



Recipes to remember

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Cooking a favourite meal from a loved one's past is not only a touching expression of love, but it's also a fantastic way to reminisce with them on happy memories. Our recipe book is full of beloved recipes from residents living in Care UK homes.

We all have fond memories of special meals, from comforting childhood favourites to Sunday dinners with family and friends gathered round the table. Some family recipes have been a part of our lives for as long as we can remember but in today's modern, busy world, we have thousands of recipes at our fingertips, with inspiration coming from all around the globe. While trying new recipes is always exciting, we believe it's just as important to look back, so we don't lose the dishes that have been loved by generations in our own families.

At Care UK, we know how beneficial it can be to reminisce with older people, especially those living with dementia and these tried and tested recipes can be a gateway to revisiting the past. Food is a powerful tool for triggering memories, as our sense of smell connects directly to the part of the brain that deals with memory and emotion.

Drawing on the fondly remembered smells and flavours can encourage us to take a stroll down memory lane with an older loved one and support them to tell tales of happy times. Reminiscence activities like this will boost their confidence and help prompt conversations and evoke emotions.

We hope the familiar dishes in our 'Recipes to remember' collection help you to revisit a comforting memory with a loved one.





## Sandfields

# Wendy's Baked Alaska

### Ingredients

- 2 large eggs
- 125g of caster sugar
- Block of ice cream
- Ready-made roll of flan or sponge

### Method

1. Preheat the oven to 220C/180 fan.
2. Line a baking tin with baking paper and grease.
3. Separate egg whites and beat until high and peaky.
4. Add one tbsp of sugar into egg whites and slowly whisk in.
5. Add remaining sugar slowly and keep whisking until thick and glossy.
6. Put the ice cream block on a baking tray.
7. Roll sponge around ice cream or cut large squares but make sure all the ice cream is covered.
8. Completely cover the sponge in meringue.
9. Bake for 6-8 minutes until lightly browned.

**Recipe by Wendy Foulkes aged 91, resident at Sandfields care home.**

### Wendy says

"I fondly recall making Baked Alaska with my mum. When I was growing up there were limited ice cream flavours, so I prefer using vanilla ice cream – other flavours are too fancy!"



## Chichester Grange Brian and Olive's bacon and onion roly poly

### Ingredients

- 220g self-raising flour
- 120g beef suet
- 180ml water
- Large pinch of salt
- Pinch of white pepper
- 6 rashers of smoked bacon
- 1 medium onion

### Method

1. Slice the onion thinly.
2. Cut the bacon into small pieces.
3. Add 220g self-raising flour, 120g beef suet and a large pinch of salt into a large bowl and mix. Add 180ml water and stir well until a dough is formed.
4. On a floured worktop, roll out the dough into a rectangle about 1cm thick.
5. Spread the sliced onion and cut up bacon over the rolled-out dough and sprinkle on a pinch of white pepper.
6. Roll up like a Swiss roll.
7. Flour a clean muslin cloth and put the rolled-up dough onto the cloth and roll it up.
8. Tie both ends with string and place in a steamer basket.
9. Cover and steam for 2 and a half hours (make sure to not let the water boil dry!)
10. Slice and serve with potatoes, peas and gravy.

**Recipe by Brian and Olive Treganna aged 83 and 85, residents at Chichester Grange care home.**



## Oakfield Croft Recipes to remember... Mary Evans

From hosting friends and family to receiving professional training at Le Cordon Bleu, Mary Evans, aged 95, has loved cooking throughout her life.

Entertaining has always been a big part of life for Mary, a resident at Oakfield Croft care home. In the 80s, she loved organising dinner parties for her friends and family members. Mary took her dedication to fine dining up a notch when she travelled to France to spend time perfecting her culinary skills at Le Cordon Bleu, where she trained in French haute cuisine.



There, she worked closely with the food writer and celebrity chef Marguerite Patten, who wrote more than 170 cookbooks of her own. Mary's passion for food has shone throughout her life, including in her job at the Electricity Board. She worked there for several years as a demonstrator for electric ovens, where she loved to show off her cooking prowess.

One of Mary's favourite recipes is this decadent chocolate roulade, a light yet deliciously chocolatey British classic. It's the perfect addition to any party!





## Mary's naughty chocolate roulade

### Ingredients

- 170g chocolate
- 5 eggs, yolk and white separated
- 225g caster sugar
- 3 - 4 tbsp water
- Vanilla essence
- 300ml double cream
- Dusting of icing sugar

### Method

1. Grease a 12" x 8" Swiss roll tin and line with greaseproof paper.
2. Preheat oven to 200C/180 fan.
3. Beat the egg yolks and add 225g sugar gradually until mixture is lemon coloured.
4. Melt chocolate in the 3 - 4 tbsp of water using a double boiler (or a Bain Marie).
5. When the chocolate is a thick cream, remove from heat.
6. Whip the egg whites until they form firm peaks.
7. Add melted chocolate to the egg yolk mixture.
8. Gently cut and fold the egg whites into the mixture and turn it into the prepared tin.
9. Bake for 10 to 15 minutes or until firm when touched.
10. Wet a clean cloth in cold water and wring out.
11. Remove roulade from oven, allow to cool slightly, then cover with cloth.
12. Leave in the fridge overnight.
13. Whip the double cream and flavour to taste with the vanilla essence.
14. Lay a piece of greaseproof paper on a flat surface and dust well with icing sugar.
15. Remove cloth and turn roulade upside down on the prepared paper.
16. Carefully remove paper from roulade.
17. Spread with the whipped cream.
18. Roll up like a Swiss roll.
19. Place on a serving dish and dust well with icing sugar and melted chocolate.

