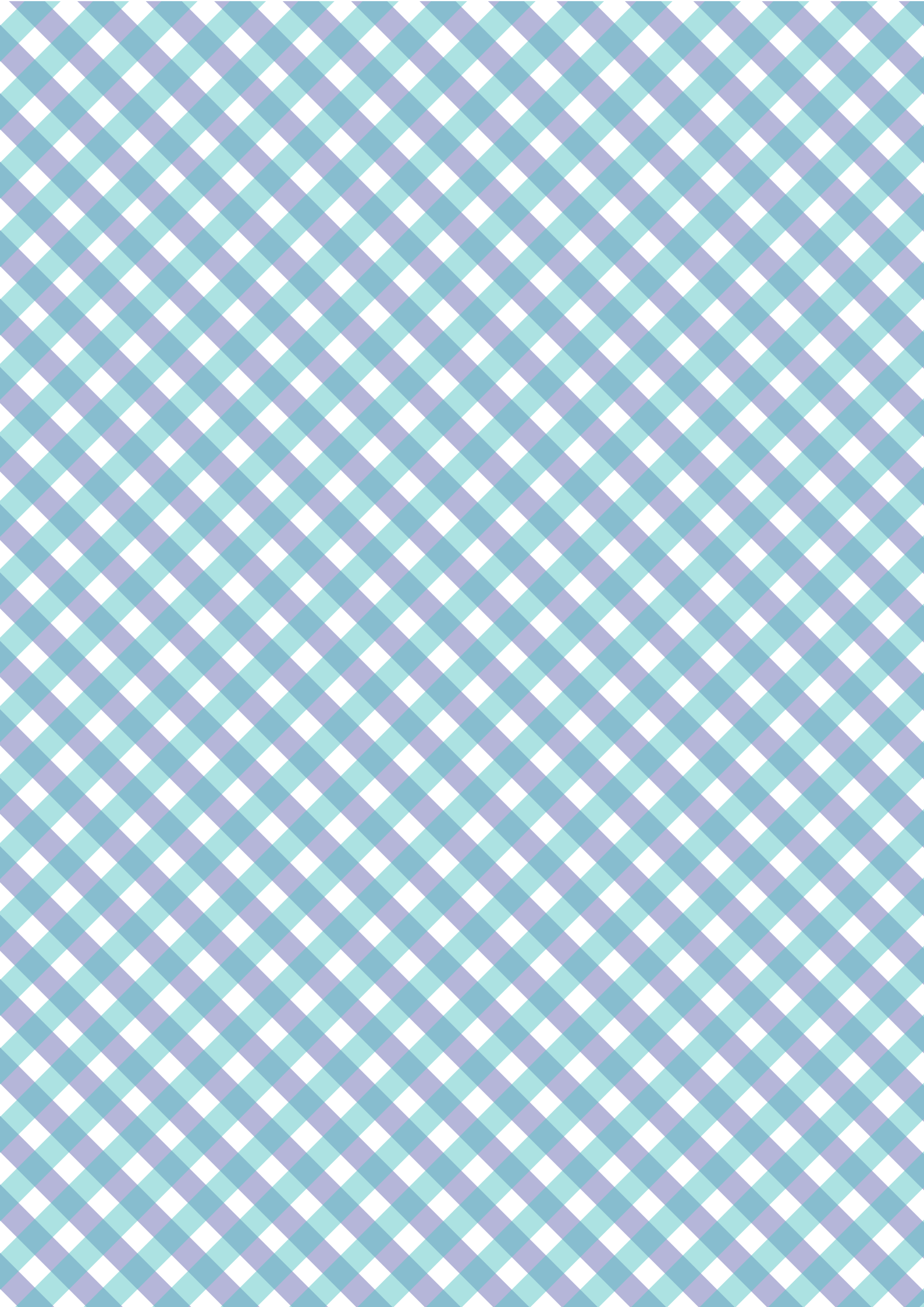




Sanctuary Care
enriching lives

RECIPES TO REMEMBER

*A celebration of food,
family and the lives
behind them*



RECIPES TO
REMEMBER

*A celebration of food,
family and the lives
behind them*



*Foreword from Matty Edgell,
The Great British Bake Off 2023 Winner*

Food has always been about more than just eating. It's about gathering, sharing, and celebrating. Some of my happiest memories are tied to the kitchen table - family recipes, seasonal traditions, and those nostalgic flavours that can instantly take you back to a certain time or place.

That's why this cookbook is so special. Within these pages are dishes that have been cherished, preserved, and lovingly passed down through generations. Each one tells a story - not only of flavour, but of the people and moments that shaped it. For me, the lines blur between memories of my Nan, the photos I have of her, and her bakes. Whenever I make a chocolate cake, or see a South Pole-inspired bake, I'm instantly taken back to those moments with her.

I love that this collection captures the very heart of cooking. The meals we return to again and again carry more than taste; they carry family history, cultural traditions, and the reassurance of something familiar. Whether it's a pudding that always appeared at Christmas, a Sunday favourite that brought everyone together, or a recipe taught by a parent or grandparent, these foods remind us who we are and where we come from.

My hope is that these recipes inspire you not only to cook, but also to share - share stories, meals, and the love of food that connects us all.



DEDICATED TO OUR RESIDENTS

*To those whose hands have stirred, baked, seasoned and shared
whose recipes carry memories, love, and legacy
this book is for you.*

*Every dish within these pages tells a story
of family, tradition, joy, and a life richly lived.
Thank you for letting us into your kitchens and your hearts.*

You continue to inspire us, every single day.

With love,

from all of us at Sanctuary Care



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Nourishing Body and Soul: Food at Sanctuary Care

*A message from Sarah Clarke - Kuehn,
Chief Operating Officer,
Sanctuary Care*

At Sanctuary Care, we believe that food is so much more than nutrition. It's a source of comfort, a way to stay connected to the past, and a joy to share in the present.

Mealtimes in our care homes are moments to be looked forward to - not just for the food itself, but for the memories it stirs and the conversations it inspires. Whether it's a family recipe brought to life, a baking session filled with laughter, or simply the daily ritual of sitting down together, food has a remarkable ability to nourish both body and soul.

Our chefs are at the heart of this experience. They don't just prepare meals - they create opportunities for people to feel known, valued and included. Every dish is made with care, adapted to individual tastes, cultural backgrounds and dietary needs. It's this personalised approach that makes dining in our homes so special.

What Matters to Us

- ❖ **Personal Choice** - From portion sizes to favourite ingredients, every mealtime is shaped by what each person enjoys.
- ❖ **Fresh and Nutritious** - Meals are prepared from fresh produce on-site and aligned with nutritional guidance to support health in later life.
- ❖ **Enriching Routines** - Mealtimes offer moments of joy, familiarity and togetherness - just as they always have.
- ❖ **Adapted With Care** - From texture-modified diets to specialist support, our food is always made with dignity in mind.

From the aromas that fill our kitchens to the laughter shared around the table, every element of our food experience supports the things that matter most - familiarity, choice, identity and joy. We hope this cookbook captures some of that magic, and gives you a glimpse into just how much love goes into every mealtime.

Warmest wishes,
Sarah Clarke-Kuehn

Chief Operating Officer
Sanctuary Care





INTRODUCTION

A celebration of flavour, cherished memories and the rich tapestry of lives through recipes handed down for generations.

This collection of recipes is more than a list of ingredients or a meal, they are a connection to the past, a source of joy in the present and a legacy for the future. Food and cooking have the power to bring together families, experience new cultures and share traditions.

We've sourced 42 meaningful recipes from people in later life, to share their love of cooking with the world. This is a heartfelt collection of treasured recipes and personal stories, to keep them alive for generations to come. This collection of culinary creations is filled with love, resilience, humour and pride.

This book has been curated and produced by Sanctuary Care residents, embracing what matters most to them: continuing cherished routines, feeling connected to the communities they've helped shape and finding joy in the everyday. Cooking and sharing meals may seem simple, but these activities provide continuity, spark conversation, and promote emotional well-being.

We hope you enjoy exploring these recipes and stories, and that they inspire you to connect, create and celebrate – just as they have for our residents.

"The food we serve is deeply personal - it's one of the most powerful ways we support wellbeing, dignity and happiness in later life."

Mark Ord, Head of Hospitality Services, Sanctuary Care

A Taste Of Lithuania - Zrazy



Ona is a resident from Sherwood Forest Residential Nursing Home in Derby, and her family come from Lithuania. They had to leave when she was just a little girl due to conflict.

Ona said her mother was so relieved to know her family was safe from the invasion, as, luckily, they escaped and boarded a ship to Australia. Ona was just two years old. When Ona was an adult she then moved to the UK with her husband, but some of her family still live in Australia.

Despite these evolving life changes, one constant staple for Ona was cooking. She enjoyed cooking all of her life, often preparing her favourite foods that her mum had taught her when she was little.

Here is a cherished recipe for Zrazy, which is a traditional meat roulade dish, which Ona and her mum used to make together. This traditional Lithuanian dish brings Ona a lot of joy and holds wonderful memories of being around the table with her family.

Ingredients

For the beef rolls

- ❖ 4 thin slices of steak (pounded to ¼ inch thick)
- ❖ 4 slices of bacon
- ❖ 4tbsp mustard
- ❖ Salt & white pepper (½ tbsp each)
- ❖ 100g plain flour (for dredging)
- ❖ Olive oil (for frying)

For the Mushroom Filling

- ❖ 300g dried mushrooms (rehydrated)
- ❖ 2 white onions, finely chopped
- ❖ 2 garlic cloves, minced
- ❖ ¼ cup chopped coriander (leaves & stems)
- ❖ 3tbsp sherry vinegar
- ❖ 1tbsp harissa paste
- ❖ 1tbsp ground fenugreek
- ❖ ½tbsp brown sugar
- ❖ ½tbsp salt
- ❖ Olive oil (for sautéing)

For the Satsebeli sauce

- ❖ 2 medium tomatoes
- ❖ ½ white onion
- ❖ 2 garlic cloves
- ❖ ¼ cup coriander leaves
- ❖ 3tbsp sherry vinegar
- ❖ 1tbsp harissa paste
- ❖ 1tbsp ground fenugreek
- ❖ ½tbsp brown sugar
- ❖ ½tbsp salt

For the Side

- ❖ 4 large Dutch potatoes
- ❖ Unsalted butter
- ❖ Salt to taste



Cook the Zrazy

1. Dredge rolls in flour.
2. Brown the meat in olive oil on all sides. Remove and set aside.
3. In the same pan, add a knob of butter and a spoon of flour to make a roux.
4. Gradually add in beef stock (or water) and stir until thickened.
5. Return the rolls to the pan, cover, and simmer on low for 1.5–2 hours. Add water if needed.

Method

Prepare the mushroom filling

1. Rehydrate the mushrooms in hot water, then chop.
2. Sauté the onions and garlic in oil until soft.
3. Add the mushrooms, cook until moisture evaporates.
4. Stir in the coriander, vinegar, harissa, fenugreek, sugar, and salt. Cook until fragrant. Set aside.

Assemble the Zrazy

1. Season the beef slices with salt and pepper. Spread mustard on one side.
2. Place a slice of bacon and a spoonful of mushroom filling in the center.
3. Roll tightly and secure with toothpicks or kitchen twine.

Make the Satsebeli Sauce

1. Blend all the sauce ingredients until smooth.
2. Simmer in a small saucepan for 10-15 minutes until slightly thickened.

Prepare the potatoes

1. Boil the potatoes in salted water until tender.
2. Mash with butter and a pinch of salt.

Serve

1. Remove toothpicks from the beef rolls.
2. Plate with mashed potatoes and drizzle with Satsebeli sauce.
3. Garnish with fresh coriander or pickled cucumbers.

Iona's Clootie Dumplings



This beloved recipe comes from Iona, a 90-year-old resident of Kintyre House Care Home in the Highland town of Invergordon. Iona moved to the home in July 2023, bringing with her a treasure trove of memories, none sweeter than the ones tied to her mother, Peggy.

