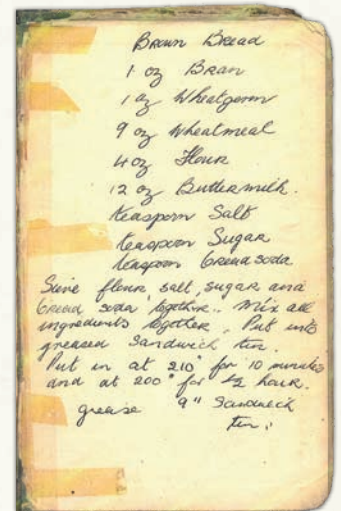
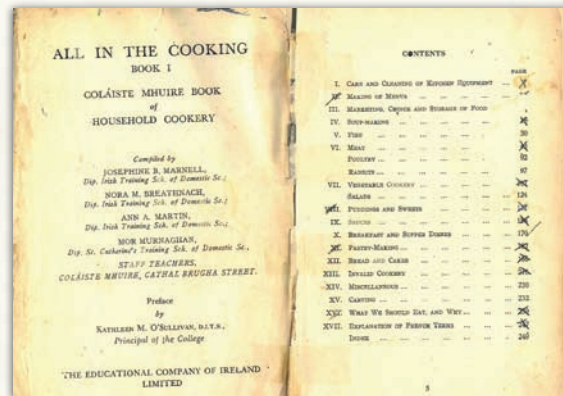
Brown Bread

"All in the Cooking" Book

Monica Doherty

Ingredients

1oz Bran
1oz Wheatgerm
9oz Wheatmeal
4oz Flour
12oz Buttermilk
Teaspoon Salt
Teaspoon Sugar
Teaspoon Bread Soda



Method

Sieve flour, salt, sugar and bread soda together. Mix all ingredients together. Put into greased sandwich tin. Put in at 210C for 10 minutes and at 200C for half hour, grease 9" sandwich tin.

These are taken from a very old edition of 'All in the Cooking' published around 1930 and given to my mother (Mona Clarke) and her sister (Cathleen Clarke) from Fairview as a gift. It was then passed down to myself when I did Home Economics in School in 1972. Most of my classmates had the new version but I had to stick with the old version. New editions of this book are still available today.

Attached are some recipes my mother cut out of the newspapers when she was newly married (1955) and her handwritten recipe for Brown Soda Bread.

Turkey pot roast

SMALL weekend turkeys can be very handy, and they are delicious pot roasted in the oven. The turkey is put sitting on a bed of vegetables with a little stock or wine added, both of which give flavour and add to the moistness of the turkey. An actual pot is not required — a roasting bag will do or simply cover the roasting tin completely with tin foil. Tuck it tightly under the rim of the roasting tin all around to preserve the tasty cooking juices and not allow them to evaporate.

You need turkey (2.75-3.75kg/6-8lbs). It is a good idea to trim off the legs at the knee joint as they can cut the foil during cooking. Also tie the two knees together — but not too tightly — say about 7.5cm (three inches) apart. This keeps them from spreading out during cooking. The breast cavity can be stuffed. Spread butter or margarine generously over the breast and legs.

The bed of vegetables consists of two potatoes, two sticks of celery, two carrots, one to two onions, two cloves garlic, all of which are peeled where necessary and then chopped roughly. Season well with salt and freshly ground black pepper and flavour with one level teaspoon herbes de Provence (or mixed herbs). Place these in a pile in the centre of the roasting tin and sit the turkey on top. Pour in about quarter pint chicken or turkey stock or white wine. Cover the whole roasting tin with foil (with no holes) tucking it in well. If preferred use a roasting

Budget stretching stuffed marrow

MARROWS are ridiculously undervalued and, if you don't grow your own, should be available very cheaply at this time of year. A decent sized marrow with a tasty stuffing makes a delicious and budget-stretching meal for a family of six, or you can achieve the same effect with several smaller ones — very useful if you've allowed the courgettes to get overgrown.

Marrows are bland, so need a well-flavoured stuffing, but there should be no problem with conflicting flavours so experiment with stuffings based on a variety of proteins — ham, cheese, asparagus and mince are all good starting points. Try this beef stuffing; they work out any variations you fancy — the quantities here should be enough for a medium-sized marrow, but can be stretched by including breadcrumbs if required.

- 1 medium-sized marrow
- 1 lb. mince
- 2 lb. mushrooms, finely sliced
- 1 large onion, finely chopped
- 1 clove garlic, crushed
- 2 or 3 tomatoes, peeled and roughly chopped
- 1 tbs. freshly chopped parsley
- 1 tsp. dried mixed herbs
- Sea salt and freshly ground black pepper.

1. Pre-heat to 350 degrees F, gas mark 4.
2. Split marrow down the middle and scoop out the seeds and pulp. Grease a roasting tin thoroughly with dripping or butter and lay the two marrow halves in it, end to end.
3. Put the mince into a frying pan and cook on very gentle heat until the fat runs; then increase the heat and brown for several minutes. Add onion, garlic and mushrooms and stir them around over medium heat until the onion is beginning to soften.
4. Stir in the chopped tomatoes, parsley, mixed herbs and seasoning and remove the pan from the heat.
5. Divide the mixture between the two hollowed out marrow halves, putting it down well.
6. Cook in the pre-heated

oven for 1-1½ hours, until the marrow is tender but not collapsing and the filling well cooked. Serve hot with a selection of vegetables — potatoes boiled in their jackets, carrots and runner beans for example.

We would be interested to hear from readers how they manage to make the housekeeping stretch and what their favourites are on the subject. Write to Housekeeping, Being Independent, Room 46, Irish Independent, 50 Mid. Abbey Street, Everyday Originals by Georgina Campbell

some scheme which would fill this gap. That system was not as fool proof as it first seemed. All it Before we test, people were thrown forward on impact and obtain a decoration for a further

St. Paddy — a taste of the old days

Cooking
Carla Blake

AN ELDERLY country neighbour of ours who is a dab hand at baking and the filling well-cooked. Serve hot with a selection of vegetables — potatoes boiled in their jackets, carrots and runner beans for example.

YOU NEED: 1 lb/450g potatoes, 4oz/110g plain flour sifted with half teaspoon baking powder and 1 teaspoon salt, 1 egg and a little milk.

Method: Peel the potatoes and boil half until soft, then mash thoroughly. Meanwhile, grate the remaining half of the potatoes onto a clean cotton cloth and squeeze out the liquid into a small bowl. Leave this liquid to stand so that the starch settles at the

bottom, and mix the squeezed out pulp with the freshly mashed potato.

Tip the small bowl gently sideways to pour away the watery liquid (this is discarded) and add the starch sediment left in the bottom of the potato mixture, then add the sifted flour and mix into a soft dough with the egg and a little milk if needed.

Drop dessertspoonsful onto a hot greased griddle or heavy frying pan, flatten slightly with a palette knife and cook over medium heat until evenly browned underneath, then turn and cook on the other side. Be sure to cook right through, serve hot with a little butter.

TRADITIONAL POTATO CAKES
YOU NEED: 2 oz/50g plain flour sifted with half teaspoon each baking powder and salt, 8 oz/220g mashed potato, 1

oz/28g butter, about 1 tablespoon milk and a little beaten egg.

Method: Rub the butter into the sifted flour until the mixture resembles fine breadcrumbs, then mix lightly with the mashed potato to moisten and dough. Roll out about half an inch thick on a floured board, cut into rounds with a 2 inch round cutter, place on a metal baking tray and brush the tops with beaten egg. Bake in a preheated oven at 200°C/390°F for 15 to 20 minutes, spread the butter and eat while still hot.

COLLANNON
A LOVELY filling vegetable dish to go with pork chops (very good value at the moment) boiled beans, sautéed or roasted and eggs.

YOU NEED: 1 lb/450g of mashed potatoes, 1oz/28g butter, 1 large onion, half lb of the cooked cabbage, seasoning to taste, about 2



tablespoons milk and chopped parsley.

Method: Chop the onion finely and sauté gently in the butter until soft but not coloured. Stir in the mashed potato, chopped cooked cabbage, salt and pepper to taste and mix in enough milk to get a smooth, but not wet, consistency. Continue to stir vigorously over low heat until hot, then turn down the heat to 200°C/390°F, gas mark 4, for 10 minutes. Then turn down the heat to 150°C/300°F, gas mark 2, continue to bake for about 10 minutes longer, until golden firm to gentle finger pressure top, and slightly cooled away the sides of the tin. Serve with hot, creamy custard.

