

TASTES OF MEMORY

Reminiscence Recipe Book



Presented by Gloucestershire Libraries

WELCOME

Welcome to Tastes of Memory, a recipe book inspired and delivered by The Gloucestershire Libraries' Carousel of Stories intergenerational reminiscence initiative hosted in local libraries, residential and community settings.

This collaboration, which is so much more than just food, aims to bridge the gap between ages by collecting and preserving treasured family recipes and the heartfelt stories behind them. Through an eclectic mix of shared creative group activities, archive material from Gloucestershire Heritage Hub and thoughtful individual submissions, we have compiled a rich collection of recipes and narratives that celebrate cultural heritage, family traditions, and community bonds. The source materials we have discovered has created a recipe book of memories that might otherwise be lost. Food has many links to the past through place, family, and environment.

Sally Williams

Development Officer Ageing with Creativity Gloucestershire Libraries

Our artist, Tom Cross

"It was a great pleasure to work on 'Taste of Memory'. As an artist, my practice is to connect and celebrate stories from our lives, giving value to each person's unique narrative.

On this project, I had the privilege of meeting numerous people from Gloucestershire, sharing rich memories of time spent with friends and family.

The conversations centred around food were deeply celebratory and engaging. I hope you find the recipes and personal stories as meaningful and inspiring as I did while working on this project."



The Library

The recipes have been received by multiple people and formats; the consistency and spelling varies on recipe items to keep it original to the submission of the information.

ACKNOWLEDGEMENTS

Thank you to all those who shared their wonderful memories and stories.

The Gloucestershire Archives ▪ Tom Kerridge ▪ Wiggly Charity

The residents and staff from:

Bramble House ▪ Avalon Residential Home
Parkview Care Home ▪ Parton House Care Home

The staff, students and attendees of:

The Redwell Centre ▪ Gloucester Academy



Voices Gloucester work across the city to shine a light on the culture and heritage of the communities around us. We celebrate everyone's customs, so, Voices Gloucester has been delighted to support this project by the brilliant team at Gloucestershire Libraries, bringing to life the culinary culture and food heritage of the city's senior generation, sharing stories

and preserving that experience for future generations. This is more than a recipe book; it is a nurturing volume of food stories that might otherwise have gone untold.

Voices Gloucester is funded by Arts Council England, Gloucester City Council, Gloucester Community Foundation, Gloucestershire County Council, Historic England, National Lottery Heritage Fund, Together Gloucester, and supported by GUST and Gloucestershire Archives.



At Blue Sky Signs Ltd, we're thrilled to support this inspiring collection of local recipes and stories by providing our printing services free of charge. Supporting creative, community-focused projects is something we love to do.

Our experienced team brings expertise to everything we offer, from crafting eye-catching signage and stunning vehicle graphics to delivering high-quality printing, exhibition displays, and branded promotional items. Based in Gloucester, we're proud to help businesses stand out with innovative solutions and exceptional service.

We are also proud to have partnered with Gloucestershire Libraries to bring this project to life.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



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GERMAN PLUM CAKE

Submitted by a member of Gloucester Library

INGREDIENTS

Basic sponge mix

1 tsp. baking powder

Butter

Sugar

Eggs

Flour

Cinnamon

Fresh plumbs (softish)

METHOD

1. Make a basic sponge

mix using the butter,

sugar, eggs, flour, cinnamon and baking powder to make

a batter.

2. Line a tray with greaseproof paper.

3. Press the plumbs into the batter.

4. Sprinkle with sugar and cinnamon.

5. Bake for 30 mins at 200°C.

6. Serve with whipped cream and a little rose water if available.

German Plum cake
Basic Sponge Mix 1 tsp baking powder
- Butter / Sugar / Eggs / Flour + Cinnamon
Fresh (softish) Plumbs.
Press plums into batter (line tray with
greaseproof paper).
Sprinkle with cinnamon + sugar.
Bake 30 mins 200°C.
Serve w. whipped cream w. a little
rosewater.

From my German married who met my
father in Berlin after the war.

For many years after the war German
brides were one of the biggest single
groups of immigrants to UK.

I could smell the coffee + cakes (Kaffee + Kuchen)
as my mother + her German friends met.
as I got home from school

*On a busy day you just used what
was in the cupboard*

Milk round

Pouring milk



Tea & Sandwich
& Radio



Submitted by a resident of Parkview Care Home

MUM'S TREACLE TART

Submitted by a resident of Avalon Residential Home

INGREDIENTS

Shortcrust Pastry

- 6 oz plain flour
- Pinch of salt
- 3 oz butter, cubed
- 2-3 tbsp. cold water

Filling

- Golden syrup
- Stale bread

METHOD

Shortcrust Pastry

1. Put the flour and salt in a large bowl and add the cubes of butter.
2. Use your fingertips to rub the butter into the flour until you have a mixture that resembles breadcrumbs.
3. Stir in just enough of the cold water to bind the dough together.
4. Gently knead the pastry on a clean work surface until it just comes together.
5. Roll out immediately and line the tin, resting the pastry case in the fridge for 30 minutes before baking.

Filling

1. Mix together the white breadcrumbs and golden syrup.
Tip: cornflakes are a good substitute if stale bread isn't available
2. Pour mixture into pastry case and cook until golden (but not burnt).
3. Leave to cool.

Mum's Treacle Tart

Make a shortcrust pastry case
Mix together white breadcrumbs and golden syrup.
Pour mixture into pastry case and cook until golden (but not burnt!)
Leave to cool to avoid a burnt mouth!
Can be made using ^{crushed} cornflakes if no stale bread available!

Treacle Tart 8" pie plate. 190°C/375°F/Gas 5

Gr		
Cl	90	5oz Marg
	50	8oz plain flour
20	50	1tbsp sugar
80	5	1 egg yolk
Plt	1t	1tbsp water
30	2	3oz syrup
15		8tbsp wholemeal breadcrumbs
4		ring + juice 1/2 orange
8		(2tbsp coconut)

base make pastry + chill

Submitted by a member of Quedgeley Library

Foods We Remember

- Pink Blancmange Rabbit at birthday parties
- Arctic Roll - a real treat!
- Vesta Curry in a Box, very exotic
- Crispy Indian Pancakes, Chips, Peas
- Ten Fruit Cocktail with Evaporated Milk, if you were lucky you got a cherry or grape (Sunday Tea treat)
- Toasted Campets in front of the fire, burnt on 1 side, lashings of butter

Submitted by residents of Avalon Residential Home

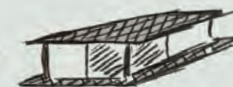
Meringue and fruit.



For me and my two sisters

Ice-cream Wafers (An occasional treat)

Run to corner shop, buy block of ice-cream in cardboard, wrapped in newspaper to get home before it melts (no freezer at home), cut into pieces and put a wafer top + bottom, eat by licking round the edges before it melted!



TREACLE SPONGE & CUSTARD

Submitted by a member of Churchdown Library

INGREDIENTS

4 oz butter/margarine

4 oz sugar

2 x eggs

4 oz self-raising flour

Golden syrup

METHOD

1. Pour golden syrup into the bottom of an oven proof dish.

Sponge Mix

1. Add the butter/margarine and sugar and mix thoroughly.
2. Mix in the eggs and fold in the flour.
3. Spread over the syrup.
4. Bake on gas mark 4/280°C until sponge has risen and brown.
5. Serve with custard and enjoy!

treacle sponge and custard

Pour golden syrup into bottom of oven-proof dish.
Sponge mix -
4oz butter/marg - mix thoroughly
4oz sugar
Mix in 2 eggs.
Fold in 4oz self-raising flour.
Spread over syrup.
Bake gas 4/280°C till risen + brown.
Serve with custard.
Enjoy!

AUNTY DEIRDRE BISCUITS

INGREDIENTS

2 cups of porridge oats

¼ lb margarine

1 cup of self raising flour

1 tbsp. golden syrup

1 cup of sugar

1 tsp. bicarb

Ginger

1 tbsp. boiling water

METHOD

Mix all ingredients together and bake on a moderate heat for 10 minutes.

This tea is good but it is not beautiful.



Submitted by a resident of Bramble House Care Home

Submitted by a resident of Parkview Care Home

Aunty Deirdre Biscuits
2 cups porridge oats
1 cup S.R. Flour
1 cup sugar
ginger

¼ lb marg
1 tble sp. Golden Syrup

1 teaspoon bicarb
1 tble sp. boiling water

10 mins
Moderate oven



Mother was a good cook
but we had of shop
made cakes on a
Saturday as a
treat

BARA BRITH

Submitted by a member of Churchdown Library

INGREDIENTS

- 6 fl oz black tea or orange juice
- 8 oz dried fruit
- 2 tsp. baking powder
- 8 oz plain (wholemeal) flour
- 1 x egg beaten (sub with 1 tbsp. ground flaxseed & 3 tbsp. hot water)
- 8 oz golden caster sugar
- Milk
- 2 tsp. mixed spice

Bara Brith
 6 fl oz black tea/orange juice
 8oz dried fruit
 2 tsp baking powder
 8oz plain (wholemeal) flour
 1 egg beaten (sub. with 1tbs ground flaxseed + 3 tbs hot water)
 8oz golden caster sugar
 milk to mix
 2 tsp mixed spice.
 - Soak fruit in tea until plump.
 - Sift flour + baking powder, add fruit, tea + sugar & mix.
 - Add in milk to make a soft, dropping consistency.
 - Bake in standard loaf tin, lined with baking paper for 1 hour (check as ovens will vary!).
 - can slice as is, or spread with butter.

METHOD

1. Soak fruit in tea or orange juice until plump.
2. Sift flour & baking powder, add fruit, tea/orange and sugar, and mix together.
3. Add in milk to make a soft, dropping consistency.
4. Bake in a standard loaf tin, lined with baking paper for 1 hour. (check as ovens vary)
5. Slice and serve as is, or spread with butter.