A traditional Scottish fruit pudding, the Clootie Dumpling was a centrepiece of family celebrations. Peggy would prepare it for Iona's birthday and again at Christmas, mixing dried fruits, spices, and suet into a rich, comforting dough. She'd then wrap it tightly in a floured cloth (the "cloot") and let it simmer for hours in a pot of boiling water. The result was a dark, spiced dumpling with a dense texture and unforgettable flavour.

Sometimes, Peggy would hide a silver penny in the middle for good luck, an old Highland tradition that added a little magic to every dumpling. For Iona, the smell of steaming fruit and spices still brings back memories of home, celebration and love.

Iona's Clootie Dumpling recipe continues to bring joy, offering a true taste of Scotland's culinary heritage.

Ingredients

- ❖ 500g plain flour
- ❖ 200g beef suet
- ❖ 250g caster sugar
- ❖ 250g raisins
- ❖ 250g sultanas
- ❖ 2 eggs
- ❖ 1tsp of ground cinnamon
- ❖ 1tsp of ground all spice
- ❖ 1tsp of ground ginger
- ❖ ¼tsp of freshly grated nutmeg
- ❖ 3tsp of baking powder – dampen before adding
- ❖ ½tsp of salt
- ❖ 1 cooking apple – grated
- ❖ 3tsp of black treacle
- ❖ 100ml whole milk
- ❖ Olive oil

Method

1. Mix all the ingredients together in a bowl and add the eggs and milk at the end.
 2. Dampen some baking paper and the cloth (can use a muslin cloth).
 3. Flour the paper slightly and add the mixture in the middle, wrap in the cloth and tie a knot in the top.
 4. Put the clootie dumpling in a pan of boiling water and simmer for four hours with the lid on (may need to add more water).
 5. Unwrap the dumpling and put it in the oven for 20 minutes on a medium heat before serving.
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Mabel's kitchen classics



Mabel Rainscourt was a big name in the Midlands food scene, proudly running Rainscourt's, her family delicatessen business for an incredible 70 years. With shops in Bromsgrove, Droitwich and Redditch, Rainscourt's, which Mabel ran with her husband and later one of her sons, became known for its high-quality produce and traditional fare from cooked meats and cheeses to ham hocks, trotters, and hearty steak and kidney pies.

Mabel's Bromsgrove shop was her favourite, fondly remembered by its loyal customers for a warm community feel.

“The best part was how popular they were and how friendly everyone was,” Mabel, resident at Breme Residential Care Home in Bromsgrove recalls.

Her days started at 7.30am and often ran until 6pm, a testament to her dedication and love of the trade. Rainscourt's was best known for its richly flavoured, handmade faggots and cheese pies, (made from a secret recipes that remain closely guarded). Mabel has chosen to share two of her favourite recipes from home; a light and creamy strawberry mousse, and a refreshing prawn and potato salad.

Potato salad with prawns

Ingredients

- ❖ 4lbs new potatoes
- ❖ 1 small onion, finely chopped
- ❖ 8oz peeled prawns
- ❖ 8oz mayonnaise
- ❖ ¼ pint single cream

Method

1. Cook potatoes until barely tender and dice.
2. Gentle mix in onions and prawns.
3. In a separate bowl, mix together mayonnaise and cream.
4. Add potato mixture, toss together.
5. Serve sprinkled with chopped chives.





Strawberry mousse

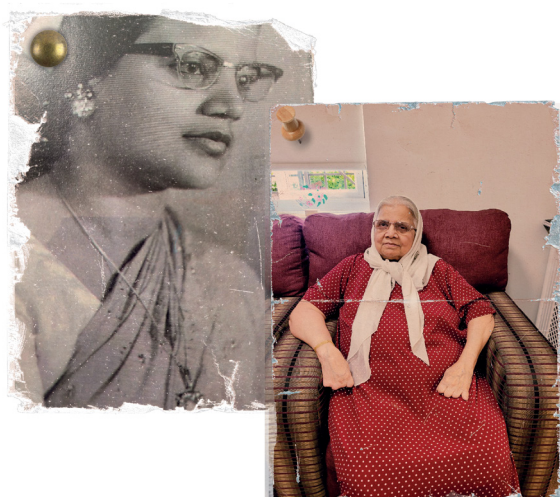
Ingredients

- ❖ 1lb can strawberries (drained, reserving ¼ pint of juice)
- ❖ ¼ pint water
- ❖ ½ pint double cream
- ❖ 2 egg whites

Method

1. Reserve 4 whole strawberries for decoration.
2. Chop remaining strawberries and put juice and water into a saucepan, bring to boil.
3. Remove from heat and add the jelly, stir until dissolved.
4. Allow to become cold.
5. Whip cream until thick.
6. Remove about ¼ of the cream for decoration.
7. Stir cooked jelly into the remaining cream.
8. Whisk egg whites until stiffen.
9. Gently fold into the jelly and cream mixture.
10. Stir in the chopped strawberries.

Rubabbai's Cream Khajla



This traditional dessert recipe comes from Rubabbai, a resident at Asra House Residential Care Home in Leicester, who first discovered her love for cooking and baking in her early thirties while attending gatherings with a community faith group in Africa. It was there that close friends introduced her to the original version of this dish: simple, traditional and full of warmth.

Rubabbai added her own twist by incorporating Nestlé cream, giving the dessert a richer, sweeter flavour. Her adaptation quickly became a favourite among family and friends, spreading across continents to kitchens in Canada and America.

Contributing this recipe to the cookbook brought back fond memories of those early days of sharing food. For Rubabbai, cooking is a source of joy, and a way to bring people together.

Ingredients

- ❖ 500g Maida flour (or plain flour)
- ❖ 160g Nestlé cream (small tin)
- ❖ 500g milk powder
- ❖ 250g sugar (caster or granulated)
- ❖ 1tbsp crushed pistachio
- ❖ 1tbsp crushed almonds
- ❖ 1tsp crushed cardamom
- ❖ 6tbsp desi ghee
- ❖ 3tbsp custard powder
- ❖ 300ml whole milk
- ❖ 300g ghee for frying - alternatively use approx 1litre of vegetable oil

Method

1. Mix the cream, sugar, pistachios, almonds and cardamom, followed by the milk powder and leave aside.
2. Add 3 tablespoons of ghee to the flour and bind together using the milk.
3. Break into several small rollable pieces and using a rolling pin, roll the mixture into small 4 to 5 inch diameter circles, making 7 circles.

4. Mix the custard powder and three tablespoons of ghee.
5. Spread a teaspoon of the custard powder and ghee mix in between each of the dough circles and place the circles on top of each other.
6. Roll this out into a dinner plate sized circle.
7. Paste the flat dough with the remaining custard and ghee mix then roll tightly like a Swiss roll.
8. Cut into small pieces of approx. 1.5 inches thick.
9. Roll out again to create around 20 to 22 flat circles, 4 to 5 inches in diameter.
10. Put 2 or 3 teaspoons of the mixture of cream, sugar, almond, pistachio and cardamom mix in between each pair of circles.
11. Seal the edges using a fork or pressing the edges to ensure filling is secure.
12. Fry in the ghee or vegetable oil for about 25 to 30 minutes on low to medium heat, until golden brown, drain excess oil on paper towel.
13. Serve hot or when cooled.

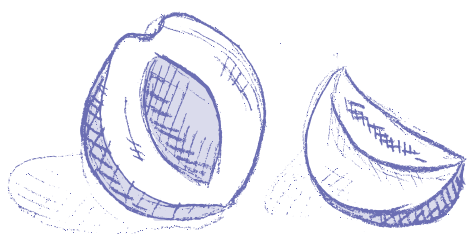


Barbara's Apricot and Sultana Cake

This beautifully simple and comforting cake comes from Barbara, a resident at Redhill Court Residential Care Home in Birmingham. For many years, Barbara would bake every Friday after work, filling her home with the scent of freshly made cakes. While she enjoyed experimenting with different recipes, her favourite was always this apricot and sultana cake.

The recipe is believed to have originated from a much-loved Be-Ro cookbook, passed down to Barbara by her mother, May. The handwritten notes and well-worn pages of these books are a testament to the generations of baking tradition in her family.

Barbara passed the recipe on to her daughters, Jayne and Wendy, who now bake the cake for their own families. "It makes me very proud that the girls want to continue to bake the family favourite," Barbara says. This cake is more than just a sweet treat, it's a slice of family history, lovingly preserved and shared across generations.



Ingredients

- ❖ 8oz margarine
- ❖ 8oz caster sugar
- ❖ 4 medium-sized eggs
- ❖ 14oz self-raising flour
- ❖ 1lb sultanas
- ❖ 14oz can of apricots in juice

Method

1. Cream butter and sugar, then beat in the eggs, one at a time, adding a tablespoon of the flour with each egg.
2. Drain the apricots and chop into small pieces.
3. Add the apricots with remaining ingredients to the mix.
4. Put the mix in small roasting tin, lined with foil.
5. Cook for 1.5 hours at 180 °C





Edith's Christmas Cake

Edith's love of baking began in her mother, Muriel's, kitchen, where she would watch in awe as Christmas cakes took shape each festive season. As a child, she stood on tiptoes to see the mixing bowl, later helping with the stirring, and eventually taking over the tradition herself.



Now a resident at Hastings Residential Care Home in Malvern, Edith continues to make Christmas cakes each year, this time alongside the home's chef. She also runs cake decorating sessions, generously sharing the skills passed down through generations.

When Edith first arrived at Hastings, she was unable to walk due to a stroke and brain haemorrhage. Her journey since then has been remarkable. "I'm so grateful, it makes me feel like I've achieved something, especially considering where I was when I moved in," she says.

For Edith, baking is more than a tradition, it's a source of pride, creativity, and connection, and her festive cakes remain a much-loved part of the home's celebrations.





Ingredients

- ❖ 8oz butter or margarine
- ❖ Grated rind of 1 small lemon
- ❖ 10oz plain flour
- ❖ 1tbsp treacle
- ❖ 1oz chopped angelica
- ❖ 2oz chopped mixed candied peel
- ❖ 14oz can apricots in juice
- ❖ 1tsp vanilla essence
- ❖ ½tsp mixed spice and cinnamon
- ❖ 8oz brown sugar
- ❖ 5 eggs
- ❖ ¼tsp baking powder
- ❖ 2oz chopped glacé cherries
- ❖ 12oz cleaned currants
- ❖ 12oz seedless raisins (or small raisins and sultanas mixed)
- ❖ About 2 tablespoons sherry
- ❖ About 2 tablespoons brandy
- ❖ ¼tsp salt

Method

1. Soften butter and beat well.
2. Add sugar and beat together until soft and creamy.
3. Add grated lemon rind and beat in eggs, one at a time, sifting in a little flour after each egg.
Stir in treacle, then stir in remaining sifted powdered ingredients in three stages, mixing in about a third of the cleaned fruit, etc., after each addition of flour.
4. Stir in sherry and brandy, making a good consistency that requires a shake to leave the mixing spoon.
5. Put mixture into an 8-9-inch cake tin, previously lined with triple thickness of greaseproof paper. Spread mixture level to sides of tin.
6. Pre-heat oven to very moderate 140 °C and reduce to slow after 15 minutes.
Bake for about 3-3.5 hours. Do not remove cake from oven until richly browned and very slightly shrunk from sides of tin, or test with warmed skewer.
7. When cake is sufficiently browned, cover top with grease-proof paper until end of cooking time, to prevent burning.

Castlecroft Curry Club signature dish

The Curry Club was created at Castlecroft Residential Care Home in Birmingham to bring residents together over a shared love of food, while building independence and social connections. What began as a simple idea has since grown into a much-loved weekly event that celebrates both flavour and friendship.

For residents like Patrick, the club has become a meaningful part of life. Still active and independent, he enjoys visiting local shops to hand-pick the ingredients, taking pride in helping prepare each meal. **"It keeps me busy and makes me feel useful,"** Patrick says.