APPLE CAKE
YOU NEED: 8 oz/170g margarine, 6 oz/170g caster

Memory

Monica Clarke was born in 1926 in Dublin and was brought to a new house in Fairview Green at 3 months old by her parents Alexander and Alice Clarke and her two older brothers Dessie and Alec. Fairview and Marino houses had only been built and families were moved from tenements and flats in the inner city. Later her brother Frank and sister Cathleen were born there.

Monica and Cathleen went to Fairview School which was a wooden building based in the grounds of Fairview Church. In the winter children were asked to bring a sod of turf for the fire to try and heat the school and keep the teachers warm. The children would be rotated every hour so that they might get a bit of heat from the open fire. Both my Mother Monica and her sister Cathleen loved school.

These recipes were handwritten and kept inside 'Good Housekeeping' book which was bought for Cathleen as a young teenager circa 1950 and was handed down through our family. The handwritten recipes belonged to my mother Monica, and she would have collected them as a young wife. She often baked brown soda bread, apple tart and was known for her special Christmas pudding.



Brown Beef Stew

Jean Boardman



Beef Steak & Mince
Onions
Carrots
Parsnips
Leeks
Oxo Cube
2 Packets Oxtail Soup

Memory

I remember coming home from school and the smell greeting and knowing it was stew day.

Brown Scones 1940's

Kathleen McGuinness



Ingredients

½lb Margarine
2 Eggs
3½ Cups of Flour
1 Teaspoon Baking Powder
¼ Pint of Milk
¼ Cup of Sugar
Pinch Salt

Method

Put flour in a bowl, rub in margarine, add salt, sugar and baking powder, whisk eggs, add milk and pour into mixture. Roll out mixture and cut with cutters or glass, bake at 180C for 30 minutes.

Check after 20 minutes.

This is an old recipe that my mother used to make, my mother was a great cook and I have fond memories of her cooking.

❧ Cahk – Eid Cookies ❧

Abeer Darwish

Ingredients

- 5 Cups Flour
- 1 Cup Sesame Seeds
- 1 Teaspoon Cardamon Powder
- 2 Teaspoons Baking Powder
- 2 Tablespoons Icing Sugar
- 2½ Cups Melted Butter
- 1 Cup Milk

Method

1. Add the dry ingredients into a large bowl.
2. Add both the melted butter and the milk to the dry ingredients and mix until you have a dough.
3. Cut the dough into circles or whatever shape you prefer eg. diamonds, stars, moons.
4. Oil your tray before adding the cookies and bake them in the oven until golden.
5. Leave cookies to cool.
6. Once the cookies have cooled, sift some icing sugar on top, to your preference.





Memory

The making of cahk (Eid Cookies) with family has been a tradition passed down for generations, with each generation adding a new personal touch. One of the days leading up to the Eid Festival was chosen and the entire family would get together to make these cookies. Being brought up in a family with 9 siblings, there were plenty of helping hands and large quantities were made. Every person had a job, some had the responsibility of watching the oven, some had to help with making the dough, some were responsible for making the dough into clever shapes and sizes and the last group had to sugar the cookies after they were done. The role that was enjoyed the most and most fought over was the opportunity to be creative and shape the cookies to our own desire. We spent this time together chatting, singing and laughing and enjoyed it a lot. However, our most enjoyable part was the entire family visiting and getting together on Eid day to try the different cahk recipes from each house, and at the end of the day each person would take a box of these delicious cookies with them, and they were also distributed to neighbours and loved ones.

Carrot Cake

Patricia McLoughlin



Ingredients

2 Cups Sugar
4 Eggs
2 Teaspoons Bread Soda
2 Teaspoons Cinnamon
3 Cups Grated Carrot
2½ Cups Flour

Method

Mix all the ingredients together,
pour into a cake tin size 9 x 13" and
Bake at 140C for 45 minutes.

Cheesecake Like No Other

Tricia Matthews



Ingredients

250g Digestive Biscuits
125g Butter (Melted)
1 Packet of Philadelphia Cream Cheese
1 Block of HB Ice Cream (has to be HB)
1 Packet of Jelly (preferred flavour)

Method

Grease a loose bottomed baking tin

Base

Melt the butter in a pot

Crush the biscuits in a bowl and pour the melted butter on top of the crushed biscuits. Mix until well combined and place in the tin, press down until solid. This can be done the day before or at least 2 hours before eating.

Topping

Melt the jelly in a teaspoon of water (make sure there are no lumps)

Mix the Ice-cream and the Philly together until smooth and mix in the melted jelly

Stir until combined and beginning to set

Spread on top of the biscuit base and put in the fridge to set

Decorate with fruit or chocolate shavings or both



Memory

Back in the 80's and 90's my mam was a matron in a convalescent Home in Skerries called the Clino Clinic, which was previously the Holmpatrick Hotel. She was always coming home with recipes from the chief in the kitchen or other staff working with her. Some of the recipes we liked, others we didn't, but it was always fun trying out the new and exciting foods she made from them. When she came home one Christmas week with an "exotic" cheesecake recipe, we were all very excited to see how it would taste. She made it for dessert on Christmas day well, oh my god, it was an immediate hit with all the family. It was delicious and almost tasted like Angel Delight which was another firm favourite in our house. From that day it has been a firm favourite at all our special occasions Christmas's, Birthdays, Easter, Summer parties, any excuse we can think of we make this dessert, and it is always devoured by all Matthews celebration is not a Matthews celebration if there is no Clino Cheesecake.

Christmas 50's Style

The Christmas Pudding

Angela Kinsella



Molly Dunne, Terence Dunne and me Angela Kinsella



Molly's great grand son Sam with one of his mammy's beautiful cakes.

Ingredients

1lb Breadcrumbs

½lb Flour

½lb Suet (cut in small pieces)

1oz Spices

6 Eggs

1lb Sultanas

1lb Muscatel Raisins

6oz Mixed Peel

1oz Cherries

1 Large Cooking Apple

½lb Almonds

Rind Of One Orange

Rind Of One Lemon

¼lb Dried Figs

½lb Brown Sugar

1 Cup Cider

1tsp Salt

1pt Guinness

Preparation

The preparation would start in September. My mother, neighbours and friends the conversation would be the Christmas pudding.

The Fruit: They would discuss when the local grocer might have the sought after muscatel raisins in stock. Their arrival always took longer than expected hence the early preparation and many trips to the local and only grocery shop in our rural town.

The grocer in his efforts to please my mother and all the women folk of the town took this hardship in good grace, but who knows he probably gave himself a little bonus by charging them a few pence extra and who would blame him.

The Muslin: Next plan of action would be to the drapery shop yet again only one in town. The muslin was the material used in boiling the pudding mix. This too had

to be ordered in from Dublin. After many visits and promises it would arrive. Its late delivery would spark yet another discussion and complaints from my mother and friends.

The Eggs: Next to the eggs. Now our hens didn't lay in December because hens need 14 hours of light to lay their eggs as their cycle dictates (as I later discovered). Everyone knew then that hens didn't lay in the winter so eggs from summer were preserved in waterglass substance. This was a glue like substance which the egg within their shell got immersed in. These eggs were only used for cooking we never ate them.



Then the work would begin. Making the breadcrumbs (my father's job). Washing and drying the fruit, chopping the suet (it came in a chunk of white fat).

When all the ingredients were in together, we all took a mix and made a wish.

Then it would be wrapped in the muslin to form a pudding shape.

Next the hours of boiling, starting off on the Primus stove and then on the old fashioned solid fuel range.

With all the steam it would make the wallpaper peel off the walls.

Memory

The pudding would hopefully be done by mid-December, and it would hang on a nail on the wall to mature.

My father always the joker would poke a hole in the pudding to give us children a taste and himself and then turn it around so my mother wouldn't see it.

Christmas Day would arrive to great excitement; Santy would have come and then in the evening we would have the PUDDING.

There would always be some of the pudding kept for friends and neighbours, so they could compare. With January weather and the only mode of travel was the bicycle. Tasting could take some time.

We children hoped to be snowed in, so there would be no visits from our mothers' friends and the last bit of pudding could be just for us. But they always came, and my mother would lap up their praise about what a good cook she was and indeed now I know they had a point. At 77 years of age I don't cook a pudding, my family prefer chocolate biscuit pudding!!