### Mary's tip

After removing the roulade from the oven, allow it to cool slightly. When it's cool, wet a clean cloth in cold water and wring it out, before using it to cover the roulade - this will prevent any sugary crust from forming.



## Llys Herbert Joan's boiled fruit cake

### Ingredients

- 100g margarine or butter
- 150g dried mixed fruit
- 100g caster sugar
- 200ml hot water
- 200g self-raising flour
- ½ tsp grated nutmeg
- 1 tsp mixed spice
- ¼ tsp cinnamon
- ¼ tsp ground ginger
- pinch of salt

### Method

1. Preheat oven to 160C/140 fan.
2. Put 100g margarine or butter, 150g dried mixed fruit, 100g caster sugar and 200ml hot water together into a saucepan and stir over a low heat until the margarine/butter has melted, and the sugar has dissolved, then bring to the boil.
3. Lower heat again and allow to simmer for 3 minutes. Remove and allow to cool until lukewarm.
4. Add ½ tsp bicarbonate of soda to the cooled mixture and quickly stir in.
5. Sieve 200g self-raising flour, nutmeg, mixed spice, cinnamon, ground ginger and salt into a mixing bowl.
6. Make a well in the centre of the flour mixture and pour in the cooled fruit mixture, stirring together to mix thoroughly.
7. Turn into a prepared (lined and greased) 20cm x 10cm rectangular cake tin and smooth top.
8. Bake for 1 hour 15 minutes or until a skewer just comes out clean.

**Recipe by Joan Phillips aged 95, resident at Llys Herbert care home.**

### Joan says

"I learned this boiled fruit cake recipe at Gladstone School, where I went for cookery classes. I would have been aged 12 or 13. My mother loved that cake because it was so moist. She used to make it endlessly, so it became a family favourite. I've now passed it on to my children to continue the tradition. My daughter-in-law says it's still a family favourite!"





## Oakfield Croft

### Mary's boozy chicken liver pate

#### Ingredients

- 500g chicken liver
- 1 small onion, very finely diced
- 120g of salted butter
- A small amount of finely diced bacon
- 3 tablespoons of Cointreau
- 1/3 of a cup of double cream
- 1 tsp of chopped garlic
- 1/4 tsp of ground allspice
- 1 tsp of dried thyme
- 1/2 tsp of fresh sage
- 1 heaped tsp of Dijon mustard
- 1/2 tsp of coarse cracked black pepper
- pinch of salt

#### Method

1. Rinse the chicken livers under cold running water.
2. Heat butter in a frying pan on a medium heat. Add onions and begin to cook until soft.
3. Add liver and diced bacon and cook for 5-7 mins on one side without turning, then turn and cook for a further 5-7 mins.
4. Add 3 tablespoons of cream and heat just enough to warm through, then add the herbs and Dijon mustard.
5. Set the pan aside and allow to cool a little - it should still be warm but not too hot.
6. Add the liver and onion mix to a food processor and add another tablespoon of cream and two tablespoons of Cointreau. Blend through, alternating between blending and scraping down the sides of the processor/bowl, adding tiny amounts of cream to keep the mix blending smoothly.
7. Add pepper and salt to taste, and extra Cointreau, ensuring the pate is smooth and silky.
8. Spoon the pate into ramekins and smooth off the surface with the back of a spoon. Ensure completely cool before putting in the fridge to set.

**Recipe by Mary Evans aged 95, resident at Oakfield Croft care home.**



## Weald Heights Elizabeth's bread and butter pudding

### Ingredients

- 150g mixed sultanas/raisins/currants
- 50g demerara sugar
- Finely grated zest of one orange
- 50g chopped candied mixed peel
- ½ tsp mixed spice
- ½ tsp cinnamon
- 10 buttered slices white bread (must be real bread and not ready sliced), ideally a couple of days old.
- Butter, melted to grease the basin.
- 2 large free-range eggs, beaten
- 300ml double cream
- 150ml milk
- 1 tbsp demerara sugar for the top and a further dusting of cinnamon

### Method

1. Prepare an ovenproof dish about 18 x 23 x 5 cm/7 x 9 x 2 in by greasing with a small amount of melted butter.
2. Preheat the oven to 180C/160 fan/Gas mark 4.
3. Combine 150g mixed sultanas/raisins/currants with 50g demerara sugar, orange zest, mixed peel and spices together in a bowl and toss to mix well.
4. Cut each buttered bread slice into 4 triangles. Stand them up a bit in the ovenproof dish in a layered effect, interspersing the fruit mix. Repeat the layering, laying the bread butter-side up. Layer over as the triangles permit until they are all used up and you get a spiky looking top effect (the spiky crispy bits are delicious).
5. For the custard, heat the double cream and milk in a pan and whisk in the beaten eggs.
6. Pour it over the pudding. Sprinkle with 1 tbsp of demerara sugar and a dusting of extra cinnamon and then leave to stand for about one hour if time allows.
7. Bake for about 30-40 minutes, or until the top is golden-brown and crisp and the pudding slightly puffed up. Serve hot (although there are some who insist that it is delicious cold!).