While the club occasionally branches out into other dishes like pancakes, stews, and chapatis, its heart will always belong to curry, a nod to Birmingham's rich culinary culture and the residents who continue to stir up memories, laughter, and delicious food together.



Ingredients

- ❖ 300g baby spinach
- ❖ 3tbsp oil
- ❖ 1lb of chicken breast cut into chunks
- ❖ 3tbsp tomato purée
- ❖ 1tsp salt
- ❖ 1/4tsp cumin seeds
- ❖ 1tsp ginger
- ❖ 1tsp coriander
- ❖ 1tsp fennel
- ❖ 1tsp cumin
- ❖ 1tsp chilli powder
- ❖ 1tsp garam masala

Method

1. Wash spinach leaves and leave to drain.
2. Chop the chicken into bite sized pieces and put in the slow cooker with oil to brown for 5-10 minutes.
3. Sprinkle all dry ingredients and the tomato purée into the slow cooker, stir slowly for a few minutes.
4. Put lid on and simmer for 4 hours on medium heat or until tender and taste.
5. When the curry is close to being done, add
6. in the spinach and continue to cook for 5-10 minutes.
7. Enjoy with large Naan bread or rice or chapati. You can also add a cucumber and onion salad on the side to taste.



Peter's Indian Omelette



Peter's recipe is a rich celebration of his Anglo-Indian heritage, blending the vibrant flavours of Indian cuisine with English influences. Born and raised in India as one of ten siblings, Peter grew up immersed in a unique cultural mix. His father, Gerald, was from Birmingham, and his mother, Marjorie, was Indian. As part of the small but close-knit Anglo-Indian community, food was a central part of family life.

At the age of 14, Peter learned to cook curry and rice dishes from his father - a tradition that became a precious part of their relationship. After relocating to Kent, Peter kept the spirit of those early meals alive, growing onions on his own allotment to use in their homemade curries.

Now living at Bartley Green Lodge Residential Care Home in Birmingham, Peter continues to share his love of cooking through the home's popular Curry Club.

“Joining in with curry club gives me a great sense of satisfaction,” he says. “It’s so nice knowing people can enjoy a good curry together.”

His dish is a heartwarming reflection of heritage, family, and the joy of coming together over food.

Ingredients

- ❖ 1tsp oil
- ❖ 1 egg per person – this recipe is with four eggs
- ❖ 1 onion chopped
- ❖ 2 garlic cloves chopped or 2 teaspoons of garlic paste
- ❖ Salt and pepper to taste
- ❖ Tomato - optional
- ❖ Mushroom - optional
- ❖ Spices – paprika, chopped chillies and turmeric to taste.



Method

1. Place oil in the frying pan and place on a low heat.
2. Chop the onion and garlic (if using cloves) and place in the frying pan on low.
3. Separate the white and the yolk from each egg and whisk, (Peter suggests whisking them separately – it adds air and ensures that once cooked the eggs are nice and fluffy).
4. Once whisked, you can add the onion mix and the egg whites and yokes together and add salt and pepper.
5. Pour the mixed egg mix in to the frying pan on low, frying the omelette (turning over) until light brown and cooked on each side.
6. Once cooked you can cut it into quarters and garnish with paprika, thinly chopped chillis and haldi (turmeric), along with any other spices to taste.
7. Enjoy with tinned or fresh tomatoes, thinly chopped mushrooms, or chips.



Betty's Traditional Pasty



This comforting pasty recipe has been passed down through three generations of Betty's family. Taught to her by her mother, Olive (pictured below), Betty learned the art of making these hearty, flavourful parcels with care and love. In turn, she passed the recipe on to her son, Allan, ensuring the tradition continues.

A proud mother of five, one daughter and four sons, Betty fondly remembers making these pasties during the summer holidays.

"I used to bake a big batch before we set off for a day at the beach,"** recalls Betty, who lives at Chyvarhas Residential and Nursing Home in Cornwall. **"They were easy to pack, filling, and always went down a treat after a swim or a run around on the sand."

Those sunny seaside days are some of Betty's most treasured memories, full of laughter, sandy toes, and the unmistakable comfort of homemade food. Her pasties weren't just a practical lunch, they were a little taste of home, wrapped up and shared with her growing family. Today, that same recipe lives on, still made with love and still bringing people together.

Ingredients

For the Pastry

- ❖ 1kg plain flour
- ❖ 500g lard

For the filling

- ❖ 6 all-round potatoes
- ❖ 1 swede
- ❖ 3-4 onions
- ❖ 6 teaspoons gravy powder (not granules)
- ❖ 1tbsp butter
- ❖ Salt and Pepper to taste
- ❖ 600g of beef skirting
- ❖ A little bit of plain flour to coat the meat before cooking
- ❖ One egg for coating

Method

Combine the flour and lard in a bowl and mix into a dough - knead the dough but don't overwork it

1. - there should be tiny lumps of lard to make the pastry flaky.

2. Slice the vegetables and beef very thinly and coat the meat in the flour.

3. Roll the pastry out and cut to size, then fill with some of the vegetables and 100g of meat per pasty. Add to each pasty one teaspoon of gravy powder and then close the pasties.

4. Beat the egg in a bowl and brush the pasties with the egg wash.

5. Put them in the oven for 20 minutes at 170 °C and then adjust the temperature to 150 °C and leave for a further 40 minutes in the oven.



Delita's Jamaican Goat Curry



Delita has been a resident at Riverlee Residential and Nursing Home in London since October 2024, where she enjoys socialising with her fellow residents and staff. Delita actively participates in all the activities offered both within the home and out in the community and her enthusiasm and cheerful presence make her a valued member of the Riverlee family.

One of Delita's greatest passions is cooking, a skill she learnt from her mother while growing up in Jamaica. One of her favourite dishes is her signature curry goat with rice and peas, a recipe she has lovingly prepared for family and friends over the years. This dish holds special meaning for Delita, as it connects her to her heritage and the joyful memories of sharing meals with loved ones.

Ingredients

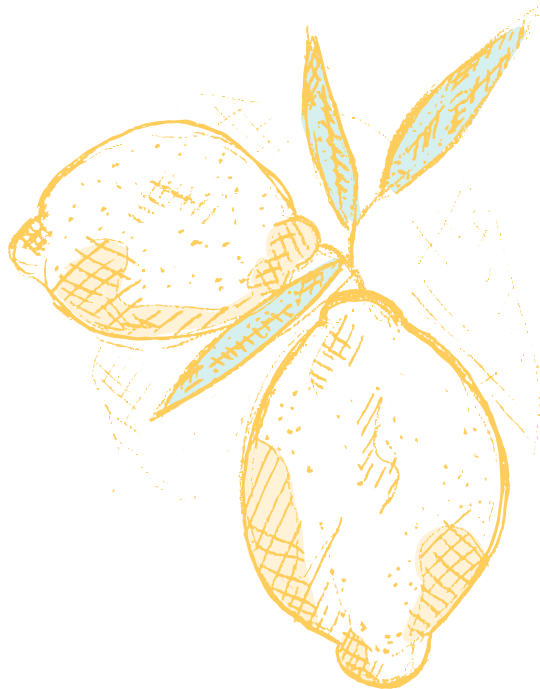
- ❖ 3lbs goat meat (*cut in chunks*)
- ❖ ½ cup cooking oil
- ❖ 2tsp minced garlic
- ❖ 1tsp minced ginger
- ❖ 1 medium onion sliced
- ❖ 4tbsp Curry powder
- ❖ 1tsp white pepper
- ❖ 1tsp fresh thyme
- ❖ 2 green onions sliced
- ❖ 2 medium potatoes
- ❖ 1tbsp tomato paste
- ❖ 1 scotch bonnet pepper (*adjust to suit taste buds or replace with any hot pepper*)
- ❖ 1tbsp bouillon powder (*optional*)

Method

1. Season goat with salt and pepper. Set aside.
In a large pot, heat oil over medium heat, until hot, and then add the goat meat stirring, frequently, any browned bits off the bottom of the pot, until goat is brown.
3. Add curry powder, stir for about 1-2 minutes.
Add the garlic, ginger, white pepper, onions, thyme, tomato paste, scallions (green onions) and scotch bonnet pepper stir for about a minute.
5. Then pour in just enough water to cover the goat and bring to a boil and let it simmer until tender (depending on the goat size and preference) about 2 hours or more, stirring the saucepan occasionally and adding more water as needed.
15-20 minutes before you remove from the stove add potatoes and bouillon powder.
6. Continue cooking until potatoes are tender, if you want really thick curry goat let the potatoes cook even more.
7. You may adjust thickness of soup with water or stock.



Doreen's Tangy Lemon Cake



Doreen lived at Wantage Residential and Nursing Home in Oxfordshire for two years and brought with her a love for baking and a particular fondness for tangy lemon cake. It was her absolute favourite, and she often asked the home's chef, Monica, to make it, using her very own recipe.

Monica was always happy to oblige, lovingly recreating the cake that brought Doreen so much joy. It became a small but meaningful tradition between them, one that filled the kitchen with the scent of lemons and the warmth of shared memories.

Doreen sadly passed away in March 2023, but her recipe lives on. This heartfelt recipe is a tribute to Doreen's sweet spirit and the happiness she found in the simple pleasure of a homemade slice.

Ingredients

- ❖ 400g granulated sugar
- ❖ 220g unsalted butter - soft
- ❖ 1 tsp grated lemon
- ❖ 2tbsp lemon juice
- ❖ 2tbsp vegetable oil
- ❖ 380g self-raising flour
- ❖ 1 tsp baking powder
- ❖ 240ml whole milk

Method

1. Beat together the sugar and butter.
2. Gradually add the vegetable oil, lemon juice and grated lemon.
3. Gradually add the flour and baking powder.
4. Very gently mix in the milk.
5. Put the mixture in a cake tin and bake in the oven at 160 °C for 40-45 minutes.



Margaret's tablet treat



Margaret lived at Allanbank Care Home in Dumfries until her passing in 2021. A passionate home cook, Margaret passed down her love of baking to her granddaughter Hazel, who works as the Support Services Manager in the home.

Margaret would often rise early to make her famous recipe, before the rest of the family woke, so she could work uninterrupted.

Her unique recipe remains a cherished family tradition. Today, it's still lovingly made by her great-grandchildren, preserving both the flavour and the memory of Margaret's quiet morning baking rituals.



Hazel fondly recalls, **"Granny loved to spend time with her grandchildren in the kitchen. She inspired me to manage a busy care home kitchen and my sister to become a chef."**

The recipe lives on in Allanbank's resident cookbook, created to celebrate and preserve family recipes passed down through generations, offering comfort,

Ingredients

- ❖ 2lbs granulated sugar
- ❖ Carnation evaporated milk - 410g tin
- ❖ 50g salted butter

Method

1. Use a large pot and wooden spoon, and a nonstick tray – or rub a tray with butter Melt butter in pot.
2. Add the sugar then the milk.
3. Stir until sugar dissolves.
4. Turn up heat to boil, then simmer, beat continuously until the mixture is thick and a darker colour.
5. Remove and pour into a tin/deep tray and refrigerate until hard.
6. Cut into squares and enjoy!

Hilda's Mum's Buns

Hilda fondly remembers baking her mum's fruit loaf recipe for her husband Bill and their son Cliffe when he was a young boy. The warm, sweet scent would fill every corner of their home.



"The whole house would smell like a bakery," Hilda recalls. "It made it feel so homely."

Ingredients

- ❖ 1 cup self-raising flour
- ❖ 1lb salted butter
- ❖ ½ pint of water
- ❖ Jam

Passed down through generations, Hilda's family recipe is the perfect treat for everyone, young and old!

Method

1. Sieve the flour into a bowl.
2. Add the butter and water.
3. Mix it into a dough.
4. Roll out using a rolling pin and cut into circles.
5. Put the jam in the middle.
6. Place in the oven to cook at about 180 °C for 10 -15 minutes.