However, it is good to see my daughters have my mother's talents and are excellent cooks and bakers. My Mother and her friends would be once again impressed.

❧ Coddle ❧

Patricia McLoughlin



Use enough rashers and sausages
depending how many people to serve

Rashers, sausages, potatoes and carrot,
chopped onions a packet thick veg soup

Cover with water, no salt needed, when potatoes are cooked coddle is ready.



These recipes are fond memories of my Mother, Mary Connolly.

Coffee and Walnut Cake

Allison Fegan Molloy

Requirements

- 2 x 8" round baking tins
- Parchment paper
- Cooling tray
- Hand mixer or food mixer

Cake

- 225g Unsalted Irish Butter, Softened
- 225g Caster Sugar
- 4 Eggs, Large and beaten, room temperature
- 1tbsp Instant Coffee Granules mixed with 1tbsp Boiling Water and for an extra depth I use Coffee Essence by Camp
- 225g Self-Raising Flour
- 75g Chopped Walnuts

Buttercream Icing

- 175g Butter, Softened
- 300g Icing Sugar
- 3tbsp Instant Coffee Granules, mixed with 1tbsp Boiling Water into a paste and again some Coffee Essence.

Decoration

- 50g Chopped Walnuts
- Buttercream Swirls
- Biscuits
- Chocolate



Method

1. Put on a kettle, add one spoonful of hot water to coffee granules, allow to cool. Repeat in a separate cup for the buttercream.
2. Preheat oven to 180°C/gas mark 4., my fan assisted oven bakes this cake at 160 degree centigrade.
3. Grease and line 2 x 8-inch (20cm) sandwich tins with parchment paper.
4. Cream the butter and sugar together until light in colour and fluffy. I strongly recommend you use real Irish butter. A hand mixer or food mixture is ideal.
5. Add the beaten eggs, a little at a time, with a tablespoon of flour to stop it curdling.
Add any remaining flour along with the coffee and walnuts and mix well.
6. Divide the cake mixture between the two sandwich tins and bake for 20–25 minutes, or until well risen and a dark golden brown. Use a toothpick to check that all the cake is cooked.
7. Remove from the oven and allow to cool for 2 minutes before turning the cakes out onto a wire rack.

Buttercream

1. Beat the butter on its own for about 6 minutes, until its lighter in colour.
2. Add the icing sugar slowly until pale and fluffy.
3. Add cooled coffee and coffee essence.

Decoration

I like to pipe my buttercream but it's not necessary. You can use an off-set spatula or knife to spread the buttercream on once the cake is totally cooled.

For piping – I use a piping bag and the following tips – 1M, 2F or bigger swirls and 22 for the smaller star shape. I like to add a few biscuits or macrons on top for that wow factor but a few walnuts around the top will be just as good. This cake will hold its own without any decoration.

Tips

Make sure all your ingredients are in date. Use a measuring scale to weigh your items. Use a sieve for your flour and icing sugar. Don't open the oven door until you think it's done, you drop the temperature each time you open the door. Invest in a timer (Dealz sell them) and an oven thermometer if you become a regular baker.

I picked this cake as everyone seems to love it. I don't know the original source of the recipe, but I adapted it to suit my style, the proportions change with tin size but core ingredients stay the same.

Hope you enjoy the cake.



Memory

My grandmother died when I was 10. She lived in Ballsbridge and I remember going to visit and she always had something lovely to eat that she baked. I used to get a little serviette with a slice of whatever she had. I am not sure if I actually made it home to my house without eating the treat in the back of the car. My grandmother used to wear a house coat and whenever I stayed with her, I was allowed to wear the house coat and she would dab a little perfume behind my ear. I felt like such a grown up.

She was an incredible cook, but it was something she had to learn. Her own mother died when she was a toddler, her father remarried and when she was old enough, she was put into service. She was from Wexford and went into service in Dublin. She met my grandfather, fell in love and settled in Ballsbridge beside the Dodder river.

Before she passed, she moved with my uncle and his wife to Killiney. During that move her recipe book was lost. I had asked numerous times over the years if anyone had her recipes, the only one I have is her Christmas cake recipe. The coffee cake recipe is almost identical to the one she made back in Ballsbridge. This cake is really popular with family and friends. I only ever use butter and my grandmother was the same. I often bake something, and my uncles or aunts might say this reminds me of their mother. Although my grandmother's exact recipes were lost, I do tend to focus on a more traditional or classical style of baking.

During the lockdown, I started researching different recipes from Ireland, and have started a baking recipe book for my own children. I even started night courses on sugar craft. I have a small Instagram/facebook page (The Classic Bakery) where I put recipes, instructions of how to bake and my tips. I donate cakes to a homeless charity in Dublin city and to a community centre for the elderly in Donnycarney. I gift out cakes to friends and neighbours. Over the last few years, I have grown my own fruit to make jam and tarts. Although my grandmother's recipes are lost, I like to think she would be happy with my baking skills.

Dip

Robert Corrigan

Dedicated to my mam Dora Macken Corrigan

Thinking back of old times when mashed potatoes and onions, stews with every type of vegetable were common for family dinners and porridge was on most breakfast tables for kids heading to school.

Make no mistake about it, a bowl of hot porridge is a lovely dish but after 6 days, boy did we look forward to our Sunday breakfast. Why you might ask is that, let me explain.

In our house on Sunday morning, we had what we called 'Dip' and this is the recipe.

First and foremost, try to get your paws on an old cast iron pan, then add a good thick slice of dripping.

Turn the gas onto a medium heat until the lard is sizzling then put 2 slices of lamb's liver along with a few rashers, a few sausages, and of course some black and white pudding. Allow to fry until brown and crispy and now this is where it gets good.

Take all the meat off the pan and leave whatever juice that is left.

Cut up 3 large tomatoes and an onion and with a fork squash the tomatoes and onion into the juice and allow to fry while you make a half cup of gravy with whatever granules you prefer. Pour this onto the pan and allow to thicken. After a few minutes you will know by the aroma the DIP is ready to be introduced onto the fried meats and what a flavour. As we used to say a feast fit for a king.

Even in today's culture of ready meals and eating out I think it's worth checking out, makes my mouth water even now when I think about it.

Maybe I should have second thoughts when I consider my cholesterol but it sure brings back fond memories of days past.



Dublin Coddle

Rita Walsh

Recipe

2oz Butter (roughly) aka A Bit A Butter
1 Large Spanish Onion
8 Sausages
2 Smoked Rashers (Rinds Also)
¾ Pint Whole Milk (extra milk if too thick)
Two-Thirds Tablespoon Cornflour
Salt & Pepper

Melt butter in pot and brown sausages on all sides. Add in chopped smoked rashers and lightly brown also. Add the chopped onions and sauté until soft on a medium heat. Don't forget salt and pepper. Add milk and bring to almost boil and then add cornflower which has been made into a paste (3 tablespoons of cornflower and a little milk). Add the cornflower slowly into the pot and stir until cooked i.e. bubbling.

And Voila !!!

* Don't forget the boiled spuds and garden peas (with sugar) YUM YUM

Memory

This recipe was our version of Dublin Coddle which was a family favourite of my grandmother, mother and aunt in the 50s and 60s in Fairview in Dublin. We, as kids called it Mullagy and Gobblegy as both adults & kids gobbled it all up. One day after school I headed home to my aunts house in Fairview for my dinner, as I often did as my mother was at work, and YES! you guessed it; my aunt had made Mullaghy for dinner, as her kids loved it also. In those days it was a firm favourite a couple of days a week as it was not expensive.



As I waited impatiently for the dinner to be ready, I looked out the back door window (as I often did) and searched eagerly up & down the rows of cabbage bushes in the hope of finding a baby behind one of them, after all I was told that that was where I came from as a baby. That, I may add was about the height of our sex education in the 50s and 60s – once again I was to be disappointed – but not with the dinner... that day it was Mullagy and Gobbelgy!

Gelee à la Crème "Lemon Fluffy"

Joan Denihan

This memory of mine gets whipped up happily every Christmas, not just in case it should forget!

(All in the Cooking Book 1, 1956 – Murnahan and Breathnach)



Ingredients

- 2 Packets Lemon Jelly
- 1 Pint Boiling Water
- ½ Pint Cream (nowadays we use low fat)

Method

1. Dissolve the jelly in boiling water
2. Leave aside until BEGINNING to set, then whisk until light and frothy
3. HALF – WHIP the cream, add to the jelly, and whip for a few minutes

Remove to a bowl and store in the fridge overnight

Memory

Growing up in the 1960's, my children felt that the Plum Pudding was rather heavy and spicy and needed something light to "lift its spirits" (or their own, perhaps!) so this recipe became a major part of the preparations. Very quickly it was re-named "LEMON FLUFFY" and has been an essential Christmas staple for us, a Christmas Eve "Must Do!".