FROM MOTHER TO MOTHER

BYTH YN MTHLU - NEVER FAIL!
 4oz CHERRIES
 TIN PINEAPPLE
 4oz BUTTER
 12 oz MIXED FRUIT
 6 oz SOFT BROWN SUGAR
 8 oz SR FLOUR
 2 EGGS
 170° / 150° FAN OVEN
 8" SQUARE TIN
 CHOP CHERRIES + PINEAPPLE - PLACE IN PAN WITH JUICE FROM PINEAPPLE + BUTTER - SUGAR + MIXED FRUIT. WARM TO MELT BUTTER + SUGAR. DO NOT BOIL. COOL THEN PLACE IN BOWL. MIX IN FLOUR + EGGS - INTO GREASED TIN
 BAKE 1 1/4 - 1 1/2 HOURS



BYTH YN MTHLU - NEVER FAIL CAKE

Submitted by a member of Hucclecote Library

INGREDIENTS

- 4 oz cherries
- Tinned pineapple
- 4 oz butter
- 12 oz mixed fruit
- 6 oz soft brown sugar
- 8 oz self-raising flour
- 2 x eggs
- 8" square tin

METHOD

1. Chop cherries & pineapple and place in a pan with the juice from the pineapple.
2. Add the butter, sugar and mixed fruit.
3. Warm to melt the butter and sugar (do not boil).
4. Cool, then leave in bowl before mixing in the flour and eggs.
5. Place in to a greased tin and bake for 1 1/4 - 1 1/2 hours at 170°/150° fan oven.

NAN'S WELSH CAKES

Submitted by Rosemary

INGREDIENTS

8 oz (225g) self-raising flour

3 oz (85g) butter

2 oz (55g) sugar

3 oz (85g) currants

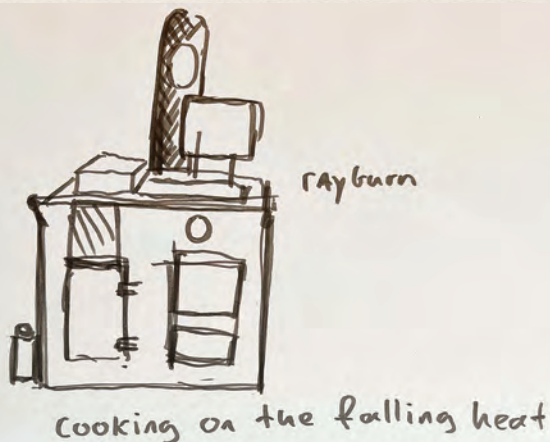
1 x egg (beaten)

Milk (a little)

METHOD

1. Rub the butter into the flour and then add all the other dry ingredients.
2. Add the egg and enough milk to make a firm mixture.
3. Roll out the dough thinly and cut into circles using a medium (2inch) pastry cutter.
4. Heat a small amount of butter or oil in a frying pan and fry for a few minutes on each side until cooked.

(The first one usually gets a little over cooked while you work out the heat and timing needed but it's a great excuse to eat it hot, just to test it!)



CHILDHOOD MEMORIES

ROPER PORRIDGE! BEFORE BUS 10 MILE RIDE TO SCHOOL.

CAWK - WELSH STEW/SOUP.

BOILED BABY! "STEAMED" PUDDING BOILED IN CLOTH RATHER THAN STEAMED - SHINY & YUM WITH JAM

BARA PLANC (BAWSTONE) BREAD BAKED ON A BAWSTONE RATHER THAN IN OVEN!

PICK AR Y MAEN WELSH CAKES

WARM & SUGARY AS THEY CAME OFF THE PLANC.

BARA BRITH (SPECULEE BREAD)

SLICED & BUTTERED

Submitted by a member of Quedgeley Library

CITRUS FLAPJACKS

Submitted by a member of Quedgeley Library

INGREDIENTS

- 4 oz butter or margarine
- 2 oz soft brown sugar
- 3 tbsp. golden syrup
- 2 oz flour
- Pinch of bicarbonate of soda
- 6 oz porridge oats
- 1 x lemon
- 1 x lime or orange rind (grated)

METHOD

1. Add the butter, soft brown sugar, golden syrup and the water and gently melt in a saucepan.
2. Mix together the flour bicarbonate soda, porridge oats and the grated lemon and lime rind and add to the melted ingredients.
3. Line a greased oblong dish or tray with baking paper and press in the mixture.
4. Bake at 170°F (fan oven) 180°F (ordinary oven) for 15-20mins until golden brown.
5. Once slightly cooled, mark out into 12 sections.
6. Turn out onto a board and peel off the greaseproof paper.

Makes 12 - will store well for 2 weeks.

CITRUS FLAPJACKS (Makes 12)

4 oz BUTTER or MARGARINE
2 oz SOFT BROWN SUGAR
3 TABLESPOONS GOLDEN SYRUP or HONEY } gently melt in Saucepan.
2 TABLESPOONS WITTEB
2 oz FLOUR
Pinch of BICARBONATE of SODA } Mix together.
6 oz PORRIDGE OATS. } then add to melted ingredients.
1 lemon } grated RIND
1 lime or orange } RIND

1) Press into greased (& lined at bottom with greaseproof paper) oblong dish or tray.
2) BAKE 170° fan oven. 180° ordinary oven.
15-20 minute until golden brown.
When slightly cooled, mark out into 12 sections.
Turn out onto board and peel off greaseproof paper.
Will store well for 2 weeks.

JUNKET

Submitted by a member of Hucclecote Library

INGREDIENTS

- Milk
- Rennet
- Cinnamon

METHOD

1. Heat the milk and add rennet.
2. Pour into a dish and leave to set (remove any fluid).
3. Sprinkle with cinnamon.

STEAMED PUDDING

Submitted by an attendee of The Redwell Centre, Matson

INGREDIENTS

- Butter
- Sugar
- Flour (heaped)
- Eggs

METHOD

1. Cream the butter and sugar.
2. Beat all other ingredients and pour into a greased basin, tie with a muslin.
3. Place into boiling water and place lid on pot.
4. Steam for 2 hours.

(Keep watching it so it doesn't dry out).

JUNKET.
MILK, RENNET
HEAT MILK ADD RENNET
POUR INTO DISH (REMOVE ANY FLUID)
LEAVE TO SET
CINIMON ON TOP

Cream the butter + sugar
add the eggs
add the flour
Mix goes into a greased basin
tie it with muslin
Pop into boiling water
Keep watching so it doesn't go dry
leave for 2 hrs
enjoy after long work

Steamed Pudding

RICE PUDDING

Submitted by an attendee of The Redwell Centre, Matson

INGREDIENTS

Evaporated Milk (small tin)

1 pt Milk

2 oz sugar

1 ½ cups of rice.

METHOD

1. Add the rice to a greased oven proof dish.
2. Put a small tin of evaporated milk into a jug and make up to a pint using milk.
3. Add in the sugar and pour over the rice and cook on a moderate heat for 2 hours, and serve.



When I was little I lived with my parents ^{and} with my grandparents in a large old house that had a big garden with vegetables and an enclosure where there were eggs that had been left by the roaming chickens. As a treat my Grandad would take me with him and allow me to carefully pick up the precious eggs. Sometimes they would be warm as they had just been laid!

Mum's recipe for Rice Pudding: -
Small tin of evaporated milk would be made up to 1 pint with milk and 2 oz sugar which would be poured over rice which covered the bottom of a greased ovenproof dish. This was cooked in a moderate oven for approx 2 hours. My Dad loved this so much that he would hide it from my brother as he also loved it.

Submitted by an attendee of
The Redwell Centre, Matson

Roast Chicken at weekends



Submitted by a resident of Parkview Care Home

GREAT GRANDMA'S RICE CAKES

Submitted by a member of Quedgeley Library

INGREDIENTS

9 oz flour
5 oz ground rice
5 oz sugar
5 oz butter
1 tsp. baking powder
2 x eggs

METHOD

1. Mix into a paste with eggs.
2. Roll out thinly.
3. Bake at 325°F for 15mins.

MUMS RICE CAKES

Submitted by a member of Quedgeley Library

INGREDIENTS

4 oz margarine
4 oz sugar
3 oz self raising
2 oz ground rice
2 x eggs
¼ almond essence

METHOD

1. Mix all the ingredients together.
2. Roll out thinly.
3. Bake at 300°F for 1 hour.

LINCOLNSHIRE PLUM BREAD

Evokes memories of Sunday Night Tea times at Great granny Cooper's house.
This is great granny's recipe.
Traditionally this is eaten with a slice of cheese.

Cracking Walnuts

I grew up in California in the 1950's, and one of our family traditions was to make Christmas candies. We made large batches of about 8 varieties - fudge, rocky road, coconut peels, fondant in 4 colours + flavours, English toffee + others. Many of these used walnuts as ingredients, and 'processing' these was part of the fun. My mom would get a huge bag of dried walnuts still in the shell, and we'd sit at the table with a pile of walnuts and a hand-held nutcracker shaped rather like a pair of pliers. Cracking the nuts well required a certain skill: if one didn't squeeze the nutcracker hard enough, the shell wouldn't crack. But if one squeezed too hard, the shell would shatter - sometimes shooting fragments all over the kitchen - and the nut kernel would be crushed to mush. Most of us turned the nut so the joining of the halves of the shell were where the pressure of the nutcracker was applied. The "gold standard" of cracking was to get the nut out in one piece or the two halves; these could be used as decoration for the candies. The others were ground up in an old-fashioned hand-cranked nutcracker grinder with a glass container under, a screw-on top with a little crank with interlocking "combs" of teeth which clipped the nuts. All the children as well as Mom took part in this candy-making, and the fruits of our labour were brought out Christmas morning on large trays. At least two were for us to gorge on during the day - the rest were decorated with bows + taken around to the neighbours.

One ingredient of candies -
esp. "fondant" -
Karo corn syrup (light) in
(powdered sugar =
icing sugar)
margarine
flavourings -
almond extract (pink), etc.
vanilla (white)
lemon (yellow)
mint (green)

Submitted by a member of Gloucester Library

8" pie plate. 190°C / 375°F / Gas 5

Great Grandma's Rice Biscuits. 325°F 15mins

Mix into paste with eggs +
roll out thinly

8 9oz Flour
2 5oz Ground Rice
4 5oz Sugar
2 5oz Butter
3 1 tsp baking powd.
1 lg 2 eggs
½ pt
Peel c
2oz

Mums Rice Cake 300°F 1 hour.