**Recipe by Elizabeth Holland aged 90, resident at Weald Heights care home.**

### Elizabeth says

"My mother taught me how to make bread and butter pudding. We would make it with extra bread rather than letting the bread go stale, and with lots of butter. Later on, my daughter would join in, and the youngsters loved to get involved."



## Chichester Grange Joan's bubble and squeak

### Ingredients

- 1 tbsp duck fat, goose fat or butter
- 4 rashers of streaky bacon, chopped
- 1 onion, finely sliced
- 1 garlic clove, chopped
- 15-20 cooked brussels sprouts, sliced, or leftover boiled cabbage, shredded
- 400g cold leftover mashed potato, or cold crushed boiled potatoes

### Method

1. Melt 1 tbsp duck fat, goose fat or butter in a non-stick pan, allow it to get nice and hot, then add 4 chopped streaky bacon rashers. As it begins to brown, add 1 finely sliced onion and 1 chopped garlic clove.
2. Add 15-20 sliced cooked brussels sprouts or shredded boiled cabbage and let it colour slightly.
3. Add 400g cold mashed potato. Work everything together in the pan and push it down so that the mixture covers the base of the pan.
4. Allow the mixture to catch slightly on the base of the pan before turning it over and doing the same again. Be brave and let the mixture colour.
5. Cut into wedges and serve.

**Recipe by Joan Tarrant aged 90, resident at Chichester Grange care home.**





## The Burroughs Gloria's Burmese khow suey

### Ingredients

- 500g diced chicken breast
- 300g egg noodles
- 1 shallot, thinly sliced
- 4-5 cloves garlic, thinly sliced
- 1-3 small red chillies (optional)
- 2 green chillies sliced lengthways
- 1-inch fresh ginger, grated
- 500ml coconut milk
- 1/2 tsp turmeric powder
- 1 tbsp chickpea flour
- Pinch of chopped coriander
- Pinch of curry leaves
- 1 spring onion (preferably scallions/green onions)
- 1 lime, cut into wedges
- salt to taste
- 4 boiled eggs, peeled and sliced into halves

### Method

1. Heat some oil in a pan until hot then reduce the heat and fry half of the thinly sliced garlic.
2. As soon as the garlic starts to brown, remove from the heat and set the garlic aside on a paper towel to drain.
3. Fry half of the sliced shallot and once it starts to soften and brown, set aside with the fried garlic.
4. Brown the chicken in the pan and add the curry leaves, grated ginger, and the remaining garlic and shallots. Fry this for 5 minutes while stirring occasionally.
5. Add 1 tbsp chickpea flour, turmeric powder, and salt.
6. Thinly slice the chillies, add to the pan and cook for another 5 minutes.
7. Add the coconut milk, stir well, and bring to a simmer.
8. Continue to cook the curry over a medium heat. Add salt if required.
9. Cook egg noodles and drain.
10. Remove curry from heat when it's ready and the chicken is cooked through.
11. Place egg noodles and a sliced egg in a bowl, with some finely chopped coriander, and pour the curried chicken over the top. Garnish with spring onions.

**Recipe by Gloria Hughes aged 84, resident at The Burroughs care home.**

### Gloria says

"My mum and dad came from Burma, Southeast Asia, before they came to England. My mum cooked this recipe every Saturday in a huge pot, and we would eat it for the next few days. She never weighed or measured anything, just knew by the look or taste if it was right."



## Blossomfield Grange Joyce's cheese and potato pie

### Ingredients

- 400g (3 small-medium) floury potatoes such as Maris Piper
- 75g butter
- 1-2 tsp English mustard powder (or to taste)
- 150g extra mature cheddar
- 1 medium brown onion
- 1 tomato
- Salt to taste

### Method

1. Preheat oven to 200C/180 fan.
2. Bring a 20cm saucepan of well-salted water to the boil (1 teaspoon of salt in a pan this size).
3. Cut the potatoes in half, unpeeled and add to the pan. Boil for 20-25 minutes until cooked.
4. Halfway through cooking the potatoes peel the onion and drop it into the pan.
5. Drain the potatoes, prick and peel off the skin.
6. Mash the potatoes or pass them through a potato ricer.
7. Add the butter, most of the cheese and the mustard to the mashed potatoes and mix well.
8. Chop the onion into a 1cm (½") dice and mix that through the potatoes.
9. Add more salt if required.
10. Place the mash into a buttered ovenproof dish (around 0.5 litres in size) and top with the remaining cheese.
11. Slice the tomato into 3-4mm thick slices and add them to the top of the mash.
12. Bake in the preheated oven for 15-20 minutes.

**Recipe by Barbara Joyce Welsh aged 95, resident at Blossomfield Grange care home.**

### Joyce says

"Growing up in the 1960s, this was a favourite meal at home, and I believe it was also served at many school dinners at that time too. It is called a pie, but there is no pastry involved. It's the perfect comfort food as a side dish or a main – on its own or with an accompaniment of your choice."