Helga's Spaghetti Bolognese



Helga has been a resident at Peel Gardens Residential and Nursing Home in Lancashire for four years, and her spaghetti bolognese holds a special place in her and her family's hearts. It was the first 'foreign' dish she ever cooked, quickly becoming a firm favourite of her three sons, Adrian, Mark and Michael, as they were growing up.

Mealtimes were a family affair, with the boys helping their mum in the kitchen - though they often snuck juicy tomatoes from the chopping board when they thought she wasn't looking. **"I always caught them pinching them,"** Helga laughs.

Today, her sons still make her spaghetti bolognese, following the same trusted recipe that filled their childhood home with warmth, laughter, and the comforting aroma of a dish made with love.



Ingredients

- ❖ 1lb minced meat
- ❖ 3 garlic cloves
- ❖ 2 onions
- ❖ 6oz mushrooms
- ❖ 1lb tomatoes
- ❖ 2tbsp cornflour
- ❖ ½ pint hot water
- ❖ 500g dried spaghetti
- ❖ Pepper to taste

Method

1. Chop onion and gently fry in oil until soft.
2. Add the mince and fry until just brown.
3. Add chopped mushrooms and pepper and stir.
4. Add crushed garlic and chopped tomatoes.
5. Simmer until tomatoes are soft, stir as simmering.
Add cornflour by sprinkling over the mince mix then add hot water, stir then simmer to thicken slightly.
6. Place dried pasta into hot water and cook for approximately 10 minutes until soft then drain.
7. Add mince mixture to the pasta, stir in to mix together and serve.



Jennifer's Jamaican jerk Chicken

Jennifer has lived at Riverlee Residential and Nursing Home in London since September 2024.

One of Jennifer's greatest passions is cooking, a skill she learnt from her mother while growing up in Jamaica. One of her favourite dishes is her signature jerk chicken, rice and peas, a recipe she has lovingly prepared for family and friends over the years. This dish holds special meaning for Jennifer, as it connects her to her heritage and the joyful memories of sharing meals with loved ones.



Ingredients

- ❖ 2 whole Scotch bonnet peppers (seeds removed for less heat)
- ❖ 6 whole scallions (green onions, chopped)
- ❖ 4 whole garlic cloves
- ❖ 1 whole small onion (chopped)
- ❖ 2tbsp fresh thyme leaves (or 1 tablespoon of dried thyme)
- ❖ 1tbsp ground allspice (or 2 tablespoons of whole allspice berries, toasted and ground)
- ❖ 1tsp ground cinnamon
- ❖ 1tsp freshly grated nutmeg
- ❖ 1tbsp brown sugar
- ❖ 2tbsp soy sauce
- ❖ 2tbsp lime or lemon juice (or white vinegar for tang)
- ❖ 2tbsp vegetable or coconut oil
- ❖ 1tbsp grated ginger
- ❖ 1tsp black pepper
- ❖ 3-4lbs chicken (legs, thighs, or quarters with skin)
- ❖ 2-3 whole pimento/allspice wood sticks (for grilling, optional)

Method

1. Make the jerk marinade.

Combine all marinade ingredients (this includes all the listed ingredients except the oil, chicken and pimento sticks) in a blender or food processor. Blend until smooth, adding 1-2 tablespoons of water if needed. Taste and adjust salt and heat as desired.

3. Do not wash the chicken, as this can cause cross-contamination. Pat it with paper towels.

4. Score the chicken deeply with a knife to help the marinade penetrate.

5. Rub the jerk marinade generously over the chicken, including under the skin. Place it in a sealed container or zip lock bag.

6. Place in the fridge for at least 12-24 hours. Overnight is ideal for authentic, deep flavour.



Grill traditionally (preferred method)

Prepare the grill using charcoal or wood.

1. Pimento (allspice) wood is traditional - soak the wood chips in water and add them to the coals for a rich, smoky flavour.

Use indirect heat. Grill the chicken over medium-low heat (160°C - 170°C) to avoid burning. Place the chicken skin-side up, away from direct flames.

3. Mix 2 tablespoons of oil with 1-2 tablespoons of leftover marinade (boil the marinade first to kill any bacteria). Brush onto the chicken every 10-15 minutes.

4. Grill for 45 to 60 minutes, turning occasionally, until the internal temperature reaches 165°F

Oven Method (if grilling isn't possible)

1. Preheat the oven to 190°C.

2. Place the chicken on a rack set over a baking sheet to allow airflow.

Bake for 40-50 minutes, basting with oil every 10 minutes. Finish under the broiler for 2-3

3. minutes to crisp the skin. If you don't own a broiler, an air fryer is also perfect to crisp up the chicken skin for 3 minutes at 200°C.

June's Biscuits



June moved to Wantage Residential and Nursing Home in Oxfordshire in 2019, joining her late husband Jim, who was already a resident. One day, the couple came across a biscuit recipe in a newspaper and were curious to try it. They shared it with the home's chef, Monica, who happily baked a batch.

The biscuits were an instant hit, not just with Jim and June, but with the entire home. So much so, that Monica has continued to make them every single week, turning a simple newspaper find into a much-loved weekly tradition at Wantage.

June is the mother of Sanctuary Care's Head of Hospitality Services Mark Ord - a love of fabulous food is clearly a family tradition!



Ingredients

- ❖ 350g margarine
- ❖ 100g icing sugar
- ❖ 350g self-raising flour
- ❖ Cherries/chocolate toppings to suit

Method

1. Mix everything together and then place in the tray in the desired shapes.
 2. Add cherries on top or chocolate to each one according to taste.
 3. Bake in the oven for 13-15 minutes at 160°C.
-

Josie's Cabbage and Bacon



Josie was raised on a farm in Galway, where life was simple and self-sufficient.

She moved into Don Thomson House Residential Care Home in Harwich in September 2023, bringing with her a rich heritage of rural Irish cooking. Growing up, money was scarce, and her family lived off the land. Cabbage and bacon was considered a hearty and nourishing treat that brought comfort during hard times.

In Josie's childhood, this meal would be made in a large pan over an open turf-fuelled fire, as the family had no cooker. The turf was cut and collected from the family's own bog, and every vegetable on their plate was grown by hand on the farm. Josie fondly remembers the men in the family making rivets in the soil to sow cabbage seeds, and once the cabbage matured, it was harvested, washed, and cooked with care.

Tragically, Josie lost both parents at a young age. She and her six siblings had to work together to keep the farm going and support each other. Despite the challenges, these shared meals became a source of joy and resilience.

This humble recipe is a testament to the strength of Josie's family and the simple pleasures of good, homegrown food. Her daughter Bernadette fondly remarked, "Josephine has been very healthy and active all her life, we put this down to her diet of boiled cabbage and bacon!"



Ingredients

- ❖ 1 head of cabbage, chopped
- ❖ 1 bacon joint (size of bacon depends on number of people you are cooking for)
- ❖ 2 onions, halved
- ❖ 2 potatoes, skin left on
- ❖ Salt and pepper to taste

Method

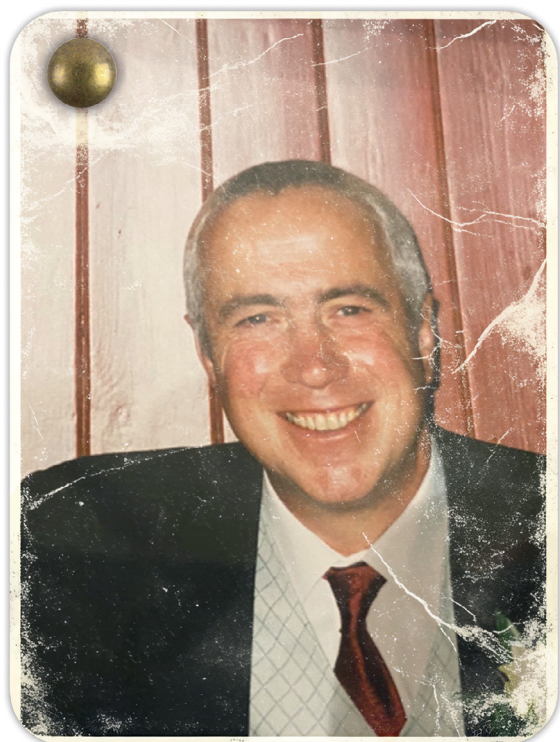
1. Boil the water in a big saucepan and add a small amount of salt.

2. Wash the cabbage well and slice. Add to the water along with onions.

3. The bacon is then added on top of the cabbage whole or chopped into large pieces until thoroughly cooked.

4. In a separate pot boil the potatoes. When cooked, scrape the flesh out of their skins and put in a dish to be served with the cabbage and bacon.

Malcolm's Classic Cornish Splits and Cornish Pasty



Malcolm Barnecutt grew up surrounded by the comforting aromas of freshly baked bread, pasties, and pastries. He began baking his family's recipes at just 10 years old, carrying on a tradition started by his grandfather Percy, who founded the first Barnecutt bakery in Liskeard in 1930. From those humble beginnings, the family business grew across Cornwall, with shops in places like Bugle, Padstow, Wadebridge, and Newquay.

Having taken over the family trade, Malcolm built on this proud legacy, with his famous Cornish pasties and sweet treats enjoyed across the county. His son James, along with James' children, now run the business, continuing the tradition into a fourth generation.

Now retired and living at St Breock Residential Care Home in Cornwall, Malcolm still finds joy in sharing his baking skills with others. At his care home, he regularly teaches residents and carers how to make a range of sweet and savoury delights - though his Cornish pasties, Belgian buns, and jam doughnuts are the biggest hits.

A pasty-crimping workshop, hosted by Malcolm and his son James, is soon on the calendar and eagerly awaited by fellow residents.

“ Home Manager Pauline Shilson reflects, **“It has been lovely to watch Malcolm embrace his baking talents again.”**

Malcolm's story is one of tradition, family, and the simple joy of sharing good food-baked from the heart.



Malcolm's Classic Cornish Splits



Prep Time: 20 minutes min
Cook Time: 20 minutes min
Resting Time: 1 hour 15 minutes
Yield: 8 buns

Ingredients

Buns

- ❖ 290g all-purpose flour, spooned and levelled
- ❖ 1/2tsp salt
- ❖ 4 and a 1/2tsp active dry or instant yeast
- ❖ 1tsp white granulated sugar
- ❖ 2tbsp of salted butter
- ❖ 300ml whole milk

For the filling

- ❖ Strawberry jam
- ❖ Whipped cream, whipped from heavy cream with a little sugar or canned real whipped cream

For the icing

- ❖ Icing/confectioners' sugar, for dusting

Method

For Active Dry Yeast: proof the yeast (dissolve in warm water with a pinch of sugar) in the milk once it has cooled to 40°C, as you can't add active dry yeast directly to the flour.

1. In a large bowl, stir together the flour, salt, yeast and sugar. Warm the butter and milk in a small saucepan until the butter has melted. Let the milk cool slightly, until it is just about lukewarm (about 40°C).

3. Pour the milk/butter mixture into the flour and knead to form a soft and just slightly sticky dough. You may need to add additional flour to reach this level.

4. Remove dough to a greased bowl and cover with plastic wrap to rise until doubled for about 1 hour.

5. Turn the dough onto a floured board and cut into 8 equal-sized pieces. Roll each one into a ball, placing them on a parchment lined baking sheet as you go.

6. Set the oven at 200 °C (not fan assisted – for fan assisted turn down by 6.5°C). Dust the buns lightly with flour and cover with a tea towel. Let rise for 10-15 minutes more.

7. Bake for 18-20 minutes until they are pale golden on top and sound slightly hollow when tapped on the bottom.

8. Remove the buns from the baking sheet to cool slightly. Enjoy warm (traditionally served warm) or fully cooled.

9. To serve make a cut in each bun from about 1/3 down, without cutting all the way through. Butter the bottom, then spoon a good dollop of jam inside. Spoon or pipe whipped cream on top. Dust with icing sugar to serve.