4oz Marg
2 4oz Sugar
8 3oz SR Flour
1 2oz Ground Rice
3 2 eggs
+ ¼ tsp Almond Essence
½
3
6

KATIE'S EXCELLENT CRUMBLY FUDGE

Submitted by Kathryn Williamson

INGREDIENTS

6fl oz milk

6.9 oz (196g) can condensed milk

4 oz poly unsaturated margarine

14 oz granulated sugar

2 level tbsp. soft light brown sugar

Oil

METHOD

1. Place the milk and margarine in a large heavy-based saucepan. Heat gently, stirring frequently until the fat melts.
2. Remove from the heat, add the sugars and then stir gently until they are almost dissolved.
3. Return the saucepan to the heat and continue stirring gently until there are no traces of sugar left. Bring to the boil and boil until the 'soft ball' stage is reached 116 degrees Celsius (240°F).
4. Make sure that you stir constantly to prevent the mixture sticking and burning.
5. Remove from the heat immediately and beat the mixture vigorously with a wooden spoon until it becomes thick and grainy.
6. Pour the fudge into a lightly oiled shallow 7 1/8 inch square cake tin straight away. Leave until it has set and then break it up into smaller pieces.

Store for up to 4 weeks in an airtight container (can be frozen).



STORY BEHIND RECIPE:

"Every Christmas we make this fudge. One batch to be given out as gifts. And another to be taken to our family Christmas celebrations. Everyone knows the fudge is coming at Christmas time. Family and friends love it. Grandmother, mother and daughter all make the fudge together yearly. In the photo of the recipe you can see where my mum is working out how to increase the ingredients to make more More MORE!"

Kathryn

BREAD PUDDING

Submitted by Elaine Cadman

STORY BEHIND THE RECIPE:

I have wonderful childhood memories of eating my grandmother's bread pudding. When she passed away, I pestered my mother to get details of the recipe from my aunt so that I could try to recreate grandma's bread pudding. My mother wrote down the recipe and on the 18th October 1975 - aged 11 ½ years I made bread pudding for the very first time! I treasure the original recipe, written in pencil on a scrap of lined paper, as a direct link with both my grandmother and my mother. Sadly I do not have a daughter of my own or a niece to pass the recipe on to, so it would be wonderful if I could pass this recipe on to other people.

Elaine

INGREDIENTS

6 slices of white bread and 2 crusts

2 oz of vegetable suet (original recipe used shredded beef suet)

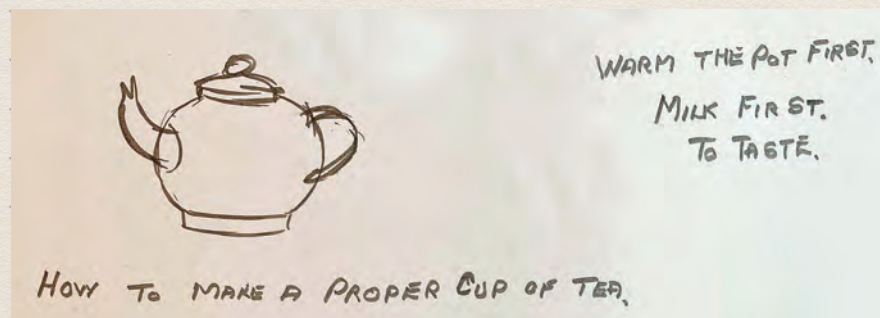
4 oz of dried mixed fruit

1 oz of chopped mixed candied peel

Generous pinch of spice (mixed ground spice - maybe half a level tsp.)

2 oz of demerara sugar

1 x egg



METHOD

1. Bread pudding was originally made with stale bread soaked in water overnight - the idea was to make a pudding from bread that might otherwise have been thrown away. But you can make the pudding with fresher bread: you simply add enough water to saturate the loaf, and then using a fork you mash the bread until it breaks down into a doughy mass.
2. Add the suet and fork it into the doughy mixture.
3. Next add the mixed spice and sugar, forking it into the mixture
4. Then add the mixed fruit and candied peel.
5. Finally crack the egg into a mug and whisk. Gradually add the whisked egg into the pudding mixture until a dropping consistency is achieved.
6. Spoon the mixture into a greased loaf tin.
7. The original recipe written down in 1975 suggests that the bread be cooked for 1hr 25 minutes on Gas Reg 3/4. However, I preheat my fan oven until it reaches 160 degrees and cook at 160° for 45-50mins.
8. Remove the tin from the oven and wait until the tin cools before turning out the bread pudding loaf onto a plate.

Can be served with cream or custard.

NOTE:

Over the years I have adapted this recipe slightly and now use 9 slices of bread and 2 crusts, 1oz of suet instead of 2oz, ground nutmeg instead of mixed spice, 5 oz of dried mixed fruit instead of 4 oz, grated lemon zest instead of 1 oz of candied peel, and I have added 2 dessert spoons of Seville orange marmalade. I don't use the egg.

This just goes to show that you can move with the times and give an old recipe a modern twist!

CHOCOLATE REFRIGERATOR CAKE

Submitted by Mary Hodges

INGREDIENTS

8 oz unsalted butter

12 oz plain (good) chocolate

16 oz plain biscuits (liquidated)

Brandy

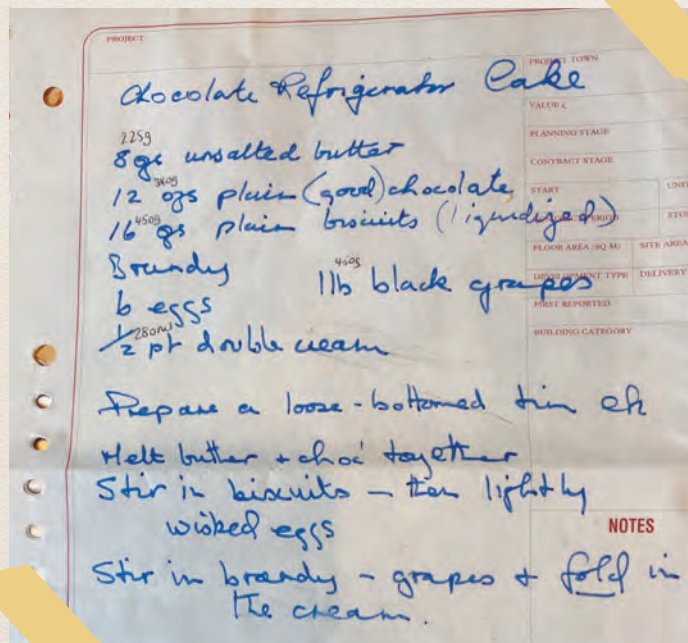
6 x eggs

½ pint double cream

1 lb black grapes

METHOD

1. Prepare a loose bottomed tin.
2. Melt the butter and chocolate together
3. Stir in the biscuits then lightly whisked eggs
4. Stir in the Brandy, grapes and fold in the cream.



STORY BEHIND THE RECIPE:

This is my step-mum Sue's recipe for Chocolate Refrigerator Cake, which was legendary amongst my brothers, my friends and me in the late 1970's and early 1980's when she and my Dad liked to have dinner parties. We would all keep our fingers crossed that there would be some left over the next day so that we might be allowed to have a bit of it. It was so popular that Sue's best friend in the village (who also happened to be my best friend's mum) also liked to make it for her dinner parties. Sue was a cheerful, generous spirited person who loved to socialise, but sadly she was diagnosed with frontotemporal dementia in 2013, as a result of which she passed away in 2019, a few days after her 70th birthday. I found the recipe amongst her things after she died, and whenever I come across it now, it makes me think of her and smile. I make it every now and then for the same people who used to hope for a bit of it when we were kids, and it remains as popular as ever to this day.

Mary



GUARDS' CAKE

INGREDIENTS

- 1 lb flour
- ½ lb butter
- ½ lb brown sugar
- ½ lb raisins
- ½ lb currants
- Mixed peel
- 4 x eggs
- 2 tsp. carbonate of soda or baking powder
- Milk

METHOD

1. Beat together the butter and sugar.
2. Add in each egg separately and sieve in the flour.
3. Mix in all other ingredients and bake in the oven.

Cakes

Guards' Cake
 1 lb. Flour. ½ lb. Butter
 ½ lb. Brown sugar. ½ lb. Currants.
 ½ lb. Raisins, little mixed Peel
 4 eggs, 1 teaspoonful of mixed spice
 1 teaspoonful of Carbonate of Soda or
 2 of Baking Powder. Sifted
 with a little milk.

Butter & sugar should be well
 beaten together then add each
 egg separately & sift in the flour
 & other ingredients.
 Bake in a slow oven

A Recipe for Happiness.

Mrs. JOHNS, Commercial Road.
 Equal parts of healthy, honest work, rest and recreation, mixed together most carefully with diligence, contentment, cheerfulness, and an even temper. Sift the above through the sieve of determination to get rid of any hard lumps, of idleness, covetousness, or despondency, and then bring the whole to a cream by adding milk of kindness, and spirits of consideration and sympathy, stirring each in gently with an unsparing hand; add to the whole a light sprinkling of smiles, and colour with laughter. Keep where it can be seen. In season at all times. Cost a mere thought and a few illusions. This mixture can be made at home, with a little thoughtful care by anyone.



Force Cakes.

Mrs. G. E. LOWE, Sutton Coldfield.
 ¼ lb. self-raising flour. 4 ozs. force. 2 ozs. lard or butter.
 Pinch of salt. 1 egg or ½ teaspoon egg powder.
 Well mix dry ingredients. Rub in fat. Well beat the egg. Use a little milk if needed. Must be mixed rather moist. Roll lightly on a well-floured board, and stamp out into small cakes. Bake in moderate oven. Eat while fresh.

Tea Biscuits.

Miss D. LEAR, Podesmond Road.
 ½ lb. of butter. 1 lb. of flour. ½ lb. of castor sugar. 3 eggs.
 Vanilla or lemon essence. 2 ozs. of almonds.
 Cream the butter and sugar, beat up eggs, adding to them a little water, then stir them into the butter, with a good flavouring of either vanilla or lemon; add flour very lightly. Roll paste out thin, and cut into neat little shapes, brush over with beaten white



Recipes for the Home.

Soups.

Miss D. BLACKWELL, Gloucester

Domestic Happiness.
 TAKE a large quantity of the clear steam of good sense and an equal portion of good nature. Mix them well with a sprig of candour and humility, with as much gold-dust as you can procure. Great care to avoid conceit and affectation which is sometimes difficult to separate from the flowers of the graces. A scruple of wit will not be amiss, but take very great care it is not of that ilk sort so frequently met with amongst mushrooms. Strain the ingredients from dross and let them stand till settled. Strain without quill. Put them all into a clean, well-polished vase and stir by a steady fire of affection, which must be constantly kindled by attention and true delicacy, and the longer it is kept alight, especially the heart, you must add as much resignation and patience as you can procure, and it will in due season hide the bitter flavour, and be more palatable to all your friends.