## Anning House Recipes to remember... Austen Andrews

Austen Andrews, aged 87, perfected his award-winning Dorset apple cake recipe, created in memory of his late wife, Ann.

Although Austen, a resident at Anning House care home, is originally from the West Midlands, he has lived in Dorset for the last 50 years. A former engineer, Austen lived for many years in a small village in West Dorset called Langton Herring with his wife, Ann, who he was completely devoted to.

After Ann passed away, Austen was encouraged by his neighbours to get more involved in village life, and he soon took up the role of chairman of the yearly village show. Ann had been an amazing cook, and in her memory, Austen decided to find one of her favourite recipes, have a go at baking it himself and enter it into the baking competition.

Although the standard was very high, and the village dynamics at the show were always interesting, Austen was amazed when his Dorset apple cake won the top prize at the event. Austen's house was built on the site of an old orchard, and he used the fruit of the remaining apple trees that stood in his garden in his Dorset apple cakes. This, he believes, was the secret to his great success.

### Austen says

"I've lived in Dorset for 50 years and am a proud resident. I think Dorset apple cake simply cannot be beaten! Enjoy it warm, with cream or ice cream."





## Austen's Dorset apple cake

### Ingredients

- 8oz (227g) cooking apples, peeled, cored and chopped
- Juice of ½ lemon
- 8oz (227g) plain flour
- 1 ½ tsp baking powder
- 4oz (113g) butter, diced
- 4 oz (113g) soft light brown sugar
- 1 egg, beaten
- 2-3 tbsp milk
- ½ tsp ground cinnamon
- 1 ½ oz (42g) demerara sugar

### Method

1. Pre-heat the oven to 180C/160 fan/Gas mark 4. Grease and line a 7inch round cake tin.
2. Toss the apples with the lemon juice and set aside.
3. Sift the flour and baking powder into a bowl with the butter and rub together until mixture resembles breadcrumbs.
4. Stir in the light brown sugar, the apple and the egg, and mix well adding sufficient milk to make a soft dropping consistency.
5. Transfer the mix to the prepared tin.
6. In a bowl mix together the demerara sugar and cinnamon and sprinkle over the cake mixture.
7. Bake for 45-50 minutes until golden brown. Leave in the tin for 10 minutes before transferring to a wire rack.

### Ann's tip

Ann, aged 91 and a resident at Mountfitchet House, is also a keen baker of Dorset apple cake. Growing up in Bridport, her family had a farm and a dairy shop. Ann loved baking Dorset apple cake with her mother using ingredients from their own farm. They would then give out their well-loved cake on Market Days. Ann recommends using Granny Smith apples in the cake, as well as flaked almonds and sultanas.





## Cathkin House Cathy's cloutie dumpling

### Ingredients

- 454g self-raising flour
- 227g caster sugar
- 113g beef suet
- 340g sultanas
- 1 tsp of ground ginger
- 1 tsp cinnamon
- 1 teaspoon of mixed spice
- 1 cup of milk
- ½ cup of water
- 2 tbsp treacle

### Method

1. Place a clean cloth in boiling water.
2. Mix all the ingredients together to make a soft consistency, making sure everything is mixed well.
3. Take cloth out of the water and wring it out.
4. Lay the cloth out flat and dredge with flour. Smooth the flour out over the cloth with your hands to get an even spread.
5. Place the dumpling mixture on the cloth and draw up the corners evenly, leaving room for expansion (about 1 ½ inches). Tie the cloth up with string.
6. Half fill a large pot of boiling water. Place a plate in the bottom and put the cloth with the dumpling mixture on top of that.
7. Cover the dumpling with boiling water and let it simmer for 3 1/2 hours, topping up the water whilst cooking as needed.
8. Remove the dumpling from the pot and place in a colander in the sink. Untie string and gently peel corners away.
9. Place a plate over the colander and flip over the dumpling. Carefully peel the cloth away.
10. Leave in a warm place to dry out and form the skin.

**Recipe by Cathy McManus aged 91, resident at Cathkin House care home.**

### Cathy says

"Cloutie dumpling is a Scottish pudding. It gained its name from the method of cooking, where they are boiled in a 'clout', which is a Scottish word for cloth. My mother showed me the recipe, but I could never make it the same as her. Mum used to make cloutie dumpling at Christmas time, birthdays and parties."



## Milner House John's Devonshire pasty

### Ingredients

- 1 x large potato
- 1 x large onion
- Half a medium swede
- 500g British skirt beef
- 450g plain flour
- 225g unsalted butter
- Beaten egg to glaze

### Method

1. Preheat your oven to 190°C/170 fan/Gas mark 5.
2. Firstly, you will need to make short crust pastry. Rub 225g unsalted butter into 450g plain flour with your fingertips until it resembles fine breadcrumbs.
3. Make a well in the centre and add water by the tablespoon, mixing it in with a flat knife until the mixture comes together to form a soft dough.