Malcolm's Cornish Pasty

Ingredients

For the pastry:

- ❖ 12oz (350 g) plain flour
- ❖ 6oz (175 g) margarine
- ❖ Beaten egg, to glaze
- ❖ Salt and freshly milled pepper

For the filling:

- ❖ 1¼lb (575 g) chuck steak
- ❖ 1 large onion, finely chopped
- ❖ 1 level tsp dried mixed herbs
- ❖ 1 medium to large potato
- ❖ 1 medium to large turnip
- ❖ Salt and freshly milled pepper

To glaze:

- ❖ Beaten egg

Method

Make the pastry first: sift the flour, salt and pepper into a large mixing bowl,

1. holding the sieve up as high as possible (gives the flour an airing).

2. Then cut the lard and margarine into small cubes and add to the flour.

Now, using your fingertips, lightly and gently rub the pieces of fat into the flour – lifting your hands up high as you do this –

3. (gives the mixture an airing) and being as quick as possible. When all the mixture looks crumbly, start to sprinkle roughly 2-3 tablespoons of cold water all over.

Use a round-bladed knife to start the mixing, cutting and bringing the mixture together.

Carefully add more water if needed, a little at a time, then finally bring the mixture together

4. (with your hands is best) to form a smooth ball of dough that will leave the bowl clean (if there are any bits that won't adhere to it, you need a spot more water).

Now rest the pastry, wrapped in foil or

5. polythene, in the refrigerator for 10-15 minutes before rolling out.

Meanwhile, slice the meat into very thin strips about 2 inches (5 cm) long (it's important to keep them very thin in order that they cook in the time given). Place the meat in a mixing

6. bowl, with the chopped onion and mixed herbs. Then peel the potato and turnip and slice these as thinly as possible too (the slicing edge of a four-sided grater does this thin slicing job in moments).

Roll out half the pastry, large enough to line the baking tin with about ½ inch (1 cm) overlapping.

7. Then layer the filling ingredients in it (in any order). Season well with salt and pepper and a sprinkling of herbs as you go, and finally sprinkle in 1 tablespoon of water.

Roll out the other half of the pastry, dampen the edge all round, then fit it over the top of the pie.

8. Then seal the edges, folding them inwards and pressing gently to make a rim just inside the edge of the tin.

Make a steam hole in the centre, brush the surface with beaten egg, and bake the pie

9. on a baking sheet, on a high shelf, for 15 minutes. Then turn the heat down to gas mark 4 (180°C), and continue to cook on the centre shelf for a further 1½ hours.

10. Delicious served hot or cold.

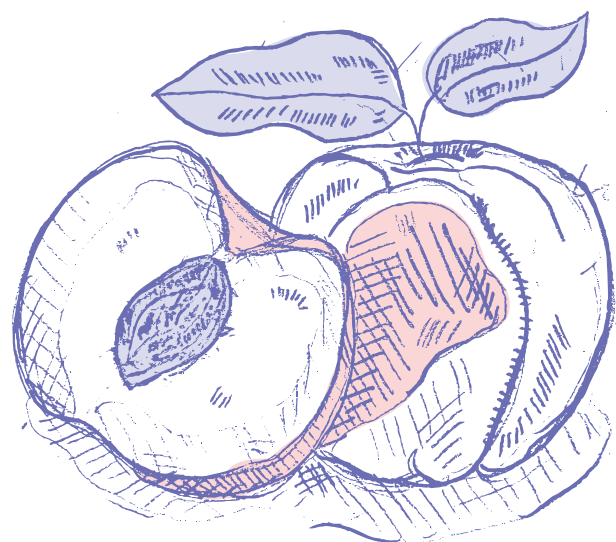


Rojane's Chicken and Peach Pie

Rojane, who lives at Abercorn House Care Home in Hamilton, Scotland, first created this beloved dish while working in a hospital kitchen, preparing meals for both patients and staff. Its comforting flavour and nourishing ingredients made it an instant favourite among everyone who tried it. After sharing the recipe with the head chef, it quickly earned a regular spot on the hospital menu.

But this dish holds special meaning for Rojane beyond her work, it's her son Douglas' all-time favourite. She lovingly prepared it for him every year on his birthday, and it was always the first meal she cooked when he returned home from working away.

For Rojane, the dish is a reminder of care, family, and togetherness, something that warmed hearts in the hospital, and continues to do so at home.



Ingredients

- ❖ 600g chicken breast (diced)
- ❖ 1 tin Campbell's condensed cream soup chicken
- ❖ 1 tin peaches
- ❖ 50g peas
- ❖ 1 packet crisps (salted)

Method

1. Put 1 tin of soup in a pan on a medium heat.
2. Put diced chicken breasts in until cooked.
3. Put peas and 1 tin of peaches in then cook for additional 5 mins.
4. Cooking time will be over 30 mins.
5. Finish the dish with crushed crisps on top.



Sister Trudy's South African Melktert dessert



Born in South Africa, Sister Trudy has called Wantage Residential and Nursing Home in Oxfordshire home for over 15 years. After moving to England in 1987, she settled in near a local convent, where she built lasting friendships — some of her fellow sisters still visit her regularly.

This beloved recipe holds special meaning for Sister Trudy, as she used to make with her grandmother back in South Africa. Full of flavour and memories, it became a favourite among her family and friends. Each time she prepares it, she's transported back to those joyful moments of cooking and sharing with loved ones.



Ingredients

- ❖ 1 cup granulated sugar.
- ❖ 3tbsp margarine - melted
- ❖ 3 egg yolks
- ❖ 1 cup plain flour
- ❖ 1tsp baking powder
- ❖ ¼tsp salt
- ❖ 4 cups whole milk
- ❖ 1tsp vanilla extract
- ❖ 3 egg whites
- ❖ 1tsp ground cinnamon

Method

1. Preheat the oven to 180 °C.
2. Mix together the sugar and butter in a large bowl until smooth.
3. Add the egg yolks and beat until light and fluffy.
4. Sift in the flour, baking powder and salt and stir until well-blended.
5. Mix in the milk and vanilla extract.
5. Whip the egg whites with an electric mixer until they have stiff peaks.
6. Fold into the mixture.
7. Pour the mixture into a pie dish and sprinkle the cinnamon on top.
8. Bake in the oven for 25 minutes, then reduce the temperature to 160°C and continue baking until the centre is firm when pie is gently jiggled (this should take approximately 25-30 minutes).



Lyn's cheese scones

Lyn has been with Nunthorpe Oaks Residential Care Home near Middlesbrough since June 2021. She fondly recalls the happiness she got from cooking with her mother throughout her childhood. Lyn's personal favourite dish is her cheese scones, that she still makes to this day, using her mother's recipe.



“Lyn proudly explains *“Over the years I have adapted my scones to give them more flavour. I have been told from many people how they love them. I would constantly bake them for my neighbours and for street parties!”*



Ingredients

- ❖ 225g/8oz self-raising flour
- ❖ Pinch of salt
- ❖ Pinch of curry powder
- ❖ 25g/1oz grated carrot
- ❖ 25g/1oz finely sliced spring onion
- ❖ 25g/1oz mature cheddar, grated
- ❖ 55g/2oz butter
- ❖ 150ml/5fl oz milk

Method

1. Pre heat the oven to 200 °C/200 Fan/ Gas 7.
2. Lightly grease a baking sheet.
3. Mix the flour, salt and curry powder and rub in the butter to make breadcrumbs.
4. Stir in the cheese, carrot, spring onion and milk to get a soft dough with your hands.
Take the dough out onto a floured work surface and knead very lightly. Roll out to around 2cm thick and use a 5cm round cutter to stamp out and place on the baking sheet.
5. Brush the tops with a little milk.
6. Bake for 12-15 minutes until well risen and golden.
7. Remove from oven and cool on a wire rack.



Eddie's Fakeaway Chicken



Eddie, who lives at the Winsor Nursing Home in Minehead, left school at the age of 14 and immediately began working in his best friend's pub, where he was introduced to the art of cooking and quickly learnt the trade. It was in this lively environment that he also met his wife Christina, who was working as a chef at the time.

Eddie enjoyed working across various pubs throughout Somerset, mastering a wide range of dishes that became local favourites. His repertoire included Exmoor pasties, crispy fried chicken with coleslaw, scampi, and classic steak and kidney pie served with "proper" thick-cut chips. Of all these, fried chicken and coleslaw held a special place as his personal favourite.

Not only was Eddie skilled at cooking everyday meals, but he also had extensive experience catering for large groups. He fondly recalls the challenge of preparing five-course meals for over 500 guests at once — a testament to his dedication and expertise in the kitchen.

Ingredients

- ❖ 2 cups of all-purpose flour
- ❖ 2tsp salt
- ❖ 1-½tsp dried thyme leaves
- ❖ 1-½tsp dried basil leaves
- ❖ 1tsp dried oregano leaves
- ❖ 1tbsp celery salt
- ❖ 1tbsp ground black pepper
- ❖ 1tbsp ground yellow mustard
- ❖ ¼ cup of paprika
- ❖ 2 tbsp garlic salt
- ❖ 1tbsp ground ginger
- ❖ 3tbsp ground white pepper
- ❖ 1 cup buttermilk
- ❖ 1 egg, beaten
- ❖ 1 chicken, cut up into eight pieces
- ❖ Oil for frying, like canola or peanut oil

Method

1. In a large bowl, mix the flour with herbs and spices. Set aside.
2. In another bowl, whisk together the buttermilk and egg. Add the chicken, toss to coat, and cover. Let it marinate for at least 30 minutes (refrigerate if longer or overnight).
3. Preheat oven to 80°C. Line a baking sheet with foil and place a wire rack on top.
4. Heat 3 inches of oil in a Dutch oven (or fill a fryer to the MAX line) to 175°C, then reduce heat to medium-low.
5. Remove chicken from marinade, let excess drip off, then coat in the flour mixture, pressing firmly. Shake off excess and carefully place in hot oil.
6. Fry 3–4 pieces at a time for about 12 minutes, turning halfway, until golden brown.
7. Transfer fried chicken to the prepared rack and keep warm in the oven. Repeat frying with remaining pieces, letting oil return to temp between batches.
8. Ensure all chicken reaches an internal temp of 75°C.

Betty's mince and tatties



Glaswegian Betty Gordon, aged 97 and the youngest of 14 siblings, continues to enjoy making her mother's mince and tatties recipe in the brand-new residents' kitchen at Westwood House Care Home in East Kilbride, Scotland. This activity not only brings her joy but also helps support her independence, reminding her of the many years spent cooking at home.

For Betty, preparing these traditional family favourites is a way to reconnect with one of her greatest passions — cooking for her loved ones.

“Activities coordinator Rahela shares, **“It's clear that Betty is very much in her comfort zone when she's cooking.”**”

Ingredients

- ❖ 2 tablespoon of oil
- ❖ 10g plain flour (approximately)
- ❖ 2 carrots
- ❖ 1 onion
- ❖ 2tbsp ketchup or tomato puree
- ❖ 500g beef mince
- ❖ 1 beef stock cube
- ❖ 800 ml water
- ❖ 2tsp Worcestershire sauce (optional)
- ❖ 40g Bisto gravy granules
- ❖ Salt and pepper to taste
- ❖ 500g potatoes for mashing (Maris Pipers)
- ❖ 20ml whole milk
- ❖ 2tsp butter



Method

- Heat the oil in a large pan, crumble in the mince and stir to coat in the oil. Cook for 15 mins, stirring occasionally until the mince is browned and the fat from the meat has been released.
1. Stir in the chopped onions and carrots and cook for 10 mins until they soften and start to turn brown
2. Sprinkle over the flour and cook for a further 2 mins.
3. Stir in the ketchup or tomato purée, if using, splash in the Worcestershire sauce and add the stock cube, then gradually stir in the stock.
4. Season with salt and pepper and leave to simmer gently for 45-50 mins until you have tender mince in a rich gravy.
5. While the mince is cooking make the tatties. Tip the chopped potatoes into a pan and cover in salted cold water, bring to the boil and simmer until tender. Drain well, then allow to steam-dry for a few mins.
6. Mash well with the milk and butter, then season with salt and pepper.
7. Serve the stewed mince spooned over the tatties and drizzle of Bisto gravy.
- 8.