Soup.
 Miss M. TURK
 1 Spanish onion, 3 or 4 potatoes, tablespoonful of rice, soft, breakfast cup of water, pinch of salt. Simmer quite soft. Then add 1 pint of milk, 1 oz butter and 2 t. sp. Stir all together and make thoroughly boiling fast.

of bread and
 eight sweet
 two eggs into
 of milk &
 well together
 a pound of
 small lump of
 teaspoonful of
 a pie dish
 the juice of a
 the curry then
 to be baked
 with boiled
 separate dish

Bobotee - a delicate kind of
 Indian Curry.
 Slice half an onion.
 One onion, one ounce of butter
 one cupful of milk, one slice
 of bread; six or eight sweet
 almonds; two eggs, half a pound
 of minced cold meat on
 a buttered heat one tablespoon
 of curry powder.
 Slice an onion & fry it in
 butter, soak in milk & make

Wm. Jettley's Ginger-Bread.
 2 lbs flour. 1 lb. Seacale
 1 lb. moist sugar
 10 oz. butter, a little mixed
 Ginger & some taste
 To be mixed the night before
 it is baked, rolled out thin &
 cut into fingers on the time

BREAD PUDDING

Submitted by Mary Harris

INGREDIENTS

- 14 oz white stale bread, unsliced
- 2 oz self-raising flour
- 1 level teaspoon mixed spice
- 4 oz demerara sugar (or 2 oz sugar and 2 tablespoons treacle)
- 1 ½ oz suet
- 9-12 oz dried fruit
- 1 x egg

METHOD

1. Soak the bread in water for 30-60 minutes, then squeeze in a colander.
2. Beat in the self-raising flour with a fork, add the mixed spice, sugar and suet and mix into a doughy mixture.
3. Add the dried fruit and slowly whisk in the egg.
4. Spoon the mixture into a greased loaf tin and bake for 1 ½ hours.

STORY BEHIND THE RECIPE:

My parents owned a general grocery store on the Tewkesbury Road— AE PHILLIPS. My mother would use up any leftover bread from non sales and sell it in the shop. Apparently she also cooked and sold BRAWN, have no recollection of this or indeed a recipe. I only make very occasionally, it's very moist and moreish and full of calories.

Mary

We didn't have a fridge until I was teenager in the 1960's
My grandparents never ever owned a fridge
BUTTER WAS KEPT IN AN INSULATED BUTTER DISH. THEY ONLY EVER USED CONDENSED MILK
JUGHT UP UNTIL THEY PASSED AWAY IN THE 1980's
AS CHILDREN WHEN WE STAYED UP WITH THEM FOR BREAKFAST WE HAD A BOWL OF BROKEN UP BREAD (UNCUT LOAF) WITH DRIED FRUIT, SUGAR SPARKLES OVER, WITH WARM MILK
MY SISTER AND USED EAT IT OUT OF THE TIN!
A COMMON MEAL WAS BOB & CHIPS!
SCRUMPING WAS VERY COMMON.
WE DIDN'T EAT IN BETWEEN MEALS
APPLE PIES- PASTRY MADE WITH LARD.
GREENS WITH EVERY MEAL!!
PEOPLE GROW VEG IN THEIR GARDENS & ALLOTMENTS
BREAD PUDDING & BREAD & BUTTER PUDDING
STEW & DUMPLINGS

Bread butter pudding
plum sponng
Lot's egg's



Warm egg

Submitted by a resident of Parkview Care Home

Bread Pudding Bake 350°F
1 ½ - 2 hrs middle

8oz stale bread	2 tsp mixed spice
2oz candied peel	Milk
4oz currants	
2oz sultanas	Soak bread in milk 20 mins
3oz suet	Add Peel fruit sug spice suet + mix
1 lg. egg	Beat egg + milk stir into mixture until
½ pt milk + tea	dropping consistency
Peel of orange + lemon	
2oz dem. sugar	

Submitted by a member of Quedgeley Library

APPLE TARTE TATIN

Submitted by an attendee of the Wiggly Charity

INGREDIENTS

50g butter

50g caster sugar

1 x vanilla pod or 1 teaspoon of vanilla extract

3 x apples - Any of your choosing

320g pack ready rolled puff pastry

1 x egg, beaten

1 x teaspoon of your choice of the following to flavour the caramel – cinnamon, ginger, mixed spice, nutmeg, orange or lemon zest

METHOD

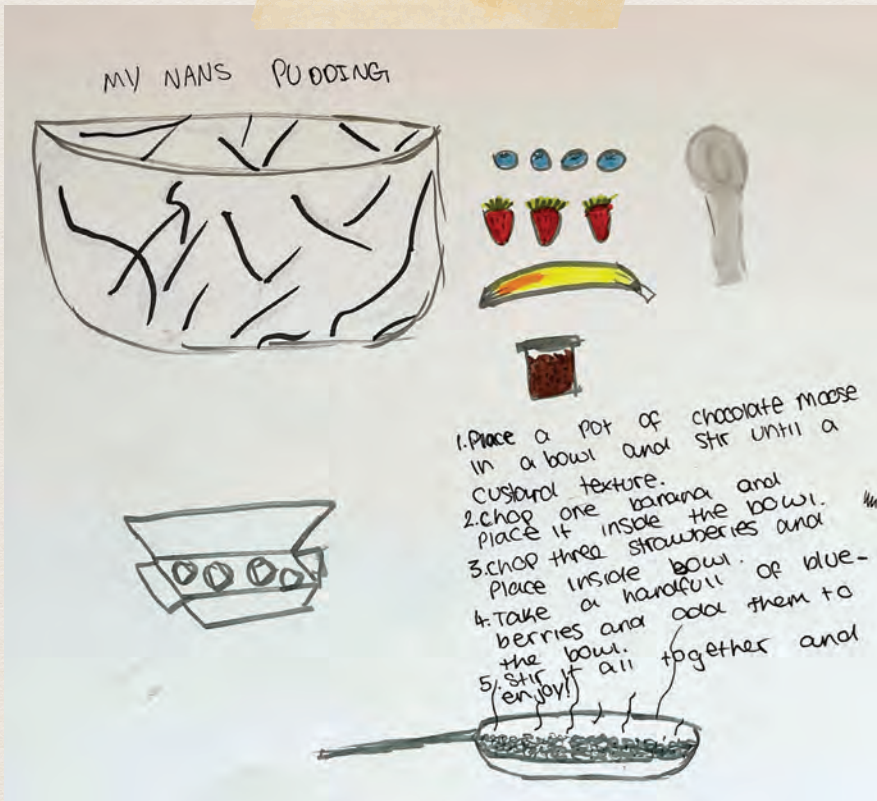
1. Preheat the oven to gas 6, 200°C, fan 180°C.
2. Melt the butter and caster sugar in a 20cm (8in) oven-proof frying pan over a medium heat. Add the vanilla pod and seeds and swirl the pan around to melt the sugar in the butter. Continue to melt together until all the sugar has dissolved and mixed with the butter to form a golden caramel.
3. Peel, core and quarter the apples, and then place neatly in the pan so they fit snugly in the base. Turn the heat to medium-low and cook gently for 8-10 minutes or until softened slightly. Remove from the heat, discard the vanilla pod and leave to cool for 5 minutes.
4. Add a teaspoon of your favourite spice or zest to flavour the caramel – choose from cinnamon, ginger, mixed spice or nutmeg or orange or lemon zest.
5. Unroll the pastry and cut out a circle 2cm (1in) wider than the diameter of the frying pan. Carefully place over the hot apples,

STORY BEHIND THE RECIPE:

Wiggly Charity is a small, Gloucester based charity which empowers people through food. We run cookery courses from our kitchens across Gloucester and Cheltenham to support vulnerable, marginalised and disabled people of all ages and ability to learn to cook good food for themselves. Our workshops and courses empower individuals by building kitchen skills for life, improving self-esteem and confidence and bringing communities together. One of our most popular dessert recipes is Apple Tarte Tatin with a personal twist. Whenever our Chef makes this recipe with our older participants, it seems to bring back memories of comfort and home-cooking. For example, we have recently worked with one older participant who is a carer for his partner with dementia. He regularly cooks with Wiggly and takes the meals that he makes back home for his loved one to try. The Apple Tarte Tatin is a particular favourite as they always have apples in their fruit bowl at home. He has told us that his partner has a sweet tooth and enjoys this dessert, so in the evening, he will select some apples from the bowl, get some pastry out of the freezer, and whip up an Apple Tarte Tatin to put a smile on her face. His favourite personal twist is to add some cinnamon into the mix, but you can add all sorts of different warming spices or citrus zest to this recipe, whatever brings back the warming memories for you.

and then press down the sides to ensure all the fruit is covered and the pastry goes to the edge.