For added posh and sparkle, the good cut-glass bowl was always retrieved from the back of the storage cupboard, washed and polished, and it was in this bowl that our "Lemon Fluffy" spend the night in the fridge!

Fair to say, tis is a cool, light, refreshing addition to the other deserts. Loved by all, including dinner guests (who invariably ask for the recipe), come what may, "Lemon Fluffy" is here to stay.

Granny's Plum Pudding

Breda Horneck Gallagher



Ingredients

2ozs Flour
4ozs Breadcrumbs
4ozs Chopped Suet
4ozs Brown Sugar
2ozs Sultanas
4ozs Raisins
4ozs Currants
2ozs Candied Peel
1oz Whole Almonds
Rind & Juice of Half A Lemon
½ Teaspoon of Mixed Spice
3 Large Eggs
Small Bottle Stout

Method

Clean the fruit, chop the peel and blanched almonds. Put all fruit and dry ingredients into a large bowl and mix together.

Beat the eggs and add them to the mixture along with lemon juice and stout. Mixture should be “too soft to handle and too stiff to pour”.

Everyone in the house gets to give it a big stir and make a wish. Leave overnight.

Next day, prepare the pudding cloth. A square of linen or calico will do. Approx. 20 inches square.

Immerse the cloth in a pot of boiling water for a minute or two. Then remove carefully using a wooden tong. Wring out and place on a flat surface (table). Quickly and thoroughly brush the cloth all over with melted butter, sealing the pores of the cloth. Dust lightly with flour. The cloth is now ready.

Tip the pudding mix into middle of cloth. Bring corners up to the middle and tie in a tight knot.

Plunge into a large pot of boiling water and boil for six hours, topping up with water as needed. But never let it go off the boil.

When ready remove carefully from the pot and hang to dry on a clothes dryer. Store in dry room until Christmas. Boil for another 3 hours on Christmas Day. Serve with brandy butter and cream.

N.B. That was Granny's recipe, but today puddings, boiled in bowls are just as nice. Harry wouldn't agree.

(Clothes dryer was a long wooden rack with a pulley which could be pulled up high and let down low, placed in front of the range, which was effective.



Memory

'Twas the week before Christmas, and the kitchen was a hub of industry. Harry was putting up the coloured paper streamers and humming “Jingle Bells” as he worked. Bridie was making breadcrumbs for the stuffing, joining in the singing. Mama was icing the huge fruit cake, and I was helping her by licking the bowl, and making red and green coloured marzipan balls with which to decorate the iced cake. Dada also played his part by pulling out the sinews from the legs of the turnkey. By now we were all singing the Christmas Carols, and reciting “’Twas the Night before Christmas”.

Harry, having finished his part of the decorations, shoved me aside and tried to gobble up the remaining icing. A row ensued, and we were banished from the kitchen. “Not my fault” I hollered, sticky and gooey from the icing. “Where is the plum pudding”? Harry demanded, hoping he might get a slice. Mama explained that Granny (in Navan), was sending us one of her beautiful puddings in the post. So, no need for Mama to make one.

Next morning the postman arrived on his bike. He had lots of cards for us, a letter from Granny to Mama with full instructions for boiling the pudding which had been made in a cloth. She included a 10-shilling postal order for Harry and me and explained that she had put the other presents in the parcel with the pudding – gloves for Bridie, and perfume “Eau de Nile” for Mama, her favourite.

The following morning the postman arrived again, and we all ran out to greet him. Mama opened the big parcel, which had a lovely smell, and when opened, found that the beautiful perfume in its glass bottle had broken in the post. Not a drop left. But it had seeped into the lovely pudding making it inedible. Not even Harry could try it.

“Oh dear, dear,” sighed Dada. “No plum pudding this year”. “Of course, we will have a plum pudding”, said mama. “I will transpose one of my spoiled Christmas Cakes into a pudding by boiling it”.

And so, she did, and the Horneck family had a marvellous Christmas Dinner, looking out on the stormy Atlantic Ocean and listening to the roaring of the waves, the howling of the wind, and the King’s speech.

Griddle Bread

Vera Dempsey



Ingredients

2 Cups Flour
Pinch Salt
1 Teaspoon Baking Power
Butter Milk

Method

Mix all dry ingredients add buttermilk and knead
Put in warm griddle pan if you have one if not frying pan
Cover and cook on low heat, turn when half way done

I remember coming home on a cold frosty morning
to a lovely warm kitchen and the wonderful smell of griddle bread

Lovely memories of Mammy

Gur Cake Poor Man's Slices

Patricia McLoughlin



Ingredients

Soak Bread in Water for ½ hour and Squeeze Dry
1lb Raisins
1 Teaspoon Mixed Spice
1 Beaten Egg
Squeeze Bread Out and Teaspoon Treacle

Method

Mix all together with flour, line oblong tin with pastry and put soaked bread mix onto the pastry and cover with pastry cook for 35 minutes.

I remember back in 1950 my mother used to make it for us and it was cheapest because my mother had 10 children to feed, 6 girls and 4 boys.

Irish Brown Stew

Valerie McAllorum Byrne

Amount of ingredients depends on the number of servings you require.

Ingredients and cooking instructions as follows

Potatoes
Carrots
Onions
Soup Mix (Barley, Lentils etc)
Parsley
Garlic
Round Steak Mince and/or Steak Pieces
Dumplings (optional)
Bisto
Knorr Oxtail Soup

Soup mix can be steeped overnight this makes it nice and soft in the stew but if you like crunchy then add straight from the bag. Peel potatoes, carrots and onions (chop finely), parsley and garlic along with the soup mix and the meat place in a pot, cover with water and bring to the boil for about 30 mins. Reduce heat and the simmer for another hour - Total time 1.5 hours (or when its cooked this will depend on the amount of ingredients you have used). Mix Bisto and Knorr oxtail soup/s with a little water in a jug, then add to the pot little by little while stirring to avoid going lumpy and simmer for 5 minutes and then its ready to serve. Remember to stir the stew every so often to prevent ingredients sticking to the bottom of the pot.

Serving Suggestions

Put mashed potato in a bowl, pour stew over and serve with fresh bread. If you wish to include dumplings then mix flour, butter (margarine) together, season to taste and then rub together till they resemble breadcrumbs. Break into pieces and roll into balls, place them on top of your cooked stew slightly submerged and cook on a medium heat for about 20-30mins. They will suck up moisture from the liquid so if your stew looks dry then add some water before you add the dumplings.





Memory

We always had the stew on a Saturday. I'm from a family of 17 and so Saturday was the cleaning day. Well, morning was for cleaning then lunchtime we all had a job for the stew, peeling, chopping, someone went to the shop for a couple of batch loaves (had to be extra fresh)! My mother was a great cook, God rest her, she could make a meal out of very little, and it always tasted SO good! By the time the stew was ready on a Saturday we were all very hungry. Some of us who'd been cleaning, preparing and cooking still had the job of setting the table, others would be coming in from whatever activity they had on a Saturday, and some would be coming in from work. I remember lots of noise as everyone was trying to tell their bit of news and then as we all settled down to eat. Then began the fight over the heel of the batch, who had taken it and could they at least share half!

Those memories are very precious and although my mother has passed on, the memory of those Saturdays still makes me smile, still makes me feel sad that she is gone, but thankful too of the times we all shared.

Thanks for the opportunity to include this recipe and for the opportunity to revisit a special memory of when I was growing up, and of a lady who was amazing to me for all that she did for us in her very selfless way.

Lamb Stew

Frances Mpase



Frances and her family

Ingredients

Lamb
Leeks
Onion
Salt / Pepper
Garlic
Rice
Water

Method

Boil pieces of lamb with leeks, onion salt and pepper. Then add garlic half way through add 2 cups of rice and add water until rice is cooked.