Ann's Shepherd's Pie



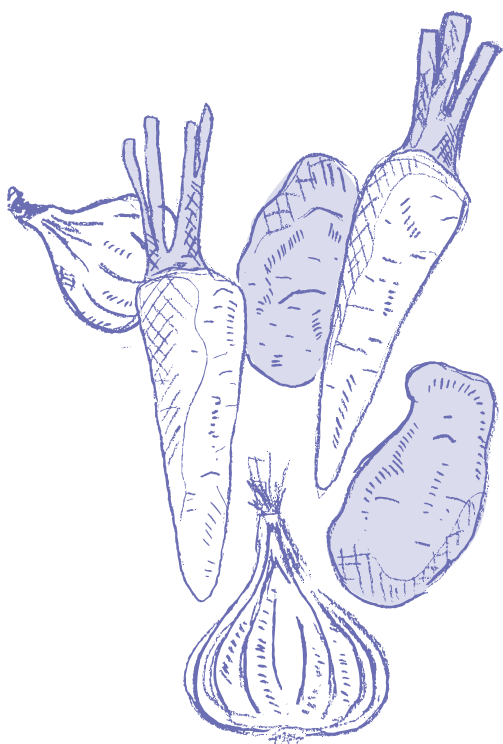
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Ann, who lives at Briarscroft Residential Care Home in Birmingham, said this was always her favourite recipe and she enjoyed cooking this for her family.

“I remember my mom cooking shepherd's pie on an old large gas stove. My mom taught me to cook this meal at the age of 12, I followed the exact recipe that my mom gave me. In my adult/married life, I cooked this for my husband Patrick and our three sons.”

Ingredients

- ❖ 1lb beef mince
- ❖ 2 large cooking onions
- ❖ 6 carrots
- ❖ 2lb potatoes
- ❖ 2 Oxo cubes
- ❖ 30g unsalted butter
- ❖ Salt and pepper
- ❖ 50g grated cheese



Method

1. Pre-heat oven, gas 200 °C/mark 6.
Peel all vegetables and put them in a pan with
2. boiling water. Put them on the hob to cook until soft.
3. Peel potatoes and boil in a separate pan.
4. Add beef mince and onions together in a separate large pan (with a little oil) and brown.
5. Once the vegetables are cooked, drain the water.
Once potatoes are soft, drain the water
6. carefully, add salt and pepper then mash with the butter until soft. Put to one side.
7. Add water in a small dish, crumble in 2 Oxo cubes and mix to a paste.
8. Add the Oxo to the beef mince and onions and cook on a low heat.
9. Add the cooked veg and give a gentle stir.
10. Tip all the beef mince and veg into a long Pyrex oven dish and pat down.
11. Scoop on the mashed potato, making patterns with the back of the fork.
12. Sprinkle over grated cheese.
13. Put in oven and cook until golden brown on top for approximately 25 mins.



Alma's Vegetable Pie

Alma, who lives at Birchwood Residential Care Home in Ilford, made this dish with love for her vegetarian husband Lennard.



Ingredients

- ❖ 2 large carrots
- ❖ 1 large potato
- ❖ 6oz or 2 cups of self-raising flour
- ❖ 1 teaspoon of salt
- ❖ ¼ cup kosher butter
- ❖ 1 egg yolk
- ❖ ¼ cup skimmed milk

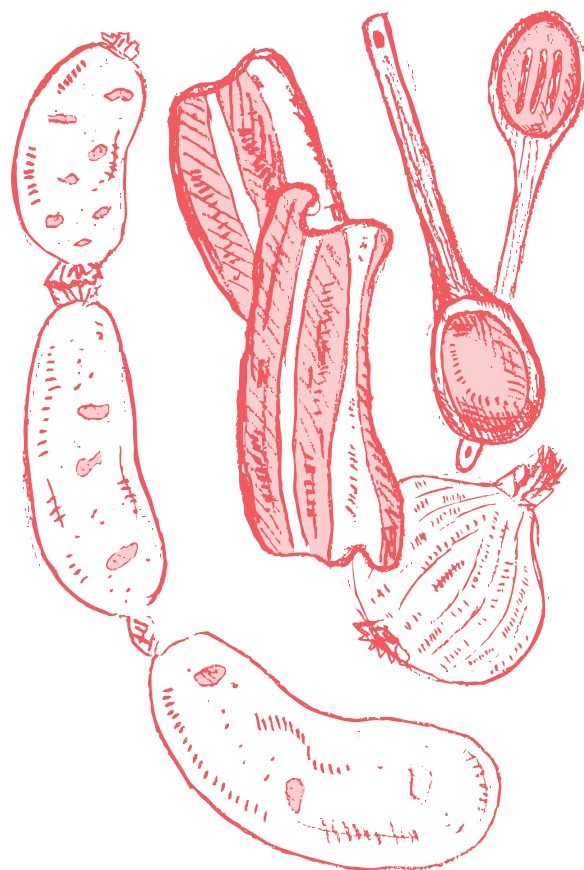
Method

1. Peel and dice the vegetables and put in hot water - boil for 20 minutes.
2. Prepare the dough – add the flour, margarine, milk, salt, egg yolk and knead into a dough, leave for 10 minutes then roll out using a rolling pin.
3. Assemble the pie - cut the dough to size of the pie dish, one layer for the bottom and one for the top.
4. Apply some margarine in the dish then place dough in the bottom of the dish.
5. Fill with the vegetables and cover with another thin layer of dough.
6. Make sure the ends of the dough are sealed and brushed with egg yolk.
7. Put in oven and cook for 20 minutes at 180°C



Regina's Polish Gulasz Delight

A beloved dish from her childhood, which Regina learnt from her mother Maria during her childhood growing up in Poznan, Poland. Regina, who lives at Birchwood Residential Care Home in Ilford, came to the UK in 1967 and enjoys the dish because it reminds her of her culture, making her feel she's home from home.



Ingredients

- ❖ 10 sausages
- ❖ 5 onions
- ❖ 2tbsp pork fat
- ❖ 4 celery sticks
- ❖ 4 carrots - diced
- ❖ 1L water
- ❖ 2 strips of bacon (Boczek)
- ❖ 2tbsp tomato paste
- ❖ 1 stock cube

Method

1. Sauté the sliced onion, carrots and celery and brown for 5 minutes.
2. Add Polish bacon and brown for a further 10 minutes.
3. Add the sausages, water and stock cube, mix well and cook on a medium heat for an hour.
4. Use the sauce created by the ingredients cooking together as a gravy and serve drizzled over pasta noodles.



Anne's Roasted Veggie Lasagne and Snowball Pudding



Anne's Snowball Pudding

Ingredients

- ❖ 1 tin of mandarin oranges
- ❖ 2oz sultanas
- ❖ 2oz raisins
- ❖ 3oz glace cherries
- ❖ 4oz butter
- ❖ 4oz icing sugar
- ❖ 2oz ground almonds
- ❖ 8 trifle sponge cakes
- ❖ 5fl oz double cream

Anne was born in Yorkshire, where her love for food, learning, and creativity first began to take shape. She enjoyed a long and fulfilling career as a secondary school food technology teacher, where she inspired generations of students with practical life skills, a love of good food, and the confidence to cook for themselves.

Anne eventually settled in Pershore, where she continued to share her passion with the community. She retired in 1990, and quickly filled her time with a wide range of hobbies.

One of Anne's proudest moments in life was becoming a teacher. She found deep fulfilment in guiding and supporting young people, and she continues to carry that sense of pride and purpose with her today.

Anne became a resident at Heathlands Residential Care Home in Pershore in September 2024, bringing with her a wealth of knowledge, creativity, and warmth. Among the cherished recipes she submitted to us, her snowball pudding holds a special place in her heart. It became a treasured Christmas tradition in her household, lovingly made each year as a festive alternative for her daughter, who didn't enjoy traditional Christmas pudding.

Method

1. Lightly butter a 1-pint pudding basin.
2. Drain the mandarin oranges, reserving the syrup.
3. Place the sultanas and raisins into a bowl, add 2 tablespoons syrup.
4. Break up the sponge cakes and soak with the remaining syrup.
5. Cut cherries into quarters and chop the mandarins.
6. Cream the butter and icing sugar until light and fluffy.
7. Fold in the mandarins, cherries, sultanas, raisins and syrupy sponges.
8. Place into the basin and press down firmly. Level the top and cover with foil.
9. Chill in the freezer or keep in the fridge for up to 3 days.
10. To serve, whip the cream, invert the pudding onto a plate and cover with the whipped cream.



Roasted Veggie Lasagne



Ingredients

- ❖ 45ml olive oil
- ❖ 2 courgettes, chopped into 1cm chunks
- ❖ 1 aubergine, chopped into 1cm chunks
- ❖ 1 red pepper, chopped into 1cm chunks
- ❖ 1 medium red onion, diced
- ❖ 2 garlic cloves, crushed
- ❖ 150ml red wine
- ❖ 2 cans of chopped tomatoes
- ❖ 250g creamy cottage cheese
- ❖ 45g parmesan cheese, grated
- ❖ 1 egg, beaten
- ❖ 150g mozzarella, grated
- ❖ 9 lasagne sheets
- ❖ 1 large handful basil leaves, coarsely chopped

Method

1. Preheat the oven to 200 °C. Heat olive oil in a deep sauté pan and gently cook the onions until soft.
2. Toss the courgettes, red pepper and aubergine in 30ml of olive oil, sprinkle with salt and pepper and place on a roasting tray.
3. Roast for 30 minutes or until lightly caramelised. Toss once or twice during cooking to get an even colour. Reduce the oven to 180 °C.
4. Once the onions are soft, add the garlic and cook for a few more minutes then add the red wine. Reduce until one third of the liquid remains.
5. Add the tomatoes. Simmer for about 20 minutes. Add the roasted vegetables and stir through the basil.
6. Mix the cottage cheese with half of the mozzarella, 15g of Parmesan and the beaten egg. Set aside.
7. To assemble, spoon a thin layer of sauce on the bottom of the baking dish and top with sheets of lasagne.
8. Spoon another layer of sauce, then cover with more sheets of lasagne. Spread the cottage cheese mixture then top with the final lasagne sheets.
9. Finish with the remaining sauce and sprinkle the rest of the Parmesan on top, and enjoy.

Diana's Timeless Pastry



Diana was born and raised in the charming town of Pershore, Worcestershire. Deeply rooted in the local community, Diana left school at the age of 15 to begin work at the local bakery in Pershore.

This marked the start of a lifelong career she loved and took great pride in.

Diana spent most of her working life as a baker and café assistant, becoming a familiar and friendly face to many in the town. She was especially well-known for her delicious pastries and famous sausage rolls, which she prepared with care and consistency. Alongside her daily baking, she was often involved in catering for weddings and special events, something she approached with both skill and heart.

Baking wasn't just Diana's profession it was her passion. She found great joy in preparing food for others, particularly during the festive season.

Every Christmas, she would lovingly make mince pies for her family and friends, using her trusted shortcrust pastry recipe. This recipe, which she has kindly shared with us, was a staple of her holiday traditions and speaks to the warmth and generosity she's known for.



Ingredients

- ❖ 1lb plain flour
- ❖ 6oz lard
- ❖ 2oz margarine
- ❖ 2fl oz cold water mixed with 2 teaspoons of sugar

Method

1. Rub fats into flour until it resembles fine breadcrumbs
2. Add water and form a dough.
3. This was used for all sorts of dishes but mostly mince pies at Christmas!

Dorothy's Gran's Mince Pot

Dorothy, who lives at Cedar Court Residential and Nursing Home in Seaham loved making this dish for her late husband Stanley and her family. Everyone, especially her grandchildren, loves this quintessential family meal. Dorothy fondly recalls preparing the dish for her daughter Anne and son-in-law Gordon when they returned from the hospital with their newborn Sophie.