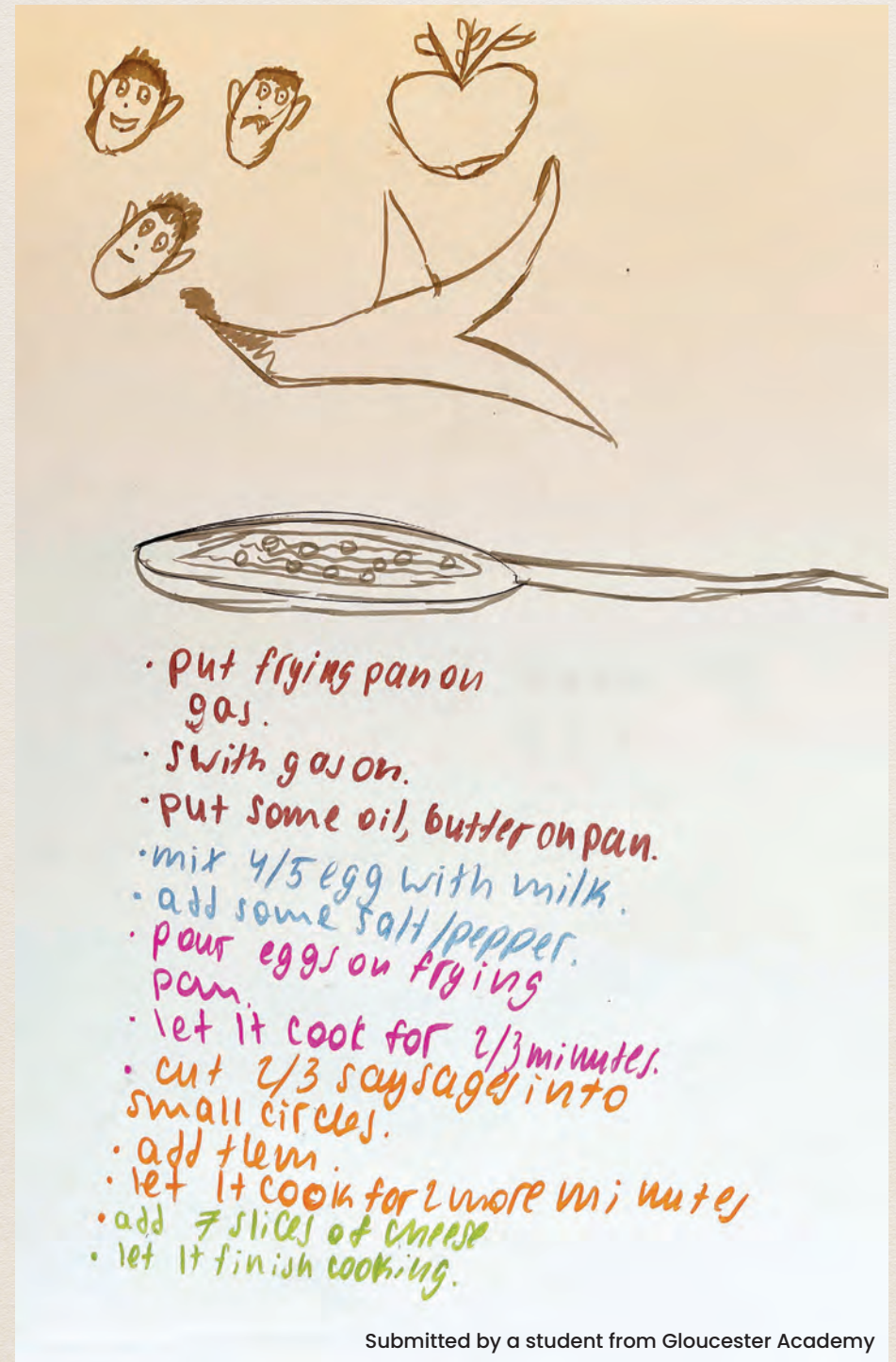
6. Prick all over a few times with a fork, brush with a pastry brush dipped in beaten egg and then bake in the oven for 20-25 minutes or until puffed up and golden.



NANS PUDDING

Submitted by a student from Gloucester Academy

INGREDIENTS	METHOD
Chocolate Mousse	1. Place a pot of chocolate mousse
1 x banana	into a bowl and stir until a custard
3 x strawberries	texture.
Blueberries (Handful)	2. Chop the banana and strawberries
	and add to the mousse.
	3. Add a handful of blueberries, stir it
	all together and enjoy!



- Put frying pan on gas.
- Switch gas on.
- Put some oil, butter on pan.
- mix 4/5 egg with milk.
- add some salt/pepper.
- pour eggs on frying pan.
- let it cook for 2/3 minutes.
- cut 2/3 sausages into small circles.
- add them.
- let it cook for 2 more minutes.
- add 7 slices of cheese
- let it finish cooking.

Submitted by a student from Gloucester Academy

SUSSEX POND PUDDING WITH APPLES

Submitted by Sarah-Jane Rich

STORY BEHIND RECIPE:

We had apple trees in our garden and towards the end of September we couldn't give apples away!! We left a box at the end of our drive with "Help yourselves!" We must have eaten this every day for months.

Sarah-Jane

INGREDIENTS

Suet crust

300g (10½ oz/2 cups)

Self-raising flour

13g (4½ oz) shredded suet

½ tsp. ground cinnamon

A pinch of salt

2 tsp. lemon juice

70ml (2¼ fl oz) thin (pouring) cream, chilled

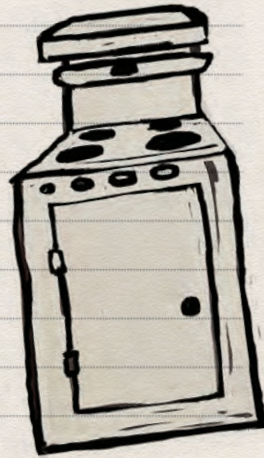
120ml (4 fl oz) cold tap water

Filling

4 dessert apples, such as cox or Jonagold (about 440g / 15½ oz, when cored and peeled)

140g (5 oz) light brown sugar

150g (5½ oz) good-quality butter, cubed, chilled



METHOD

1. In a large bowl, mix the flour with the suet, cinnamon and salt.
2. Then add the lemon juice, cream and cold water to bring the dough together into a stiff paste.
3. Dust the work surface with flour, roll out the dough and set one quarter of the dough aside for the lids.
4. Place the dough into the pudding basins by pressing it down. Mould it so it is roughly the same thickness all over.
5. Core, peel and large dice the apples, mix them with the sugar so all the pieces get a good coating, then add the cubes of butter so everything is divided quite evenly.
6. Divide the apple mixture between the puddings and fit a lid of dough to each pudding. Make sure you crimp the edges well, so the pudding remains closed.
7. As a variation, you can put the butter inside a cored and peeled apple and encase a whole apple in each pudding.
8. Preheat the oven to 160°C (315°F). Get a pan large enough to hold your pudding basins. Stand on a heatproof base or trivet and then pour in boiling water to come halfway up the side of the basin. Cover the pan, either with its own lid or with foil, in order to trap the steam.
9. Place in the oven and steam the puddings for 3 hours. Carefully remove the puddings

CHRISTMAS PUDDING

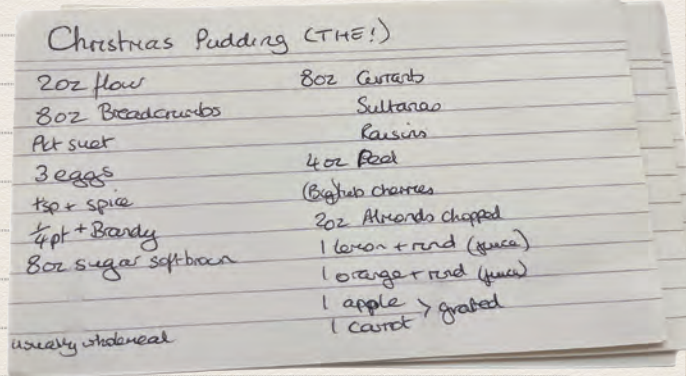
Submitted by a member of Quedgeley Library

INGREDIENTS

- | | |
|--------------------------------|---------------------------|
| 2 oz flour | |
| 8 oz breadcrumbs | |
| Suet | |
| 3 x eggs | |
| 1 tsp. spice | |
| ¼ pint brandy | |
| 8 oz soft brown sugar | |
| 4 oz peel | |
| Cherries (big tub) | |
| 2 oz almonds (chopped) | 1 x orange + rind & juice |
| 8 oz currants/sultanas/raisins | 1 x apple (grated) |
| 1 x lemon + rind & juice | 1 x carrot (grated) |

METHOD

1. Place the breadcrumbs, flour, suet and sugar in a large mixing bowl and stir until well blended.
2. Stir in the sultanas, raisins, currants, mixed peel, cherries and almonds and mix well.
3. Add all the remaining ingredients and stir again. Cover the bowl and leave overnight to allow the flavours time to blend. Spoon into a well greased basins and press down well.
4. Cover with a sheet of greaseproof paper or baking parchment. Then cover with foil and tie securely with string. Steam the pudding for 6 – 8 hours, topping up the water as required.
5. Allow to cool completely then cover again with fresh parchment and foil. Store in a cool dry place until Christmas.



Granny's Christmas Pudding

- currants } soaked in brandy
- raisins }
- sultanas }
- candied peel
- flour
- grated carrot
- stout
- Gravy browning] - colour
- dark brown sugar
- suet
- nutmeg
- mixed spice
- eggs

A dozen Xmas puddings made October half term

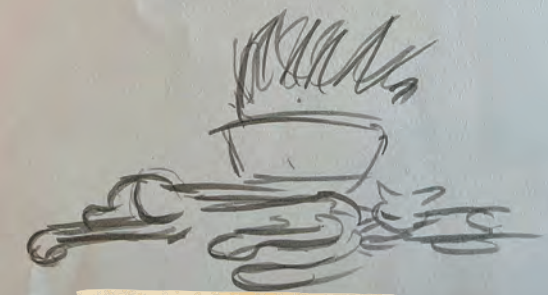
Always used china pudding basins + tiny taster basin topped with pleated greaseproof tied with string.

Old flannel sheets cut into squares tied on top + knotted to pick them up.

Steamed for hours in the huge pot. Once steamed open out the covers & dry out in front of fire joined by the dog + family cats. Left to mature never eat your pudding the year it is made!

Puddings made for relatives, one kept for Easter and one for next Christmas.

To serve - steam to heat up, before serving with brandy sauce - with lots of brandy in it. push the silver jugs coins into the pudding - to be given back to be used the next year



Submitted by a resident of Avalon Residential Home

MINCEMEAT SLICES

Submitted by a member of Quedgeley Library

INGREDIENTS

- 5g self raising flour
- 4g butter (Frozen)
- Ice cold water
- 12" x 7" baking tin
- 8g mincemeat

METHOD

1. Grate the frozen butter into the flour.
2. Mix with the ice cold water.
3. Roll half of the pastry into the tin and spread the mincemeat over the pastry, then roll out the second half and cover.
4. Bake on gas mark 5 for 30mins or until golden brown.

MINCEMEAT SLICES.
 5gps S/R FLOUR
 4gps BUTTER (FROZEN)
 ICE COLD WATER TO MIX
 12" x 7" BAKING TIN
 8gps MINCEMEAT.
 GRATE FROZEN BUTTER INTO THE FLOUR THEN MIX WITH ICE COLD WATER ROLL 1/2 PASTRY INTO THE TIN, SPREAD MINCEMEAT OVER THE PASTRY, THEN ROLL THE OTHER 1/2 PASTRY TO COVER. BAKE GAS 5 (30 MINS) UNTIL GOLDEN BROWN

CAKE
 6ggs Brown Sugar ✓
 6" Butter ✓
 3 Eggs ✓
 8ggs Flour ✓
 8" Sultanas ✓
 8" Currants ✓
 2" Raisins ✓
 3" Candied Red ✓
 1" Cherries ✓
 2" chopped almonds ✓
 pinch of spice ✓
 1" Talcum Black Peach ✓
 135/24
 135°C

Mincemeat
 1/2 quantity
 4ggs Sultana
 8" Raisins
 8" Currants
 6" Red.
 1/2 lb Grape.
 1/2 lb Apple.
 1ggs almonds.
 1/2 lemon Juice
 1/2 teaspoon Spice
 6ggs Sugar.