*Christmas O Christmas Time everybody make peace to welcome Baby Jesus.
Love and peace to all the Family*

Frances

Stuffed Peppers – Mahshi

Abeer Darwish

Ingredients

6 Small Sized Coloured Peppers
1 Mug Rice
250g Minced Meat
1 Minced Onion
Minced Parsley
Salt
Powdered spices (to taste)
Black Pepper
Coriander
Cardamom



Directions

1. Mix all the ingredients.
2. Stuff it in the peppers.
3. Put each of the stuffed peppers into a tray.
4. Add a dash of oil on top of the peppers.
5. Blend a tin of peeled tomatoes with a blender.
6. Pour your tomato mix on top of the stuffed peppers in the tray.
7. Add half a cup of water and a sprinkle of salt to the tray.
8. Cover the tray with tin foil.
9. Put in the oven for 45mins – 1hr at 180 degrees Celsius.

Memory

Mahshi has always reminded me of the big gatherings in Sudan when there would be an occasion. These gatherings especially happened when there was a wedding in the family. All of the extended family would come from different cities in Sudan to gather around the house of the wedding. Sudanese weddings take many days, during these mornings family all get tougher and help make preparations. One of my fondest memories is the many occasions seeing my mom, all of my aunts and some of my siblings all sitting around, stuffing huge trays of mahshi to feed all the guests staying at the house of the wedding, and all chatting, singing and having fun. They didn't always just use peppers, sometimes they used tomatoes, eggplant or courgettes instead.



Mam's Apple Sponge Cake

Trica Matthews

Ingredients

3 Large Apples (Eaters) (550g)
115g Butter (Softened)
115g Caster Sugar
2 Medium Eggs
¼ Teaspoon Vanilla Extract
115g Self-Raising Flour



Method

- Peel, core and gently stew the apples in 2 tablespoons of water
- Butter the sides and base of a medium ovenproof dish (20 cm x 14 cm)
- Preheat oven to 170 degrees
- Pour stewed apples into your dish and let them cool
- Soften the butter in a mixer and add sugar until pale and fluffy
- Gradually add the eggs until combined
- Add Vanilla Extract
- Sieve flour and add to mixture until combined
- Place in spoonfuls on top of the apples – spread even over the apples.
- Bake for 30-35 minute (until skewer comes out the sponge clean)

Memory

We have an apple tree in our garden and for the past four Sundays I have been making an apple-based desserts for the family. I have made an apple tart, apple crumble, stewed apple and custard, but this week I was racking my brain to think of what I could bake with all of those lovely apples. Suddenly a memory came back to me of cold autumn evenings walking home from school on a miserable dreary day and arriving in the front door to the smell of an apple sponge baking in the oven. The smell would hit me and boy did my spirits lift at the thoughts of digging into a bowl of apple sponge after my dinner. Apple sponge smothered in thick custard...hmmmmm delicious. It was all I could do not to open the oven to get a proper smell of it, if I attempted to my mam would beat me away scolding me for opening the oven door.

I rang my mam for the recipe yesterday and as soon as I put it in the oven I was transported back to those days. We had it with ice cream (we didn't have any custard) and the memories of those evenings came flooding back. All of my family sitting (all 6 of us and whatever pet we had at the time) sitting in front of a big slack fire, watching top of the pops and Terry Wogan on telly, no one speaking just munching into each delicious spoonful as the wind and rain howled outside. They were the good days....

Mama's Little Christmas Buns

Breda Horneck-Gallagher

Ingredients

4ozs Butter
4ozs Castor Sugar
4ozs Flour
½ Teaspoon Baking Powder
2 Eggs
3ozs Royal Icing
10 Glacé Cherries (Halved)
Angelica



Method

- Cream butter and sugar.
- Beat the eggs.
- Sieve flour and baking powder together.
- Add eggs and flour alternately, beating well after each addition.
- Put into greased patty tins and bake in a moderate oven for 15-20 minutes.
- Turn onto a tray to cool.
- When cold, ice with a little Royal icing and decorate with cherries and little leaf shaped pieces of Angelica.
- Serve on a Christmas plate.

Memory

The Party, December 1945

Few families in my home area Northwest Donegal threw Christmas parties, but in the year 1944, to celebrate the end of the war, my friend's parents held such an event. Wow! I was six years of age, and my only knowledge of Christmas parties came from my Sunny Stories. Well, this was the greatest event ever.

We entered the house by the back door, as the front porch was sealed off. After lemonade and biscuits, we were all gathered in the inner hall. The lights were turned off, and then Rosie's parents threw open the porch door. WOW!! Standing up almost to the ceiling was the most beautiful Christmas Tree imaginable. Little red candles in small golden candle holders were fastened to the branches, flickering, and glinting off the tinsel chains which decorated the tree. I was transported into heaven.

The following Christmas I begged and pleaded with my Mum and Dad to get us a tree. Of course, there were no trees around us, so things were looking bleak for my Christmas party. I begged. I pleaded. I cried and eventually Dada said, "O.K. I will get you a tree". Then Mama said, "you can invite your friends for a party". I was ecstatic and quickly sent out the invitations.

"When is the tree arriving". I asked Dada for about the 10th time. He finally said, "I Will get it now". And off he went to the end of the back garden, where there was a low wall with scrawny, strangely bushes growing alongside it. He cut down a branch from one of the bushes and brought it into the house. I screamed when he said, "this is your tree" Mama had to physically restrain me from tearing the branch away from Dada. "Go to bed, darling" she said. "And in the morning the tree will look better".



All night Dada worked away, cleaning the little branches, and then wrapping them carefully in coloured crepe paper, -red, green, yellow, white, and hiding all the bark. He also emptied the turf bucket and covered it with more red paper and then settled the tree into the bucket so none of the hideous bark was showing. He then set the bucket on a small table near to the wall in the kitchen. His tree was now complete.

In the morning I still thought and said, it was horrible. That afternoon Mama said, "now look at your tree"!! Every hideous branch had a beautifully wrapped Christmas gift hanging from it, and smaller parcels stacked up in the bucket. WOW!!!

That evening my friends all arrived and we had a marvellous party. Harry organised the games.

"Blind Man's Bluff", "Quiz Time", and good "Tag". Then time for lemonade and Mama's special little Christmas buns.

Then before going home Mama brought the children into the kitchen, and Dada handed them their gift from the tree, and the little parcel of sweets from the turf bucket.

They all said it was a brilliant party, and I said Big Thanks to my wonderful parents.

Me Ma's Special Stew

Ken Duffy

Always I remember, me ma's special stew
That special recipe, that she only knew
She had a magic touch, food was always tasty
Prepared with love, and never prepared hasty

Me ma's stew aroma, wafting in the air
Excited anticipation, me with a hungry stare
When stew was ready, plates hit the table
Get chair nearest the kitchen, if I was able

Fresh veggie in the garden, me da he grew
Added to the taste, of me ma's special Stew
Garden veg prepped, she tossed in the lot
Adding meat she could afford, into the pot

Various herbs got added, to flavour her stew
How to get our juices going, ma she knew
Soup spoons ready, firmly gripped in hand
Me ma's large ladle, kept up with our demand

Many the large family, relied on this dish
Or a Sirloin steak, not likely, one can wish
The Irish Stew, was a champion of the poor
It was a household saviour, you can be sure



Minced Beef Stew Ingredients

Potatoes, Carrots, Onions, Minced Beef,
Parsley, Rosemary, Thyme, Sage etc. not sure
which, Black Pepper and Salt,
and a large dollop of love.

Mince Pies

Una Brennan

Recipe

1lb(450g) Grated Cooking Apples
2lbs Mixed Dried Fruit, Raisins, Sultanas, Currants
4ozs Mixed Candied Peel
4ozs Chopped Glacé Cherries
12ozs Dark Brown Sugar
8ozs Margarine or Butter Melted
Zest and Juice of 2 Lemons and 2 Oranges
2ozs Chopped Almonds
Large Carrot Grated
Mixed Spice, Cinnamon
6 Tablespoons Brandy, or Whisky or Rum or Sherry

Method

Mix well in a good sized bowl. Cover and leave overnight and add alcohol. Mix well again and pack into jars. Cover with wax discs and seal.

ENJOY

Memory

My mother was a very inventive cook during the war years between 1939 and 1945. At Christmas, in spite of rationing she always managed to produce the usual seasonal food. Jars of mince for her delicious mince pies were prepared weeks in advance, liberally soaked in whiskey or sherry, and stored in the China cabinet. One year, possibly caused by over generous additions of alcohol, the tops of the jars popped off and the precious mincemeat was splattered on the lining and doors of the cabinet. The noise woke my parents. Sad to say the resultant stains remained for many years. Be careful when adding the booze to this recipe!!!