Ingredients

- ❖ 1lb of good quality mince
- ❖ One small red onion
- ❖ 100g Red Leicester Cheese (Stanley's favourite)
- ❖ One medium potato
- ❖ A heaped tablespoon of chopped tomatoes

Method

1. Layer the mince in tin foil in an ovenproof dish.
Chop a small red onion very thinly (as that's what her and her late husband liked) and sprinkle on top of mince.
2. Grate the cheese onto the top of the mince and onion.
3. Add a heaped tablespoon full of chopped tomatoes.
4. Chop one medium potato into very thin slices and place on top of the food.
5. Wrap the dish loosely with tinfoil and place into the oven for an hour on a 200 °C / gas mark 6 (check regularly).
- 6.

Jennie's Homemade Jams and Marmalades

Ingredients

- ❖ 6 cups of berries of your choice - such as strawberries, raspberries, blackberries or blueberries (roughly slice the strawberries to help them break down)
- ❖ 2 cups caster sugar
- ❖ 2 tablespoons of bottled lemon juice
- ❖ Approx. 50ml water



Jennie, who lives at The Winsor Nursing Home in Minehead, grew up in Wellington with her mum Margery and her nan Lilian, who taught her the art of making homemade jams and marmalades. Living just a few doors away, Jennie visited her nan every day throughout her childhood.

Her nan would prepare all the ingredients in advance, and as Jennie grew older, she gradually took on the task of making the recipes entirely by herself.

Jennie fondly remembers learning a great deal from her school cookery classes, which she thoroughly enjoyed.

She also treasures the times spent making pastries and her nan's delicious quiche Lorraine together — skills and memories that have stayed with her ever since.

Method

In a large saucepan, add the berries, sugar and lemon juice, and a small splash of water (in case

1. fruit appears to start burning). Gently stir the berry mixture and bring to a boil over medium-high heat.

Reduce to a soft boil on medium heat and cook,

2. uncovered, stirring frequently, for about 20 minutes or until the jam has thickened.

3. To test the thickness of the jam, at the start of the cooking time, place a few spoons in the freezer for 10 minutes.

4. Take out one spoon and add a dollop of jam to the back. If it mostly sets, you're ready to go.

5. If it's too runny, cook and test in 5 minute increments until the jam sets on the spoon

6. Spread on toast or sandwiches once cooled, or transfer jam to a glass jar with a fitted lid and store in the refrigerator.



Preserving the jam

Sterilize 4 half-pint jars and their lids. Ladle hot jam into the jars leaving about 1/4 inch between the rim and lid. Remove any air bubbles and wipe the rims clean. Seal tightly with the lids.

1. Process the jars in a boiling-water bath for 10 minutes. The sealed jars can be stored in a cool, dark place for up to 1 year.
3. If a jar fails to seal, store the jam in the refrigerator for up to 1 month.
4. Makes 32 ounces of jam to fit 4 half-pint jars (8-ounce jar).



Anne's Coffee Kisses

Anne's recipe for coffee kisses was handed down from her mother. A family member of one of her fellow residents at Forest Dene Residential Care Home in London made them for Anne and she said it was like going back in time, tasting just how her mother made them.



Ingredients

- ❖ 6oz Be-Ro self-raising flour
- ❖ 3oz castor sugar
- ❖ 3oz margarine
- ❖ 1 egg, beaten
- ❖ 10ml spoon of instant coffee, dissolved in 15ml hot water

Method

1. Mix flour and sugar, rub in margarine.
2. Stir in the egg and coffee paste, mix well.
3. Divide into balls the size of a cherry.
4. Place on greased baking trays and bake in the moderate oven 180°C / gas mark 4 for 15 mins.
5. When cold, sandwich in pairs with coffee butter icing.
6. Spread on toast or sandwiches once cooled, or transfer jam to a glass jar with a fitted lid and store in the refrigerator.

Sheila's Lemon Meringue



Sheila, who lives at Forest Dene Residential Care Home in London, took it upon herself to learn how to bake, lemon meringue pie which she absolutely loved doing. Lemon meringue was always her winner. She would always bake for the village fayres and loved teaching others how to bake. Sheila passed the recipe onto her daughter Karon, who is a keen baker who always bakes cakes for Sheila and her fellow residents.



Ingredients

Lemon Filling

- ❖ 1 cup white caster sugar
- ❖ 2tbsp all-purpose flour
- ❖ 3tbsp cornstarch
- ❖ ¼tsp salt
- ❖ 1 ½ cup water (can we keep this highlighted as need to check?)
- ❖ 2 medium lemons, juice and zested
- ❖ 2tbsp unsalted butter
- ❖ 4 egg yolks, beaten
- ❖ 1 (9inch) prepared pie crust, baked

Meringue

- ❖ 4 eggs whites
- ❖ ½ cup white sugar

Method

1. Preheat oven to 65°C.

To make the lemon filling whisk 1 cup of sugar with the flour, cornstarch and salt in a medium saucepan.

2. Stir in the water, lemon juice and lemon zest. Cook over a medium-high heat, stirring frequently until the mixture comes to a boil and then stir in the butter.

3. Place egg yolks in a bowl and gradually whisk in ½ cup of the hot sugar mixture.

Whisk egg yolk mixture back into remaining sugar mixture, bring to a boil and continue to cook while stirring constantly until thick. Remove from the heat and pour filling into a baked pastry crust.

4. To make the meringue topping, beat the egg whites in a glass bowl with an electric mixer until foamy. Gradually add the sugar, continuing to beat until stiff peaks form.

5. Working quickly spread meringue over pie filling sealing the edges at the crust. Use the back of the spoon to create peaks on the top of meringue.

6. Bake pie in the preheated oven until meringue is golden brown for about 20 to 25 mins.

Meg's Fruit Loaf - 'Bara Brith'

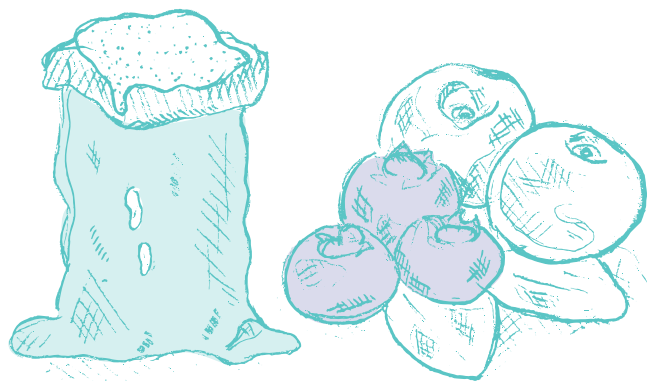


Barbara, who lives at High Peak Residential and Nursing Home in Warrington, used to cater for events at her local church, where she met lifelong friend Meg, who often offered to help her. They created a recipe for Bara Brith, adding orange juice for a twist, and called it Meg's loaf. Meg still visits Barbara at the home every week. Barbara took great pride in the buffets and received many compliments from the parishioners.

Barbara worked in the local bank as a cashier, where she met bank manager Derek, her husband for 67 years. When a new branch opened there was often a small gathering of staff and a buffet was served. Barbara commented once that it was very pricey, so offered to cater and she would always bake Meg's loaf, a traditional Welsh recipe, for the occasion.

Then at a coffee and cake morning at church someone asked if anyone could offer a different type of cake, so Barbara and Meg once again set to work to bake Meg's loaf. They threw in the ingredients and the results were amazing, and Meg's loaf became a favourite.

Barbara often spends time with the staff at High Peak making Meg's loaf for her fellow residents, and it always sells out first at seasonal events held at the home.



Ingredients

- ❖ 8oz soft brown sugar
- ❖ 8oz mixed dried fruit
- ❖ 8fl oz cold tea
- ❖ 10oz self-raising flour
- ❖ 1tbsp pure orange juice

Method

1. Soak the fruit overnight in the tea.
2. In a bowl mix together the sugar and flour.
3. Slowly add the tea and fruit.
4. Add the orange juice to make a firm consistency.
5. Place in a greaseproof loaf tin or one lined with greaseproof paper.
6. Cook in the oven at 160°C for 45 minutes.



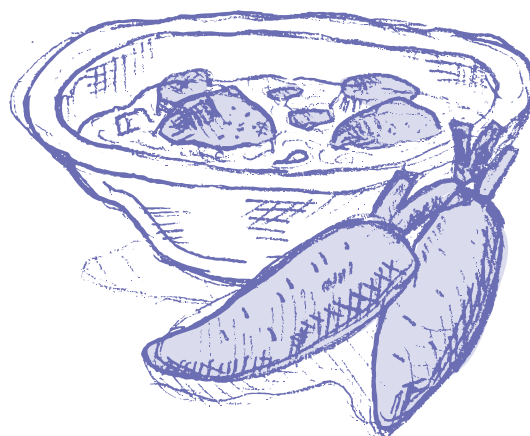
Dippy's Stew and Dumplings

Doreen - or Dippy as she prefers to be called, has always loved stew and dumplings, a hearty dish that's been a comforting favourite since childhood. Dippy fondly remembers dipping dry bread into the rich, savoury gravy, soaking up every last drop. That memory stayed with her, and as she grew up and had a family of her own, she naturally carried the tradition forward.



“As a child, my mom used to make stew and dumplings all the time. I used to love this meal so much and I still do to this day!” she says.

“I continued to make stew and dumplings for my growing family. It was always a winner in our house,” she says. For Dippy, who lives at Briarscroft Residential Care Home in Birmingham, this dish is a fond reminder of home and comfort.



Ingredients

- ❖ 1lb chopped stewing beef
- ❖ 2 chopped onions
- ❖ 2 carrots
- ❖ 2 parsnips
- ❖ 2 stock cubes
- ❖ 2tbsp Bisto gravy browning
- ❖ Salt and pepper
- ❖ Serve with cauliflower

Meringue

- ❖ 50g suet from butchers (enough for 4 servings)
- ❖ 100g self-raising flour (enough for 4 servings)

Method

1. In a large pot or slow cooker, add 1lb stewing beef, chopped onions, carrots, parsnips, 2 Oxo cubes dissolved in water and salt and pepper, and then cook on a low heat for around 6 hours.
2. Once stew is cooked, add Bisto gravy browning for colour.
3. Mix suet and flour and make ball-shaped dumplings, place on top of the stew and leave for 20 minutes until firm.



Valerie's Lemon Cake

When Valerie, who lives at The Manse Residential Care Home in London, was seven years old, she was invited to a birthday party. On the table was a beautiful cake with the words 'Eat Me' written in icing sugar, just like in the story Alice in Wonderland.

“She remembered feeling a little nervous and wondered *“If I eat a piece, will I grow big?”*”

She sat with the other children, sipping lemonade and eating sandwiches, chatting and laughing, but strangely, no one touched the cake.

After about an hour, she left the table to play games, and then it was time to go home. She often looked back and wondered what really happened to that cake. Now, whenever she bakes lemon cake, she always thinks back to that day. It's a memory that makes her smile, a little slice of magic from her childhood.



Ingredients

- ❖ 200g butter, softened
- ❖ 200g caster sugar
- ❖ 250g self-raising flour
- ❖ 3 medium eggs
- ❖ 2tbsp milk
- ❖ Finely zested rind of 2 lemons

For the frosting

- ❖ 3 level tbsp lemon juice
- ❖ 125g unsalted butter, softened
- ❖ 250g icing sugar
- ❖ Pinch of salt

Method

1. Set the oven to 180 °C / gas Mark 4. Butter and line the base of two 18cm sandwich tins.
Put 200g butter in a large mixing bowl and beat with an electric whisk for a few minutes to make sure it is nice and soft and pale in colour.
2. Add the sugar, flour, eggs, milk, and lemon zest and beat until smooth. Divide the mixture between sandwich tins, smooth the top, and then put in the oven to bake for 30-35 minutes.
When cakes are cooked, remove them from the oven and transfer to a wire rack to cool completely.
3. Finally, make the frosting by beating together 125g butter with 250g icing sugar. Beat until very soft, then add the lemon juice and a pinch of salt. Mix together until fluffy and fully incorporated. Spread over the top and sides of the cake.
- 4.
- 5.