Pudding
 1g Currants 1NB ✓
 1g Sultana 1NB ✓
 4g 2ggs Raisins 1NB ✓
 1ggs Red. 1NB ✓
 1ggs almonds ✓
 1/2 S/R Flour ✓
 Bit of Malva ✓
 1ggs Apples ✓
 1ggs Suet ✓
 1ggs Castor Sugar ✓
 Bit of grated rind & Juice of lemon
 1 Egg

Submitted by a member of Quedgeley Library

Memories of Home and Christmas Preparations of food

I am the youngest of Four - we were all very much involved, each given tasks:-

- Perhaps making breadcrumbs using a Colander Perched on an enamel plate, Nobby like mad for age! Put a bowl of crumbs produced & mum - happy
- Soaking almonds in boiling water to take the skin off. (Watch it was hot).
- Also Soaking Green grapes in hot water to de-stem them and then taking out the pips
- The mincer was screwed to the kitchen table, but always moved when mincing lots of dried fruit - but they were minced and the job I enjoyed completely - the juice from the grapes dripped.
- Black Syrup - A tablespoon was placed in a cup of boiling water to warm, so that the Syrup would glide off. Also we could have a teaspoon full to eat!!
- Grating off the lemon peel was always tricky - and squeezing the last of the lemon juice - (Mum would check you'd done it properly).
- Guinness was used to mix in the Pudding and we all had a small drop poured into very small glasses. Now that's a confession!!!

SNOW CAP TRIFLE

These are recipes that we used when we had something special for a celebration. My husband, Ken loved to cook and that was in the 1950s when a "woman's place" was often seen as in the kitchen. Ken and I swapped roles and I became a dab hand at decorating and preparing.

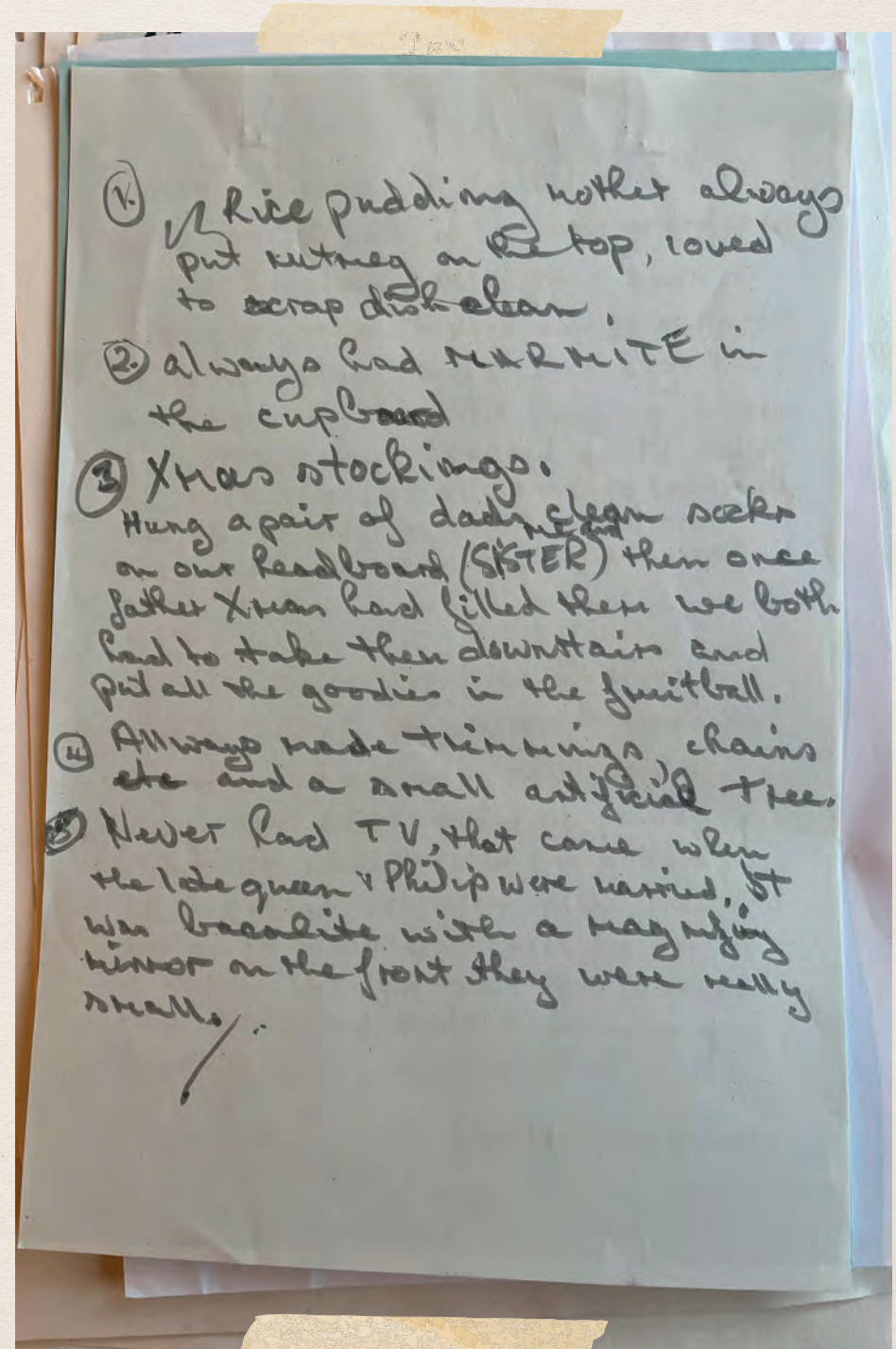
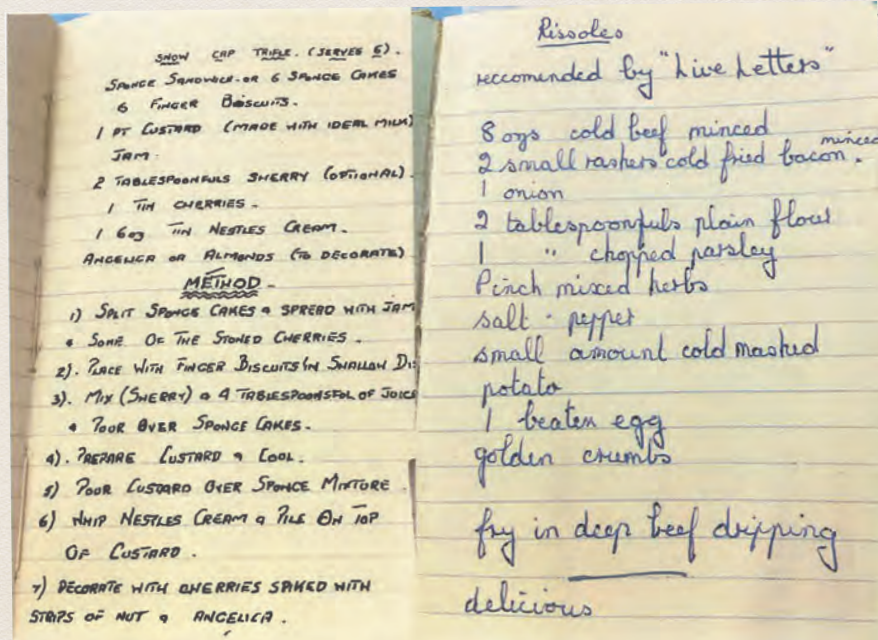
Cherished Recipes

INGREDIENTS

6 x finger biscuits	1 tin cherries
1 pint custard (made with ideal milk)	1 6oz tin Nestles cream
Jam	Angelica or almonds
2 tbsp. sherry (optional)	(to decorate)

METHOD

1. Split sponge cakes and spread with jam.
2. Add some of the stoned cherries.
3. Place finger biscuits in to a shallow dish.
4. Mix (sherry) and 4 tbsp. of juice and pour over sponge cakes.
5. Prepare custard and cool.
6. Whip Nestles cream and pile on top of custard.
7. Decorate with cherries, nuts and angelica.



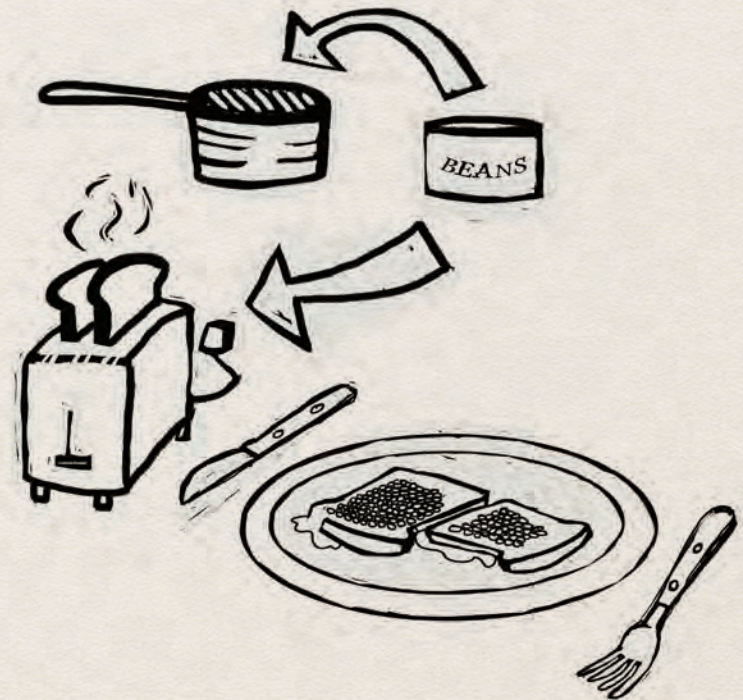
FOOD MEMORIES

Submitted by residents of Bramble House Care Home



Eric memories of helping his grandparents growing vegetables and mending stuff during the ww II.