4. Gently pat this together into a ball and keep in the fridge for around 30 minutes.
5. Chop the swede, potato, onion and beef into small cubes and combine these in a large bowl. Season with salt and pepper if desired.
6. Line a baking tray with baking paper. Top tip – even the best of pasties stick and sometimes they can be difficult to remove from the baking paper so be sure to use good quality paper.
7. Turn the pastry onto a floured work surface and divide it into four large portions, or six smaller portions.
8. Roll out each individual portion into a circular shape, until the pastry is around a half a centimetre thick.
9. Add your ingredients across the centre of the pastry circle, making a small pile of filling.
10. Wet one edge of the pastry where your join will be, which will help it stick, and then gather the edges together, pulling them up and around the filling to meet in the middle, and simply press down or crimp the edges together with your fingertips.
11. Once crimped, transfer the pasty to your baking tray, brush with the beaten egg to glaze and bake in the oven for around an hour, until they are golden brown and smelling divine.

**Recipe by John Barclay aged 83, resident at Milner House care home.**

### John's tip

Crimping can at first seem a little tricky, but don't worry, because it does get easier with time. Essentially, crimping involves making a small twist along the sealed edge. To crimp the edge of a pasty, push down on the edge with your finger, and twist the pastry over.

### John says

"During World War Two, I was evacuated from Kew to the Devonshire town of Dawlish, where I befriended the son of the local town baker, who was also the projectionist at the local cinema. I would help him show films, and we would share the delights of the Devonshire pasty. I took this recipe through my life to be enjoyed again and again and bring back the memories of my time in Dawlish."





## Winchcombe Place Lucy's ginger parkin

### Ingredients

- 12oz (340g) plain flour
- 1 tsp bicarbonate of soda
- 1 tbsp ground ginger
- 8 oz (227g) soft brown sugar
- 6 oz (170g) butter
- 6oz (170g) golden syrup
- 6 oz (170g) black treacle
- 1 egg (beaten)
- ½ pint milk

### Method

1. Preheat the oven to 180C/160C fan.
2. Melt butter, sugar, syrup and treacle in a saucepan over a low heat until dissolved.
3. Remove from the heat and cool slightly before adding the beaten egg.
4. Mix flour, bicarbonate of soda and ground ginger together and fold the dry mixture into the syrup mixture.
5. Line or grease a square baking tin (approximately 10" x 7").
6. Pour the mixture into the tin and bake for approximately 60 minutes or until firm.
7. Cut into squares when cool.

**Recipe by Lucy Wilson aged 99, resident at Winchcombe Place care home.**

### Lucy says

"I would always make my ginger parkin on Bonfire Night in Yorkshire."



## Stanecroft Margaret's rock cakes

### Ingredients

- 200g self-raising flour
- 1 tsp baking powder
- 1.5 tsp mixed spice
- 100g butter
- 85g light muscovado sugar
- 100g mixed dried fruit
- 1 egg beaten
- 2 tbsp milk
- Demerara sugar for sprinkling

### Method

1. Preheat oven to 180C/160 fan/gas mark 4 and line a baking sheet with baking paper.
2. Tip 200g self-raising flour, 1 tsp baking powder and 1 tsp mixed spice into a large bowl.
3. Add 100g butter cut into small pieces. Rub the butter into the flour until the mixture forms fine crumbs.
4. Stir in 85g light muscovado sugar and 100g mixed dried fruit, then add the beaten egg and 2 tbsp milk. Mix to form a fairly firm dough.
5. Spoon rough blobs of the mixture onto the baking sheet, leaving room for a little spreading.
6. Mix the demerara sugar with the remaining mixed spice and sprinkle over the cakes.
7. Bake for 20-25 mins until golden brown.

Recipe by Margaret Chambers aged 101, resident at Stanecroft care home.

### Margaret says

"I used to love walking in the door from school and smelling what my mum had cooked. Tuesday was baking day, and the kitchen table would always be laden with cakes and bread to tempt my taste buds! My favourite cake was my mum's rock cake."



## Cranford Grange Muriel's singing hinnies

### Ingredients

- 200g plain flour
- 50g butter
- 50g lard
- 75g currants, sultanas and/or raisins
- 50ml milk
- 25g white sugar
- 1 tsp baking powder
- Pinch of salt
- Jam and butter to serve

### Method

1. Sift 200g plain flour, salt and 1 tsp baking powder into a mixing bowl.
2. Cut 50g hard, cold butter and 50g lard into cubes.
3. Rub butter and lard into flour mixture until it resembles fine breadcrumbs.
4. Add 75g currants and 25g sugar and mix together.
5. Gradually add 50ml milk, a little at a time, and mix to a rough dough (you may not need all the milk).
6. Turn out the dough onto a floured surface and roll out to about 7mm. Chill if needed.
7. Cut out each hinny with a fluted ring cutter (5 cms) and prick with a fork.
8. Grease a heavy pan or griddle with lard and cook a few hinnies at a time on a low heat for about 8 minutes, turning them over half way ensuring they are golden brown on either side.
9. Eat warm spread with butter and jam.

**Recipe by Muriel Taylor aged 98, resident at Cranford Grange care home.**

### Muriel says

"A singing hinny is a traditional North Eastern fried scone or griddle cake, and it's one of my absolute favourites."