My Grandmother's Brown Bread

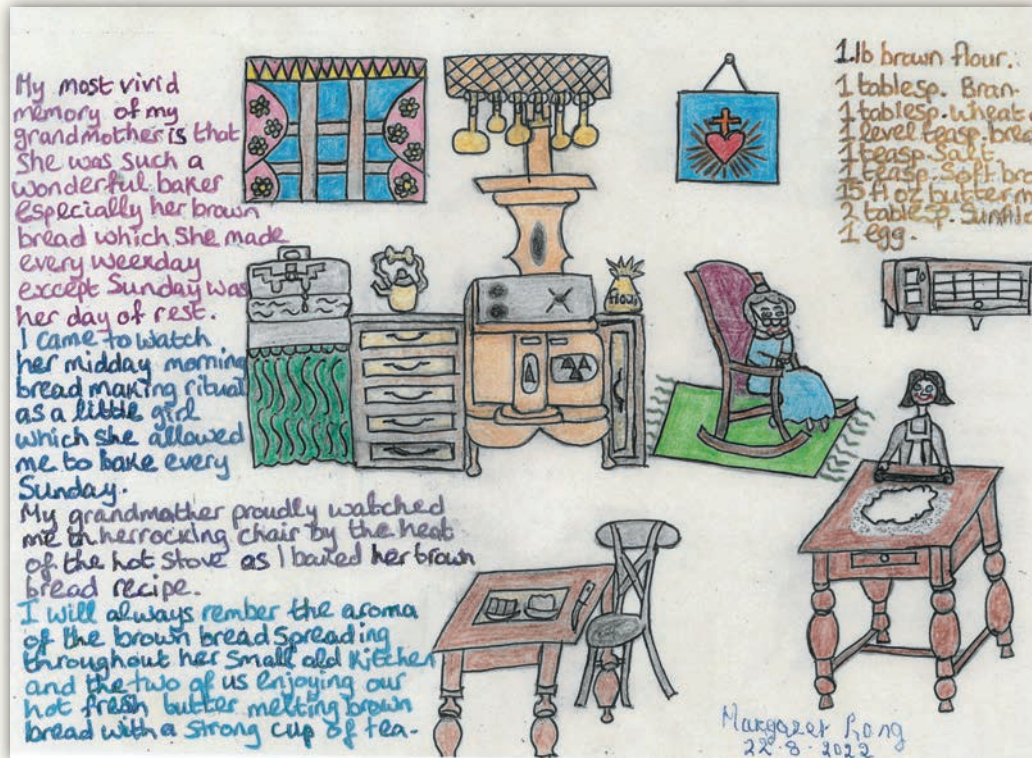
Margaret Long

Ingredients

- 1lb Brown Flour
- 1 Tablespoon Bran
- 1 Tablespoon Wheat
- 1 Level Teaspoon Bread Soda
- 1 Teaspoon Of Salt
- 1 Teaspoon Of Soft Brown Sugar
- 15 Fl Oz Butter Melted
- 2 Tablespoon Sunflower Oil
- 1 Egg

Method

Mix all ingredients,
bake for 40 minutes



Memory

My most vivid memory of my grandmother is that she was such a wonderful baker especially her brown bread which she made every weekday except Sunday, this was her day of rest. I came to watch her midday morning bread making ritual as a little girl which she allowed me to bake every Sunday. My grandmother proudly watched me on her rocking chair by the heat of the hot stove as I baked her bread recipe. I will always remember the aroma of the brown bread spreading throughout her small old kitchen and the two of us enjoying our hot fresh butter melting brown bread with a strong cup of tea.

My Nan's

Special Christmas Pudding

Debbie Breslin

Recipe

- Half a Lemon, Rind and Juice
- 8ozs Currants
- 8ozs Raisins
- 8ozs Sultanas
- 3ozs Brandy
- Half an Orange, Juiced
- 8ozs Suet
- 8ozs Moist Brown Sugar
- 2 Bottles of Guinness
- 8ozs Cooking Apples, peeled and grated, grate the apples at the last minute or they will go brown - or toss the grated apple in a little lemon juice to stop this happening
- 4ozs Mixed Cinnamon, Nutmeg and Mixed Spices (equal amounts of each)
- 4ozs Flour
- 4 Eggs
- 4ozs Fresh White Breadcrumbs
- ½ Teaspoon Salt
- ½ Teaspoon Mixed Spice



Method

- Soak the currants, raisins and sultanas in the cold tea and Guinness.
- In the morning, in a seriously large bowl, mix the suet, flour, sugar, salt, spices, breadcrumbs, apples and eggs with the soaked fruit and any juice/liquor remaining in the bowl.
- All the ingredients should be included at this point. Mix thoroughly with a wooden spoon until completely combined.
- Grease one 2 pint pudding basin or 2 one pint pudding basins.
- Fill to about three quarters full with this mixture.
- To wrap the pudding for steaming you need to lay a sheet of aluminium foil over a sheet of greaseproof or waxed paper.
- Pick up both and make a pleat down the centre. Put this on top of your pudding bowl and wrap round firmly.

- Then use a long piece of string to tie the paper and foil tightly round the bowl, leaving a couple of nice long ends of string.
- Bring the extra string back up over top of the bowl and tie it under the string on the other side to make a handle so you can get the pudding out of the steamer easily.
- Trim round the edges of the paper and foil with scissors to ensure that none of it drips into the water you will put round for steaming or it will seep into the pudding and ruin it.
- You need a large steamer or saucepan for each pudding bowl – it needs to be much larger than the bowl itself. Place a small heatproof saucer upside down on the bottom of each saucepan and place your prepared pudding bowl on top of the saucer.
- Carefully fill the edges of the saucepan with water about halfway up the pudding bowl. Put the lid on the saucepan.
- Bring the water to a slow boil so the pudding can steam gradually. You will need to top up the water very regularly (sometimes as often as every forty-five minutes or so) so that the pudding does not boil dry. If it does, the saucer and pudding bowl will break, and all will be lost.
- After eight hours of steaming, remove the saucepan from the heat and let it cool down a bit before carefully removing the pudding from the saucepan using the string handle.
- It's good to have a tea towel close by as the pudding bowl will be wet.
- Dry the bowl off, remove the paper, foil and string and sit the pudding in its bowl on a heat proof surface to cool down.
- When the pudding and bowl are completely cool, remove the greaseproof paper and foil and then tie a fresh piece of greaseproof paper and foil over them just as before.
- The pudding improves with age, so store in a cool place away from draughts until Christmas. (The top of a cupboard works well.)
- At least two hours before your Christmas dinner, repeat the steaming process. To serve the pudding, carefully remove it from the pudding basin (it will be very hot) by inverting on to a serving plate.
- Traditionally the pudding is flamed, but this step is optional. If you want to flame your Christmas pudding, just pour a small amount (a couple tablespoons) of brandy or vodka over the pudding and light it with a match (be careful and make sure kids stay well out of the way!)
- When the flames go out, serve the pudding in small slices with brandy butter, cream or custard.

Memory

As a child I was a very bad sleeper, my grandmother told me it was because I was a nocturnal child, born at 12 midnight, on the night of a full moon. I remember getting up from my bed and going out to the garden - just sitting with the night noises and the moonlight, so walking the floor and watching the clock was nothing new to me, but this time, it was also with excitement. I was going to Ireland to spend Christmas with my grandmother, who I called nana. 2 o'clock, 3 o'clock, 4 o'clock, the excitement was building, it took forever for the clock hands to reach 5. BRRRRR went the alarm, and my endless night was over. I could hear my mother getting up out of her bed and going into my sister's room to wake her. I opened my bedroom door dressed with suitcase in hand, smiling at my mother's tired eyes "is it time to go?" I said. We set off for the early morning train to Holyhead, once there we would board the boat for Ireland and my Christmas journey would begin. The sailing was choppy, my poor sister, terribly sick, stayed downstairs with my mother, I myself went wandering around the boat (you could in those days). Looking out across the sea, I saw my first glimpse of the emerald isle and I knew it wouldn't be much further. I went back to my mother and waited patiently for the boat to dock in the North Wall. I was off that boat like a rocket and ran all the way down the North Wall over Jonny Cullen's Hill and into Eastwall. As I reached my nana's door, I turned the key and shouted "I'm here, I'm here."