Terence's Welsh Cakes



The history of a place can be told in many ways, but for Terence, who lives at The Manse Residential Care Home in London, it has always been through food. Growing up in the Rhondda Valley in South Wales, cockles and mussels from the Gower Peninsula were a firm favourite. Every Friday, the family meal would be either fish and chips or cockles and mussels.

But the real star of the family table was always Welsh cakes. These small, round, sugar-dusted treats were made by Terence's grandmother every Friday and brought out during Sunday teatime – a much-anticipated delight.

Other traditional dishes like red pickled cabbage served with cold meats were also regulars, but nothing quite matched the comfort of those Welsh Cakes.

There was a deeper story behind them too. Terence's grandmother, Mary-Jane, had lost her first husband, Sargeant William Davies, at Gallipoli during the First World War. Terence remembers sitting at the head of the Sunday tea table was her second husband, Sam. The Welsh cakes served as a bittersweet reminder of his Grandmother's loss – a favourite of her late husband.

Ingredients

- ❖ 225g self-raising flour
- ❖ Pinch of salt
- ❖ 100g unsalted butter
- ❖ 50g sugar
- ❖ 50g currants or raisins
- ❖ 1 egg
- ❖ 2tbsp milk

Method

1. Mix flour and salt, rub in butter, stir in sugar and currants or raisins.
2. Mix to a fairly firm dough with the egg and milk.
3. Roll out to about 5mm in thickness and cut into rounds.
4. Grease a frying pan over a medium heat.
Place cakes on the pan and cover with a lid.
5. Cook until golden brown and flip and cook the other side until brown.

6. When the cakes are golden and firm, they are done. Brush both sides of the cakes with some melted butter and dip all sides into a plate of sugar to coat.



Martin's Spicy Chicken Curry



Martin has always had a passion for curry—especially the hot and spicy kind! His love for bold flavours has always set him apart, as this type of dish isn't typically featured on the standard menu for residents. However, Martin's enthusiasm for cooking and enjoying his favourite meals has never faded.

In the past, Martin would have prepared his curry himself in the main kitchen. To ensure he can still enjoy this cherished part of his routine, Park View Residential Care Home's care team now support him with his cooking, helping him to use a slow cooker to help him prepare his favourite curry. This not only enables Martin to continue enjoying the food he loves but also helps maintain his sense of independence and personal identity.



Ingredients

- ❖ 640 g chicken thigh fillets
- ❖ 2tbsp olive oil
- ❖ 2 onions, cut into chunks
- ❖ 2 red peppers, seeded and cut into chunks
- ❖ 2 cloves garlic, chopped
- ❖ 1tbsp garam masala
- ❖ 2tsp ground cumin
- ❖ 1tsp ground coriander
- ❖ 1tsp ground turmeric
- ❖ 1tsp dried chilli flakes
- ❖ 1 cm piece fresh ginger, grated OR 1 teaspoon ginger purée OR 1 red chilli, chopped OR 1–2 teaspoons chilli purée
- ❖ 150 ml water
- ❖ 1 chicken stock cube
- ❖ 400 g can chopped tomatoes
- ❖ 1tbsp tomato purée
- ❖ 1tsp sugar
- ❖ Handful of fresh coriander chopped salt and pepper to taste

Method

1. Skin the chicken if required and cut into bite sized pieces.
Heat the oil in a saucepan and gently fry the onions for 2–3 minutes until beginning to soften.
2. Add the peppers and cook for another 2–3 minutes then stir in the chopped garlic.
Stir in the garam masala, cumin, ground coriander, turmeric, dried chilli, ginger or fresh chilli paste and stir well.
3. Add the chicken pieces and stir to coat in the spice mixture and continue cooking the chicken until it has changed colour, stirring frequently.
Stir in water and add the stock cube. Then stir in chopped tomatoes, tomato purée and sugar.
4. Bring to boil, stirring constantly then reduce heat and simmer gently for about 30 minutes.
5. Season to taste with salt and pepper, stir in chopped coriander and serve.



Three friends' pasty

This is a collaborative recipe provided by Betty, Phyllis and Ruth – three ladies at Cedar Grange Residential and Nursing Home in Luanceston, Cornwall. All three women fondly remembered their grans and mums making this traditional dish. Together, the ladies and Cedar's activities co-ordinator Claire Julian talked through the steps involved to create this childhood staple in all their homes.



Ingredients

- ❖ 12oz self-raising flour
- ❖ 4oz margarine
- ❖ Splash of water
- ❖ 6 potatoes cut into chunks
- ❖ 1 onion cut into chunks
- ❖ 1 turnip cut into chunks
- ❖ 9oz chuck meat (beef) cut into chunks
- ❖ Salt and pepper to taste
- ❖ 1 egg to glaze

Method

1. Add flour, margarine and a pinch of salt into a bowl.
2. Rub together to form small breadcrumbs.
3. Add some cold water to make a pastry dough.
4. Roll pastry and measure with a saucer.
5. Cut around edges of the saucer to make circles.
6. Add potato, turnip, turnip, onion and meat as a pasty filling filling in the middle of each circle.
7. Add salt & pepper and fold pastry in half and crimp edges together in traditional way.
8. Place pasties on baking tray lined with greaseproof paper & brush egg on top of pasties.
9. Bake in oven at 175°C for 30 mins.



Mary's Onion Pudding



Mary remembers how her mother didn't allow for any of the Onion Pudding mixture to go to waste, so it was rolled out and made into scones for their father to bring to work. Mary recalls how these make shift, 'leftover onion pudding scones' were cut into small round shapes using a small cup. Mary remembers being asked once to help her mother with making her father's scones, and accidentally put the scones on the wrong tray which had holes in – making for a funny story and no scones!



Ingredients

- ❖ 1 cup flour
- ❖ 2 table spoons salted butter
- ❖ 2 tablespoon baking powder
- ❖ ¼ teaspoon salt
- ❖ 1 onion, medium grated

Method

1. Mix together with your hand butter and flour, baking powder and salt.
2. Then grate onion into mixture and fold in milk to make a soft dough.
3. Grease a pudding bowl, earthenware bowl, put all dough into it and cover with parchment paper or foil.
4. Or use pudding bag and place on a grate/foil/ bowl in your boiler to steam in water.
5. In a boiler add hot water to cover bottom and place a grate or foil pan in bottom then had your pudding.
6. Cover boiler with pudding inside and boil for 45 minutes to hour, check centre before removing from boiler
5. When steamed remove from boiler and put on to a plate, usually served alongside roast dinner.

Wartime Leek Pudding

Mary has fond memories of her sister trying to recreate this recipe using instructions off their mother. However during the process, the leeks all floated to the top of the water, causing Mary and her sister to laugh, and subsequently not be asked by their mother to help prepare it again!

It is not surprising that this dish was also popular during the Second World War. During the time of rationing filling meals would make limited food stretch further. Most people grew their own fruit and vegetables to help supplement their rations.



Ingredients

- ❖ 1 quarter pint (140ml) pudding basin (Mary used a Mason Cash pudding basin)
- ❖ A large pot of simmering water for steaming, and a lid. Place a heat proof saucer upside down in the bottom of the pot (the pudding basin will sit on the saucer).

Pastry Crust (Potato Suet Crust)

- ❖ 8oz self-raising flour
- ❖ 2oz suet (Mary used 'vegetable Light' suet)
- ❖ 2oz raw potato, grated
- ❖ Cold water for mixing

Filling

- ❖ 2 large leeks - remove most of the dark green "tops", trim the ends, cut lengths wise, rinse thoroughly, and cut into 1" chunks; salt and pepper to taste

Method

1. Weigh the flour, suet, add the raw grated potato and put into a large mixing bowl; add enough cold water to make a stiff pastry dough; form into a ball
2. Take 2/3 of the pastry and roll out large enough to line the pudding basin - leave the rest for a lid
3. Fill the basin with cut leeks, seasoning each layer - roll out the remaining pastry to make a lid, damp the edges and seal the top to the crust in the basin.
4. Cover with greaseproof paper (parchment or waxed paper rubbed with margarine or butter), use cotton string to tie it to the basin, and steam for 2 hours.

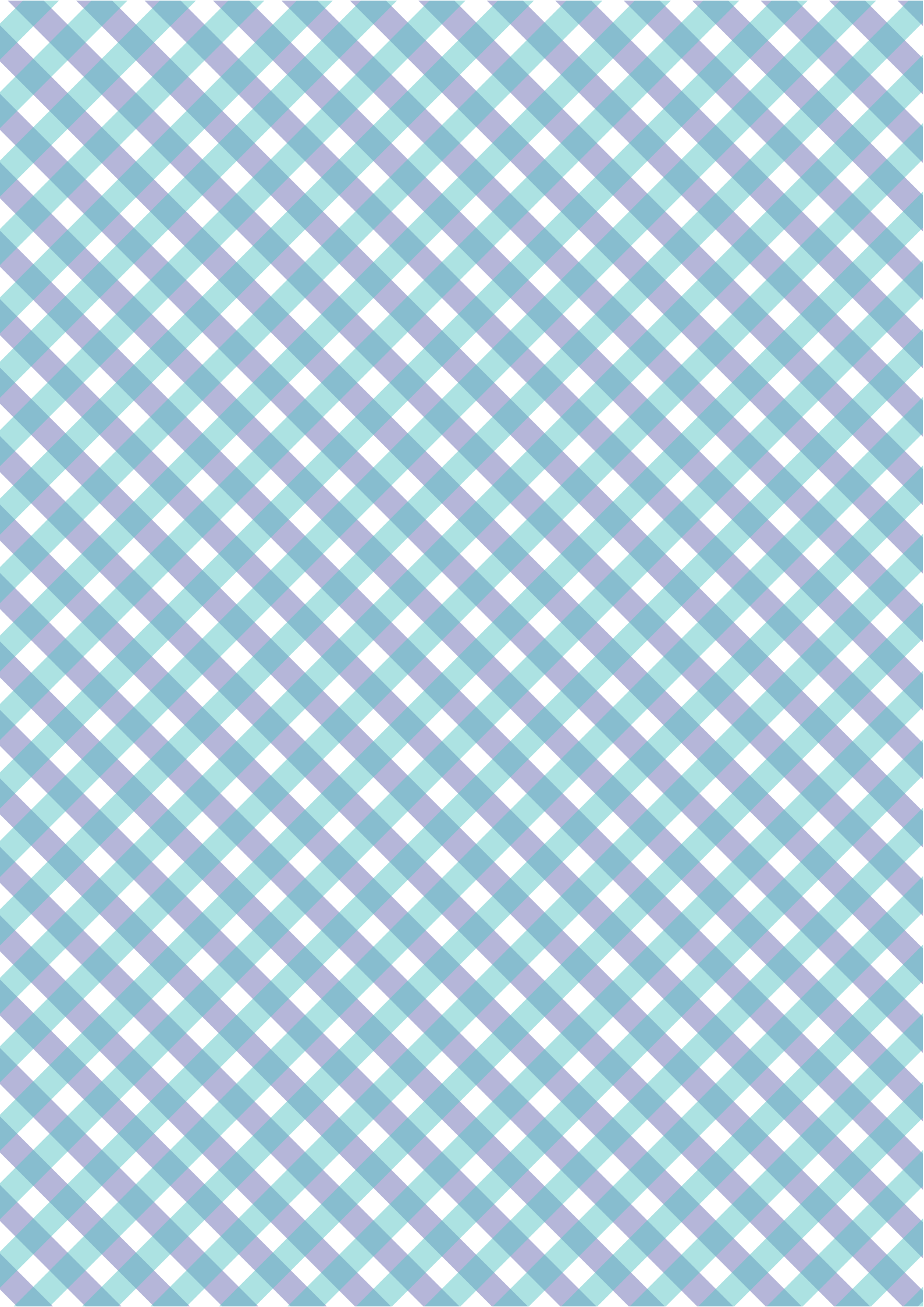
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treasure the stories.***

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