## Cedrus House Carol's tipsy trifle

### Ingredients

- 24 savoy biscuits or sponge fingers
- 1 cup Madeira wine
- 227g peach/apricot jam (warmed and sieved)
- 2 tbsp shredded almonds
- Sabayon sauce or custard
- 7 egg yolks
- 3 egg whites
- 4 half eggshells of white wine
- 1.5 heaped tbsp caster sugar
- 227g milk chocolate
- 2 tbsp milk

### Method

1. Warm the white wine in the top of a double saucepan over boiling water, or a Bain Marie.
2. Whisk 4 egg yolks and 1.5 tbsp caster sugar together until creamy and free from streaks.
3. Pour the egg and sugar mixture quickly onto the wine.
4. Whisk the mixture as fast as you can without stopping until the entire mixture rises in a golden froth to the top of the pan and then remove from heat instantly and set aside.
5. Start making your chocolate sauce by breaking 227g milk chocolate into small pieces and melting over a Bain Marie.
6. When chocolate is melted remove from heat.
7. In a separate bowl, whisk 3 egg whites until as stiff as possible.
8. Pour 3 egg yolks into the melted chocolate and stir until smooth and well blended.
9. Add stiff egg whites and beat until the whole mixture is a pale chocolate colour and light and fluffy.
10. Break sponge fingers or savoy biscuits into a large bowl and soak in a cup of Madeira wine.
11. Stir the jam and almonds into the soaked biscuits and press down.
12. Cover with the Sabayon sauce or custard and leave to cool.
13. Cover with chocolate sauce and add garnish of choice and refrigerate.

**Recipe by Carol Benbow aged 89, resident at Cedrus House care home.**

### Carol says

"I have enjoyed this trifle many times over the years. It really is a little sweet treat!"



## Wincombe Place Recipes to remember... Eddie Chetcuti

Eddie Chetcuti's warming pasta bake stirs up fond memories of meals – and laughs – shared with family and friends.

Pasta al forno was a staple in the traditional Sunday family meal for Eddie, a resident at Wincombe Place care home. The simple dish is a crowd favourite that's perfect for feeding large groups, and it's popular in Italy as a 'primo', or starter, to this day. In Eddie's family, rectangular dishes of pasta al forno were always served up first before a mouthwatering main dish of breaded chicken cutlets with fresh side dishes of Mediterranean salad, olives and bread.

While Eddie's recipe itself is foolproof, we all know from experience that cooking doesn't always go to plan. Eddie remembers one particular Sunday when the family was expecting guests for lunch. His mum prepared the dish well ahead of the planned meal and cooked it in the late morning. The house was smelling glorious and the table was laid in readiness when the guests arrived, so Eddie's mum placed the cooling dish in the middle of the dining room table to go and greet her guests.

When the family headed back to table for their feast with excited guests in tow, they found to their surprise the entire dish was empty. It seemed Shadow the boxer obviously could not resist the smell!



## Eddie's traditional pasta al forno

### Ingredients

- 125g butter
- 100g plain flour
- 1 litre milk (warmed)
- 1 whole onion
- 1 chopped onion (150g)
- 1 bay leaf
- 2 tbsp olive oil
- 3 garlic cloves
- 500g lean beef mince
- 400g chopped tomatoes
- Marjoram or oregano (2 tbsp fresh or 2 tsp dried)
- 1 tbsp tomato puree
- Salt and pepper
- 400g pasta

### Method

1. Start making your bechamel sauce by melting 100g butter in a thick bottomed pan.
2. Add 100g plain flour and mix in.
3. Cook for a few minutes over a gentle heat without colouring.
4. Remove from the heat to cool the roux.
5. Gradually add the warmed litre of milk and stir until smooth.
6. Stud the bay leaf into the whole onion and par roast in the oven before adding to the sauce.
7. Allow to simmer for 30 minutes, stirring occasionally to prevent sticking to bottom of pan.
8. Remove onion and remove pan from heat. Cover with cling film to prevent a skin forming.
9. Start making your Bolognese sauce - melt the remaining 25g butter in a pan with the olive oil.
10. Add the chopped onion and garlic and cook for 4-5 minutes without colouring.
11. Add the beef mince and cook until lightly coloured.
12. Add the tin of tomatoes, tomato puree and herbs and stir through.
13. Simmer until tender (minimum of 30 minutes).
14. While your Bolognese sauce simmers, preheat the oven to 220C/200C fan and ready a baking dish about 30cm x 22 cm and 8cm deep.
15. Bring a large pan of salted water to the boil and add 400g pasta.
16. Allow to boil gently and stir occasionally with a wooden spoon for 12-15 minutes or until al dente.
17. Drain the pasta and add to the Bolognese sauce. Mix well to combine and transfer to the baking dish.
18. Pour the bechamel sauce over the top and spread it out evenly.
19. Bake in the oven for 25 minutes until golden and bubbling. Leave to cool for 10-15 minutes before serving.

### Eddie's tip

Once you remove the pasta al forno from the oven, top it with a sprinkling of freshly grated parmesan cheese for the perfect punch of flavour.