The house smelt of cinnamon, nutmeg and Guinness and as I kissed my nana, she smelled like herself, of clean washing powder and cold tar soap. She took my hand and brought me into the tiny scullery and there on her worktable lay all the ingredients for the Christmas pudding. I clapped my hands together with excitement and thanked my nana for waiting for me. My mother and sister arrived after me by taxi with suitcases in tow. I got told off for running ahead and not waiting and my nana took my hand and said, "don't scold her May, she ran so she could do the pudding mix with me." She turned to me and said "now" as she handed me her special wooden spoon and we began to make the Christmas pudding.

First, the flour and baking powder, next, the big fat succulent fruits, sultanas, raisins, and cherries which had been soaking in the mixture of cold tea and Guinness over the week. Mix them all together with only the wooden spoon in circles, pouring in the other ingredients a bit at a time, cinnamon, nutmeg, spices, dark brown sugar. The mix was black, thick and luscious and now, because I am 9, I was allowed to



*My Nana and Grandad,
Bridget and Bernard McGuirk*

add a small drop of brandy. The smell of the mixture made me feel warm and safe in the knowledge that very soon Santa Claus would be here.

Evening drew in and the tired travellers went to bed. This was the moment I had waited for, this special time with my nana. Back to the kitchen, I took the tea towel off the resting pudding. It was heavy and smelt like a Christmas tree. "Get the pudding cloth Debbie" nana said, "lay it on the table and get the pudding bowl." I carried this with great care, as not only was it a family heirloom, passed from my great grandmother to my grandmother, but it was also responsible for the beautiful dome shape of the pudding. Nana lay a muslin cloth into the bowl and wiped the cloth lightly with a bar of suet. Slowly, slowly and very carefully, spoon by spoon, I emptied the pudding mix into the bowl. When it was filled to the top, nana took each corner of the cloth and tied them together. She took a large heavy pot, filled it with water and left it to boil and simmer for hours and hours. "Let's make toast and have a chat while the pudding is cooking" said nana. We took forks with long handles and put the prongs through thick slices of bread and toasted them at the fire with creamy salty butter and red strawberry jam. We sat and ate our toast listening to the sounds of the bubbles in the pot, snuggled on the chair with warm blankets watching carefully so the water never dipped below a certain point. I told her all my news, school was good, my letter to Santa went up the chimney and she told me about Mrs Broadrick next door who got a new headscarf and wore it to mass that very morning. Sleep was coming easily now, and once nana checked the water level was ok, we closed our eyes and had a sleep.

The next few days went by in a blur. The Christmas tree went up and I had the responsible job of delivering the Christmas cards to the neighbours, I remember feeling very important indeed. Christmas morning came in an array of presents and the adults cheered each other with a glass of brandy before heading out to mass. The good dining table was brought out and the oil cloth table covering came off. I set the table with great care, my uncles and aunts were joining us for dinner. I wouldn't be sitting at the table, as we the children were each assigned to a stair in the hall where we would eat our dinner on our laps. We would only be allowed to join the table when you reached a certain age, taking your place at the table was an honour. After dinner the children cleared away the dishes and nana stood once again at the cooker to make the custard. This was it; this was my moment. Out came my pudding standing firm and proud. I carried it to the table feeling very pleased with myself. Nana poured a little brandy over it and my uncle set it alight. I was mesmerised at the flames. We all got a slice and a spoon full of custard. The smell was divine and sitting on my stair with my pudding and custard, I was ready to do my party piece, something all the children would do at Christmas and I felt happy and very lucky to be alive.

Nano's Brown Bread

Sonya Pentony

Ingredients

8oz Plain Flour
8oz Wheat Meal
4oz Butter
1oz Sugar
1 Teaspoon Salt
A Shake of Cinnamon & Ginger
1 Egg
2 Teaspoons Bread Soda
Ground Almonds & Wheatgerm optional

Method

Mix all together with yogurt and cook for 30mins. at 200 degrees.



Memory

This is in memory of my dearest Nano, who was a wonderful cook and mother of six beautiful children. She loved, she died, but she lives forever in our hearts.

Many years ago, when I was a little girl, mom and dad went to Lourdes. My Aunty Nano cared for my younger brother and I. He was very faddish when it came to eating and would only pick at small pieces of food. However, Aunty Nano was a great cook and was rearing six children of her own. She knew how to sweeten his taste and she gave him crispy chicken skin, warm from the oven.

Well, from that moment on he was cured and never looked back. Aunty Nano, you are always in our prayers.

No. 1 Christmas Plum Pudding

Brenda Byrne

Ingredients

- 2lbs Fruit
- 1lb Raisins
- 1lb Sultans
- ½lb Suet
- ¼lb Mixed Peel
- 1 Pinch Spice
- 1 Pinch Nutmeg
- ¼lb Almonds
- ½lb Brown Sugar
- ½ Doz. Eggs
- ½lb Breadcrumbs
- ½lb Flour
- 1 Bottle Stout

Method

- Put all the dry ingredients into a big mixing bowl first.
- Then add the wet ingredients, mix well together and make your wishes.
- Remember to grease the pudding bowl well.
- When in the pudding bowl, make a small well into the top of the mix.
- Grease some greaseproof paper and put over mix in the bowl and tie securely around rim of bowl with twine.
- Then grease your pudding cloth and put over the grease proof paper.
- Again, make sure to tie securely just below rim of bowl.
- Bring the four corners together at the top and secure with a big pin.
- Put in a big pot and boil for 9 hours.
- Be sure to top up with boiling water every now and then so the water doesn't boil off.
- After it is done take it out carefully and tip it out on a large plate and let it dry out.



Memory

My memories of the Christmas pudding as a child were of my sister and I having to stay out of the kitchen while mammy took up the Christmas pudding. We waited with bated breath to see if the pudding had turned out well. It used to be beautiful, it always smelled so Christmassy. Once the pudding was made, we knew Christmas was just around the corner, happy memories.

Our Favourite Dinner and a Christmas Threat

Patricia Martin



When I was young there was always a row in our house every Thursday night and it was always about the same thing.....Dinner. My mother, God rest her was a good cook and always made lovely meals. There was always plenty of fresh vegetables to hand, like most families back then we grew our own.

As children we never asked what was for dinner we just sat at the table and ate whatever was put in front of us. Sunday was roast, whatever my mother thought was good value. Monday was whatever was left over from Sunday with extra vegetables, Tuesday chops and so on. Thursday was the favourite. Mashed potatoes, mashed turnip, and rashers but it was the way it was cooked that made it special.

Boiled potatoes mashed with salt and butter, boiled turnip mashed with salt and butter and fried rashers. The cause of the row was the grease that was poured over the top. If we thought one got a bit more than the other there was blue murder. It was delicious. I'm not sure the food police would agree today.

Another memory that springs to mind especially at Christmas time is the smell of celery. We had a huge back garden where my dad grew celery to sell at market to earn extra money for Christmas. We were each assigned a job to do. My dad would dig the celery and we would wrap it up in newspaper in bunches of twelve and tie it with twine...not sure why but that's how it was done back then. It was always freezing cold with a big full moon to show us light. When we finished, we were rewarded with a big mug of coco and a slice of bread and jam, magic.

❧ Fingal Nursing Home ❧

Residents' Favorite Recipes



Our residents and staff discussed the recipes during a residents meeting. We chatted about how best to bake bread. There were many different comments regarding ingredients used and the different methods. As bread was a staple in our residents diets and it was cheap to make, every house had their own recipe. Yeast was too hard to access unless you were a baker so bread soda and buttermilk were usually used instead. Pastry was used to make tarts, pies, or served with your dinner. It was always better to have cold hands and cold butter for the best result, the less handling of the pastry meant the better it was. All the ladies commented on how baking was a normal part of the day in their childhood and it was normal to be taught how to bake by your granny or mother. Our residents reminisced on very happy times baking for their families. Many of them then taught their children, sons and daughters and grandchildren, so their legacy lives on.

Apple Tart

Fingal Nursing Home Residents' Favorite Recipes

Ingredients

Shortcrust Pastry (double the pastry recipe on page 55)

650g Cooking apples

150g Sugar

2-3 Cloves

Egg Wash (optional): Mix 1 Beaten Egg and Splash of Milk

Method

1. Preheat oven to 200 degrees Celsius
2. Roll out half the pastry to the size of an oven proof plate
3. Peel quarter and dice the apples into the tart base
4. Sprinkle with sugar and add cloves
5. Roll remaining pastry to cover apples
6. Dampen the edge of the base pastry with cold water to seal
7. Apply the top pastry and using fingertips, press the edges together gently
8. Make a small hole in middle of the tart to allow steam escape
9. Brush the pastry top with egg wash (optional)
10. Bake in oven for 35 minutes approximately
11. Serve with cream or custard

Everyone loves an apple tart!