Brian's Beans cooked BY his auntie



Roast Dinner



TOM KERRIDGE'S SAUSAGE ROAST

Submitted by Tom Kerridge

STORY BEHIND RECIPE:

Money was short when I was young. My brother and I were growing lads and my mum, Jackie, worked hard to bring us up as best she could as a single parent. We never felt we went without, though. Mum would give us rolled sausage meat as a “roast” instead of an expensive joint, served with all the trimmings. If it’s difficult to get your butcher to grind specific cuts for you, simply substitute the shoulder and belly for medium-lean, coarsely ground minced pork). Despite its simple ingredients, this recipe tastes delicious. It’s a great winter warmer too – ideal for the cold spells we’ve been having lately. What better dish to serve for Sunday lunch?

Tom

INGREDIENTS

1kg pork shoulder, minced	2 x dried bay leaves
300g pork belly, minced	(toasted and ground to a powder)
3 x garlic cloves, grated	3 tbsp. flat-leaf parsley,
½ tbsp. salt	finely chopped
1 tbsp. fennel seeds	1 tsp. chilli flakes
(toasted until fragrant in a dry frying pan, cooled and ground to a powder)	Finely grated zest of 1 lemon
2 tsp. dried oregano	100ml white wine
1 tsp. cayenne pepper	50g butter, softened
100g dry breadcrumbs	150ml pork stock

Serves 6-8

METHOD

1. Place all of the mince in a large mixing bowl. Add the garlic, salt, ground fennel, oregano, cayenne pepper and ground bay leaves. Get your hands in and start to work everything together. You need to knead it like dough for at least five minutes. This helps to stretch the proteins and forms a tighter mix that holds its shape better.
2. Next add the breadcrumbs, parsley, whole fennel seeds, chilli flakes, lemon zest and white wine. Mix together with your hands.
3. Rub one side of a large sheet of tin foil with the butter. Place the sausage meat on the foil and form into the shape of a log about 25cm long. Try to ensure the meat’s quite tightly packed together. Once you have made a giant sausage, roll the tin foil over the top and secure the ends tightly, like a Christmas cracker.
4. Place the roll on a large baking tray and put it into the fridge to firm up for at least two hours but preferably overnight.
5. Preheat the oven to 180C/Gas Mark 4.
6. Roast the sausage in its tin foil for 40 minutes. Carefully remove from the oven, unravel the tin foil and put the sausage back in the oven for a further 10-15 minutes, until it’s a rich golden brown.
7. While the sausage is cooking, put the pork stock into a small saucepan and simmer to reduce by half and make a glaze.
8. When you take the cooked sausage out of the oven, glaze it with the reduced pork stock before serving immediately with your favourite vegetables.

Celebrity
Recipe

SAUSAGE ROLLS

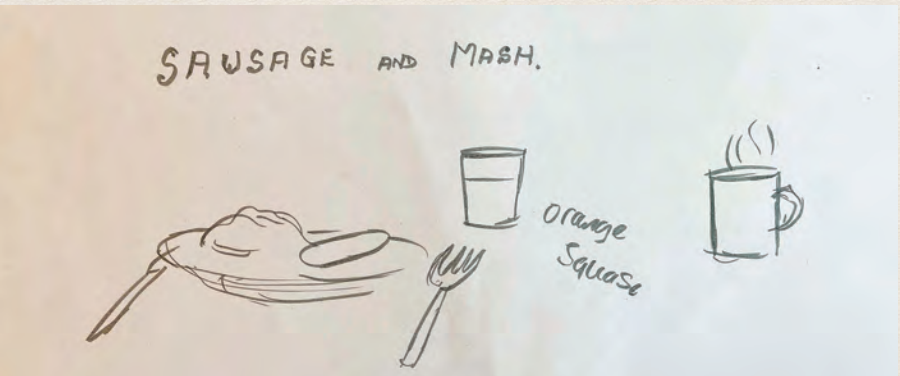
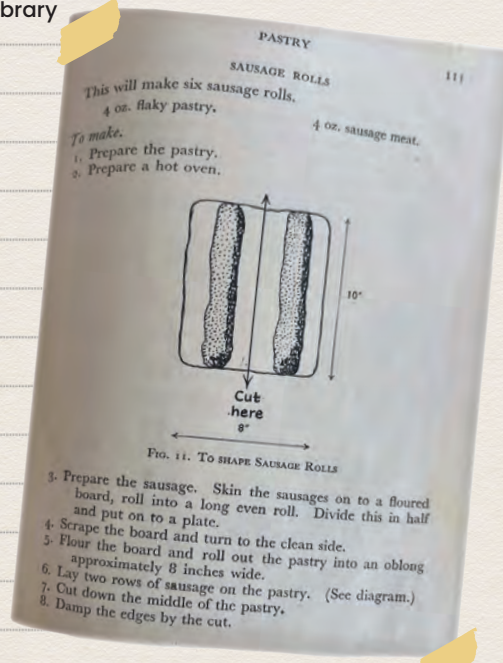
Submitted by a member of Quedgeley Library

INGREDIENTS

- 4 oz flaky Pastry
- 4 oz sausage meat
- Flour

METHOD

1. Prepare the pastry.
2. Prepare a hot oven.
3. Prepare the sausage. Skin the sausages on a floured board, roll into a long even roll. Divide this in half and put on to a plate.
4. Scrape the board and turn to the clean side.
5. Flour the board and roll out the pastry on to an oblong approximately 8" wide.
6. Lay two rows of sausage on to the pastry. (See diagram.)
7. Cut down the middle of the pastry.
8. Damp the edges by the cut.



Submitted by a resident of Avalon Residential Home

Submitted by a member of Quedgeley Library

Childhood Meals

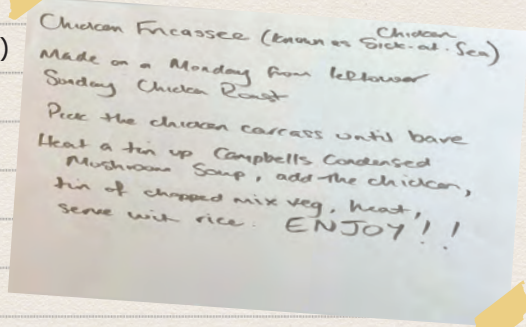
holidays at my grandparents, and lovely wholesome meals, which I later discovered that my granddad did all the cooking, as he had been a cook in the forces in wartime. Our favourite was the bacon and onion roly poly which was a sweet pastry, rolled out with bacon pieces and onion spread over it, rolled up into a muslin cloth and steamed for about 1 1/2 hours. Then served sliced, with vegetables, which Granddad grew in his garden and attachment. He would also eke out the Sunday Mince by adding bits of pomidge oats, and carrots and onions. As the eldest of 5 children I did a lot of the cooking as a child, to help out (especially when Mum was in hospital at times) so learnt to make meals from very few ingredients at times, A favourite with the family was a stew made with Breast of lamb, the butcher would cut it into long pieces, and I would stew it with vegetables from Dad's garden, and make herb dumplings for the last 30 minutes of cooking. My other grandparents kept chickens, ducks, and great lots of vegetables too. Gran made a delicious Rice Pudding in an enameled dish, with a knob of butter (Granddad was a Quaker) so it was pale home-made butter) and a lovely Dark Brown Skin on top - no children would all want to be the one to squeeze the edgings round the top of the dish, when enjoyed. We would have boiled duck eggs - Gran would make sure they were boiled for at least 10 minutes. At home Dad would have his meal after a hard day's work as a Carpenter and Joiner, and a long bike ride to and from work. He would have fish and chips (from the mobile fish-chip van) and beans, and we would have egg with our chips, and ask for 'Bits and Bites' from the fish-chip van, which sometimes would have a small bit of fish in - an extra treat!! For breakfast it would sometimes be an omelette cooked in boiling water, poured over bread cubes.

CHICKEN FRICASSEE (ALSO KNOWN AS SICK-AT-SEA)

Submitted by a resident of Avalon Residential Home

INGREDIENTS

- Chicken (left over from the Sunday roast)
- Campbells condensed mushroom soup
- Tinned mixed vegetables
- Rice



METHOD

1. Remove left over chicken from the carcass until bare.
2. Heat a tin of mushroom soup and mix in the chicken.
3. Add the tinned vegetables and heat through.
4. Serve with rice, and enjoy!

CHICKEN IMPERIAL

Submitted by a member of Quedgeley Library

INGREDIENTS

- 1 lb chicken fillets (small)
- 1 x clove of garlic
(finely chopped)
- ½ bunch parsley
(finely chopped)
- ½ lb salted butter (melted)
- ½ lb plain flour
- Baking trays (greased)
- 1 x large bowl & 1 x shallow bowl

METHOD

1. Mix together the garlic, parsley and flour in the large bowl.
2. Pour the melted butter into the shallow bowl.
3. Dip each fillet into the butter to coat.
4. Coat all of the chicken fillets with the melted butter, and place into the dry mixture and fully coat one at a time.
5. Lay each fillet onto the greased baking tray.
6. Place in a hot oven, for approx 20 minutes.
7. Cool on a wire tray.

Eat hot or cold, delicious warm.

CHICKEN IMPERIAL

When my Father retired from the army. He & my mother had a holiday in America to visit my Father's sister who had married an American RAF pilot she met during the war.
This recipe was told to my mother by Dads sister Hilda and they made it whilst she was in America.

- 1 lb small chicken fillets
- 1 clove of garlic finely chopped
- ½ bunch parsley finely chopped
- ½ lb melted salted butter
- ½ lb sifted plain flour.
- Baking trays greased
- Oven set 180°C

Method

1. Mix together the garlic, parsley & flour in the large bowl.
2. Pour the melted butter into the shallow bowl.
3. Dip a fillet into the butter to coat.
4. Coat the melted butter chicken fillets in the dry mixture to fully coat, one at a time.
5. Lay each fillet onto the greased baking tray.
6. Place, into the hot oven, all the trays for approx Twenty minutes.

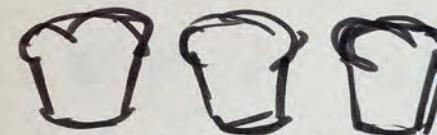
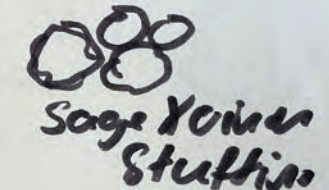
Cool on a wire tray.
Eat hot or cold, & delicious warm.

madds treat
roast chicken

cooked
by husband



Veg & gravy



Yorkshire puddings

School sweet hearts
cooked with love

Submitted by a of resident of Bramble House Care Home

SAVOURY MINCE BEEF CRUMBLE

Submitted by a member of Quedgeley Library

INGREDIENTS

- 1 lb minced beef
- 1 x onion
- 1 x carrot (small pieces)
- Frozen peas (handful)
- Gravy (of choice)

For the crumble:

- 180g flour
- Mixed herbs
- 90g margarine / baking marg

METHOD

1. Brown the onion in a large frying pan.
2. Add the minced beef and brown.
3. Add the carrot and a handful of frozen peas.
4. Stir in your chosen gravy and simmer until cooked.