## Buchanan Court Jyotika's thapla

### Ingredients

- 250g chapati flour
- 1 tsp salt
- ¼ tsp turmeric powder
- ½ tsp red chili powder
- ½ tsp cumin powder
- 1 tsp sesame seeds
- ½ tsp dry mango powder
- 2 tbsp Methi or Fenugreek leaves
- 1 tbsp cooking oil
- ½ cup water

### Method

1. Mix dry ingredients together in a bowl and add water as needed to knead and form mixture into a smooth dough.
2. Cut the dough into equal parts to create small dough balls.
3. Flatten and roll each dough ball out into a circle, approximately 6-7 inches across.
4. Brush a little bit of oil on each side of the Thapla dough rounds.
5. Fry each Thapla for 30 seconds on each side until just cooked.

Serve with yogurt, tea or coffee.

Recipe by Jyotika Shah aged 65, resident at Buchanan Court care home.

### Jyotika says

"This simple dish is one I always looked forward to having as it's full of flavour. I was born in Kenya but my parents were from Gujarat in India. Although we lived in Kenya for quite a while, my mum used to cook this and other Indian dishes. Since moving to the UK, I make thapla for every family gathering. It's quite simple, but very filling and convenient."



## Halecroft Grange Geoff's yeast buns

### Ingredients

- 265ml warm water
- 1 tsp sugar
- 28g fresh yeast (or 1 sachet dried yeast)
- 454g strong plain flour
- 57g lard
- 57g butter
- pinch of salt
- 100g caster sugar
- Sultanas (quantity to your liking)

### Method

1. Preheat the oven to 180C/160 fan.
2. In a small measuring jug filled with 265ml warm water, add 1 tsp sugar and crumble in 28g of fresh yeast and wait until it starts working. If you are using dried active yeast, just whisk it into the water and sugar and wait.
3. In a mixing bowl, rub 57g lard into 454g strong plain flour until it has completely disappeared. Then add 100g caster sugar.
4. Add sultanas to the flour mixture - the plumper and juicier the better. Add however many you like, but don't be too sparing.
5. Add the liquid to the flour mixture and bring together, first with a knife and then your hands.
6. Transfer to a floured surface and gently knead until a smooth dough is formed.
7. Allow to rise in a warm corner until about double in size, then knead again, knocking out the air.
8. Cut the dough into 12 pieces and shape each piece into a bun, working the edges underneath. Leave to rise once more for 30 minutes.
9. Bake for approximately 20 mins.

**Recipe by Geoff Yeo aged 90, resident at Halecroft Grange care home.**

### Geoff's tip

"Why make 12? They freeze like a dream, and the same amount of work goes into making double or triple the recipe. To defrost, just pop one in the microwave for a minute or so. Perfect."



## Llys Herbert Maurice's challah bread

### Ingredients

- 2 tbsp sugar
- 28g dried yeast
- 500ml warm water
- 1020g plain flour
- 4 tsp salt
- 4 medium eggs or 3 large
- 4 tbsp oil
- 1 egg yolk mixed with a little water for the glaze

### Method

1. Mix the sugar, yeast, 340g plain flour, salt and water together and leave to stand for 20 minutes.
2. Mix together the eggs and oil and add this to the flour paste mixture, followed by the remaining flour.
3. Bring the mix together and lightly knead until a dough ball can be formed.
4. Place the ball of dough in a greased polythene bag in the fridge overnight.
5. Re-knead the dough the next day before plaiting into an ovenproof tin.
6. Leave to stand for 1.5 hours at room temperature, until the dough has risen.
7. Bake for approximately 30 mins in the oven at 400F/200C/180 fan.

Recipe by Maurice Simove aged 84, resident at Llys Herbert care home.

### Maurice says

"Challah bread has religious significance for me. I prefer a Kosher diet and this delicious braided, eggy bread is of Jewish origin, traditionally eaten on the eve of the Sabbath. I recently enjoyed recreating this recipe with Kyle, our Head Chef, before reciting a special prayer and sharing during dinner service."





## Sherwood Grange Homemade lemon barley water

### Ingredients

- 2 unwaxed lemons
- 50g sugar
- 125g pearl barley

### Method

1. Finely grate the zest from the lemons and place in a large glass bowl with caster sugar.
2. Rinse pearl barley and add to the bowl with 1.2 litres boiling water.
3. Stir well and leave to cool.
4. Squeeze the juice from the lemons and mix into the cooled barely water.
5. Strain through a sieve and chill.
6. Serve with lots of ice.

Recipe by Joan Ward, Head Chef at Sherwood Grange care home.

### Joan says

"Barley is a whole grain replete with a number of nutrients. This thirst-quenching drink recipe can give the immune system a healthy boost whilst also helping to aid digestion, reduce cholesterol, prevent UTI and stabilize blood sugar levels."