Brown Bread

Fingal Nursing Home Residents' Favorite Recipes

Ingredients

300g Wholemeal Flour

150g Plain Flour (use 450g Plain Flour only for White Soda Bread)

1 Flat Teaspoon Salt

1 Flat Teaspoon Bread Soda

375mls Buttermilk

Method

1. Preheat the oven to 220 degrees Celsius (Fan oven)
2. Line a bread tin with parchment paper
3. Put dry ingredients into bowl
4. Make a well in centre
5. Add buttermilk and mix gently
6. Turn onto floured table and with floured hands shape into a loaf
7. Place in tin and then into middle of the oven
8. Bake for 30 minutes, check and turn oven down to 200 degrees Celsius for last 15 minutes
9. When bread is done, remove from tin

It should be hollow when tapped on the flat side of the bread.

Wrap the loaf in a clean tea towel and place on a wire rack until cool (This keeps the crust soft)

Alternatively:

Soda Bread: Use 450g Plain Flour and make as above

For Spotted Dog: Add 100g Sultanas and 1-2 Tablespoons Sugar to dry ingredients and make as for Soda Bread

Due to the loss of potatoes, after the Great Famine in Ireland, bread became the main staple in Irish households. Bread was always a favourite, even when there was very little food available. It was cake style yeast less which was quick and easy to make. Bread was usually baked in a lidded griddle on open fire when there were no ovens!

Shortcrust pastry

Fingal Nursing Home Residents' Favorite Recipes

Ingredients

200g Plain Flour

100g Cubed Chilled Butter / Margarine

Pinch of Salt

1 Medium Egg Beaten (alternatively use 4-6 Teaspoons of Cold Water)

Method

1. Sift plain flour.
2. Add pinch of salt.
3. Add cubed butter/ margarine.
4. Crumb the mixture until it looks like breadcrumbs (by hand or mixer).
5. Make a well in the middle of the mixture and add half the beaten egg and mix.
6. Add remainder of the beaten egg and mix together to make a ball of pastry.
7. Leave in fridge for 15 minutes where possible.
8. Gently knead the pastry and using rolling pin, roll out to chosen shape. Handle as little as possible to avoid the pastry becoming tough.
9. Grease the plate or tin with soft margarine prior to lining the tin with pastry.

Because many houses grew their own fruit and vegetables, pastry was made for fruit or apple tarts. It was also placed on stews in a skillet pot to prevent the stew burning on the fire.



Saturday Stew for the whole family

Ann Mc Galey

Ingredients

4 Oxo Cubes
150ml of Stock
Parsley and Thyme
Barley
Steak Pieces
Potatoes
Country Stew Mix
Carrots
Celery

Method

Chop all the ingredients
and throw them in the pot!



Memory

Saturday I would get up and start to make the “big pot of stew”, my son and grandson like clockwork on a Saturday would be around for the stew.

No sooner would my grandson have it gone, and he be saying “Right Nana I’m off to see my friends, ha-ha.” I wouldn’t mind, I would make a big pot of stew for everyone, they would all be in and there would be none left for myself.

The kitchen was buzzing with laughter I used to look forward to Saturdays.

And would you believe that they still talk about my stew today.

Savoury Corn Beef Tart

Marie McSteen

Ingredients

Pastry

8ozs Odlum's Cream Flour (Plain)

4ozs Margarine

¼ Pint of Cold Water

14 Slices of Corn Beef

1 Large Onion

1 Large Tin of Beans

This was one of my own concoctions, I loved to experiment with food when the children were young, and this became a firm favourite.

Method

Firstly, you make the pastry and roll it out enough to cover an oven proof dish, then you start layering. The corned beef slices should cover the base of the tart, next is a layer of sautéed onions covering the corned beef, then pour the tin of beans over the onions, finally cover with the other piece of rolled out short crust pastry pressing the sides with a fork to seal the tart, the prick the top and egg wash to finish.

Pop into the oven for 40-45 minutes.



Memory

We used to have this with homegrown new potatoes from our garden which my stepfather grew. To this day I still make it once a week and when my now grown-up children pop in they always have a slice, nowadays we have it with a green salad and new potatoes which my daughter grows in her garden. This dish is a sure winner in my house.

Lentil Soup – Shorbet A'das

Abeer Darwish

Ingredients

1 Medium Sized Onion
1 Medium Sized Potato
2 Tablespoons Vinegar
2 Carrots
1 Cup Lentils
50g Butter
Salt to taste

Directions

1. Boil all the ingredients together.
2. Blend the boiled mixture with a blender.
3. Serve in bowls and squeeze some lemon into each bowl, to your preference.



Memory

Shorbet A'das directly translates from Arabic to Lentil Soup. The appetizing aroma brings me back to our late Ramadan *nights at iftar* with the house loud and bustling full of family gathered together breaking our fast. Everyone chatting, passing each other food and snacks and serving each other some of the many cultural drinks that were always at the table every day of Ramadan. The delicious, hearty soup was the perfect start to the large feast ahead of us, and something about its warmth and creaminess made it just so comforting for our empty stomachs. It's delicious served as its own meal, especially if accompanied with some crunchy toast. It provides all the protein you need and warms you up on those long and cold winter nights, not to forget that it goes easy on those calories!

* Ramadan – A month dedicated to fasting, giving charity and doing good to people.

* Iftar – The time when Muslims break their fast after sunset.

Traditional Brown Bread Recipe

Maureen Donlon

Ingredients

250g Wholemeal Flour
200g Plain Flour
1 Teaspoon Bread Soda
1 Egg
350ml Buttermilk
1 Teaspoon of Honey

Method

Mix all ingredients together. Knead well.
Put into greased loaf tin, cut a cross on top.
Put in at 210 degrees for 10 minutes, lower to 200 degrees for half hour



Memory

Growing up in East County Clare in the 1950s and 1960s I have fond memories of following my father and grandfather around the farm with a bottle of blessed Easter holy water. We would walk in silence, not a word spoken from field to field blessing all the crops and livestock for the year to come.

We done this in order to ward off the bad spirits called Piseogs, on May eve the Piseogs would put evil spells or a curse on farms and livestock, so the holy water and blessings was to ward these off.

Would you believe that when I moved up to Dublin, I would bless the vegetable patch in my garden to ward off the Piseogs.

When we returned, we would have lovely soda bread.

Sour Meat / Zuurvles

Pauline Bosch

Recipe

1 Kilo Onions
600g Stewing Beef cut into pieces,
not too big and not too small
Salt and Pepper
1 Decilitre Beef Stock
30g Butter
1 Tablespoon of Vegetable Oil
1 Bay Leaf
2-3 Cloves
3 Tablespoons Red Wine Vinegar



Peel the onions and cut them into thin slices. Heat the broth over low heat. Heat the frying pan (a Dutch Oven is better) over high heat. Melt the butter in it and add the oil. Fry the onions in the pan for 10 minutes until they are light brown. Fry the meat in batches with the onions. Pour the stock into the pan and add the bay leaves. Leave the meat on a low heat with the lid almost on the pan for 3 to 3 and a half hours. Stew very gently. Add the red wine vinegar half an hour before the end of the cooking time.

Tip: A small spoonful of apple syrup is very nice. If you find it too sour, you can add a little brown or white sugar.

(I usually cook it in a casserole, over a very low heat, in the oven.)

Memory

Before I went to Holland to live in 1974, I had assumed that a Dutch Christmas would be much the same as an Irish one, with maybe a few adjustments. I was so wrong. Christmas there was something like a Holy Day, important, but not Christmas. Instead, children got their toys on St Nicholas Day, December 5th, when St Nicholas (Sinterklaas) dressed as a bishop, came up the river on a boat from Spain. Kids were given mandarins. No Christmas pudding, Christmas cake!

My recipe comes from my Dutch sister-in-law, Truus. It is called Sour Meat (it sounds better in Dutch, Zuur Vlees). It would be something a little different in the days between Christmas and New Year, when we have had enough leftover turkey and ham. Think of it as something like an Irish stew. Always tastes good.

Zuur Vlees can be served on mashed potatoes. In Holland it is often eaten with chips.