## Nasi Goreng

### Ingredients

#### For the spice paste

- 2 garlic cloves, peeled
- pinch nutmeg
- ¼ tsp freshly ground black pepper
- ½ tsp ground turmeric
- 2 shallots, peeled
- 25g/1oz unsalted peanuts
- 1 tsp salt
- 3 birds'-eye chillies, seeds removed
- 1 tbsp palm sugar
- 1-2 tbsp vegetable oil, or more if necessary

#### For the stir-fry

- 2 tbsp vegetable or groundnut oil, plus extra for frying the eggs
- 2 chicken breasts, skin removed, cut into thin strips

- 200g/7oz prawns, heads and shells removed and de-veined
- 110g/4oz fine green beans, trimmed and sliced into 1cm/½in pieces
- 4 spring onions, sliced
- 275g/10oz cooked long-grain rice (this must be cold)
- splash light soy sauce
- 4 free-range eggs

#### For the garnish

- ½ cucumber, peeled, seeds removed, finely diced
- 1 tbsp roughly chopped coriander
- 50g/2oz peanuts
- 1 lime, cut into wedges
- handful crispy fried shallots
- Asian-style chilli oil, to serve

### Method

- For the spice paste, blend all of the spice paste ingredients together in a food processor. Add enough oil to bring the mixture together as a loose paste. Set aside.
- For the stir-fry, heat the oil in a wok over a high heat until shimmering hot, then add the chicken and fry for a minute or so, then add the spice paste and prawns and stir well, cooking for a good 4-5 minutes.
- Add the beans and spring onions and fry for another minute, keeping everything moving.
- Add the cooked rice and stir until it's all been incorporated - you can add a few tablespoons of water at this point if it becomes a little dry and starts to stick. Season with soy sauce to taste.
- Heat a little of the oil in a large frying pan over a medium heat and fry the eggs until crisp at the edges and cooked to your liking.
- Serve each portion of stir-fry in a bowl with the egg placed on top. Sprinkle over the garnish ingredients. Serve with the chilli oil on the side, for drizzling.

**Recipe by Andrew Mussett, Hotel Services Manager at Care UK.**

### Andrew says

"My grandparents were stationed in Malaya and brought this recipe back for us to enjoy. It was a staple throughout my childhood."



## Sussex pond pudding

### Ingredients

#### For the suet crust

- 225g/8oz self-raising flour, plus extra for dusting
- 100g/3½oz shredded suet
- 75ml/2½fl oz milk

#### For the filling

- 3 Cox's apples
- 150g/5½oz butter, cut into cubes, plus extra for greasing.
- 175g/6oz light muscovado sugar
- 1 large lemon

### Method

1. Put the flour and suet into a bowl. Measure the milk in a jug and then add 75ml/2½fl oz cold water to make 150ml/5½oz of total liquid. Add this to the suet and mix to make a soft dough.
2. Lightly dust the work surface with flour and then roll out the dough to a 30cm/12in circle. Cut one quarter out of the circle and set aside for the lid. Thickly butter the pudding basin and then line with the pastry, pressing the join.
3. For the filling, peel and core the apples, then cut them into cubes and mix together in a mixing bowl with the butter and sugar. Place a little of this mixture in the pudding basin on top of the suet pastry. Prick the lemon all over with a cocktail stick and then place it in with the apples so that it sits upright. Pack the remaining apples and butter mixture around the lemon.
4. Roll out the reserved suet pastry to a circle to fit on top of the pudding, trim any excess pastry and pinch the edges to seal.
5. Cut a square of foil and make a pleat in the centre. Tie the foil around the basin with string, then loop the string over the basin and back under the string a couple of times to make a handle. Tie securely.
6. If you don't have any string, fold a long strip of tin foil horizontally in half – and then half again. Place the foil around the bottom of the basin and wrap the sides up and around to act as support as the basin is lowered into the pan.
7. Place the lid of a jam jar in the large saucepan to stop the basin touching the bottom of the pan.
8. Add the pudding basin to the pan and then pour boiling water around it so that it comes three-quarters of the way up the side of the basin. Cover with a tight-fitting lid, and simmer for 3½ hours. Check occasionally and top up with more boiling water as necessary.
9. To serve, remove the foil and invert the basin onto a large serving plate. Remove the basin and serve in slices with cream or custard.

**Recipe by William Maskell, Head Chef at Mill View care home.**



# Eating as we age

As our 'Recipes to remember' collection shows, food plays an important part in all our lives. For older people, it offers an opportunity not only to reminisce and socialise, but also to maintain a healthy diet.

Eating a balanced diet can boost our energy levels, keep our bones strong and help sharpen the mind. However, as we age, our bodies go through many changes that affect our appetite or our enjoyment of food. Changes in taste and smell, dehydration and difficulty swallowing can create challenges in getting the nutrients we need.

At Care UK, we know nutrition and hydration is crucial to residents' overall wellbeing, and that's why our teams are constantly sharing ideas on ways to make meals, snacks and drinks even more nutritious and tempting, as well as ensuring they are easy to modify into different textures, or to fortify to increase calorie intake.

While older people's nutrition is a serious issue, it's equally important to make mealtimes fun and engaging. This can be simply creating visually appealing plates of food or getting the whole home together to plan food-based activities. Our chefs love any opportunity to create festive meals to celebrate occasions like birthdays, anniversaries and other special days in the calendar.

Our kitchen teams also mix up special drinks to encourage hydration, especially in the warmer months. This includes everything from colourful and flavour-packed 'mocktails' to ice lollies or fortified milkshakes and smoothies.

And we welcome any chance for residents to roll up their sleeves and join in. For example, baking is a hugely popular activity across our homes. It's fantastic for socialising, reminiscence and even a bit of gentle exercise, and the smell of freshly baked goodies can help to stimulate the appetite, too.



# Thank you

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**Care UK**

Connaught House, 850 The Crescent, Colchester Business Park, Colchester, Essex CO4 9QB

0330 165 1330