For the crumble:

1. Pour the flour into a bowl and add the margarine/baking margarine, rub into breadcrumbs and then add the mixed herbs (add liberally).
2. Once the beef mixture has cooled a little, pour into a casserole/oven-proof dish and cover with the crumble mix.

Serve with boiled potatoes and extra gravy.

In the late 80's and early 90's - I had 3 young children, on part time job like so many others (Good money was tight) Recently my daughter told me one of her favourite dishes was my Savoury Mince Beef Crumble - an economical meal.

The Recipe

Brown an Onion in a large frying pan
Add 1lb of minced Beef and brown
Add a carrot cut into small pieces and add a handful of frozen peas
Stir in your chosen gravy and simmer until cooked.

While this is simmering - Put flour into a bowl and add margarine/baking margarine rub into bread crumbs and then add mixed herbs (add liberally).

Once the minced beef mixture has cooled a little, pour into a casserole/oven-proof dish and cover with the crumble mix
My children ate well with boiled potatoes and extra gravy. Sometimes my partner was after a bottle of the mince and a larger portion of boiled potatoes, cranberry Topping and gravy. Economical and delicious.

Cottage pie



Submitted by a resident of Bramble House Care Home

SHEPHERD'S PIE

Submitted by a student from Gloucester Academy

INGREDIENTS

Onion

Potatoes

Minced meat (of choice)

Salt & pepper (to taste)

Grated cheese

Gravy

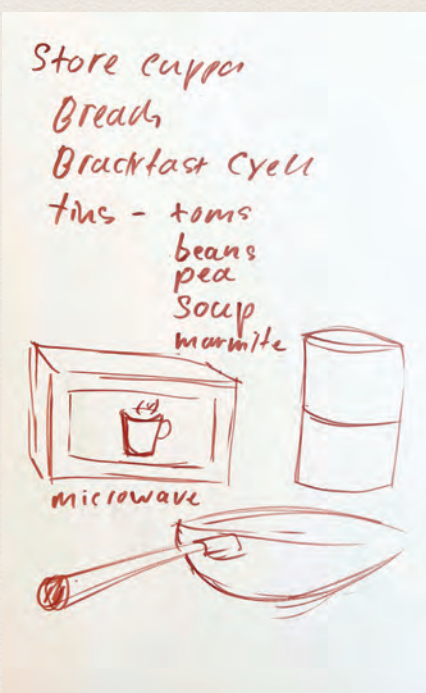
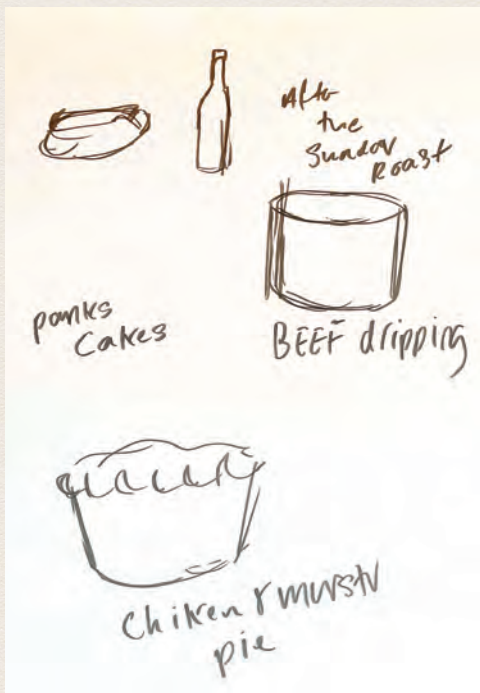
METHOD

1. Peel and chop the potatoes, and bring to the boil.
2. Brown off the mince and onion, season well and add the gravy.
3. Strain the potatoes and mash.
4. Pour the meat into an oven proof dish, and cover with the mash potato, sprinkle with grated cheese.
5. Bake for 30-35 minutes.



FOOD MEMORIES

Submitted by members of Quedgeley Library



I used to get ride on the Milk mans horses

BABY EELS & ELVERS



But in boiling wenter
15-20 min's
bit of Saucōs

MARCH
April
MAY

Spring
Fryed with egg

Submitted by a member of Hucclecote Library

UNCOOKED CHUTNEY

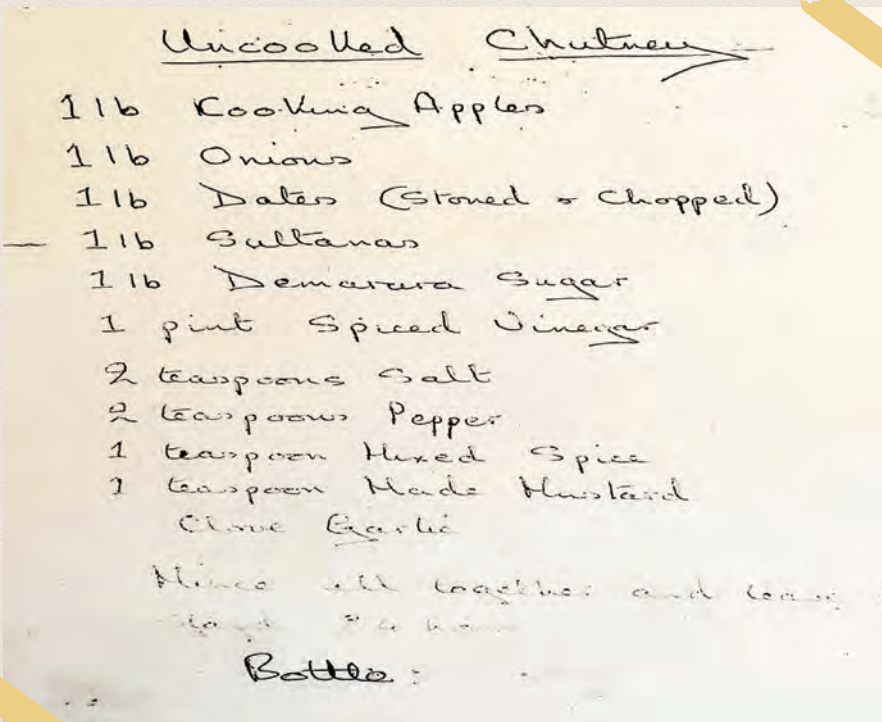
Submitted by a resident of Avalon Residential Home

INGREDIENTS

1 lb cooking apples	2 tsp. salt
1 lb onions	2tsp. pepper
1 lb dates (stoned & chopped)	1 tsp. mixed spice
1 lb sultanas	1 tsp. mustard
1 lb demarara sugar	Garlic clove
1 pint spiced vinegar	

METHOD

1. Mince all ingredients together.
2. Leave to stand for 4 hours before bottling.



TOMATO RELISH

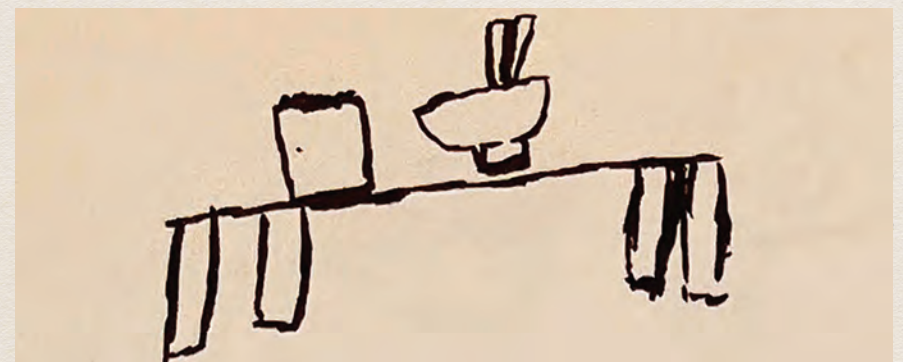
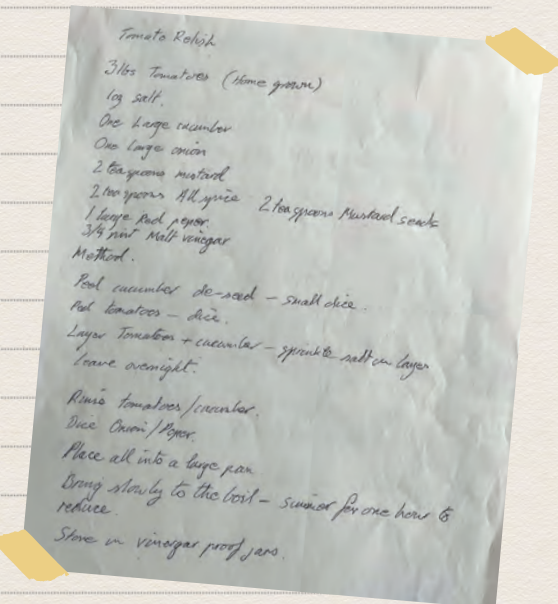
Submitted by a member of Churchdown Library

INGREDIENTS

3 lb tomatoes (home grown)
1 oz salt
1 x large cucumber
1 x large onion
1 x large pepper
2 tsp. mustard
2 tsp. all spice
2 tsp. mustard seeds
¾ pint malt vinegar

METHOD

1. Peel cucumber, de-seed and dice up small.
2. Peel the tomatoes and dice.
3. Layer tomatoes and cucumber, sprinkle with salt and leave over night.
4. Rinse tomatoes and cucumber.
5. Dice the onion and pepper and place all into a large pan.
6. Bring slowly to the boil, simmer for 1 hour to reduce.
7. Store in vinegar proof jars.



BEETROOT CHUTNEY

Submitted by a member of Hucclecote Library

INGREDIENTS

3 lb cooked beetroot
1 ½ lbs apples
1 pint vinegar
2 large onions
¾ lb sugar, salt & spices

METHOD

1. Mix through the beetroot, apple and onions.
2. Place in a large pan, add the vinegar, sugar, salt & spices (to taste).
3. Cook through slowly until it thickens.

CHUTNEY IN THE RAW

Submitted by a member of Hucclecote Library

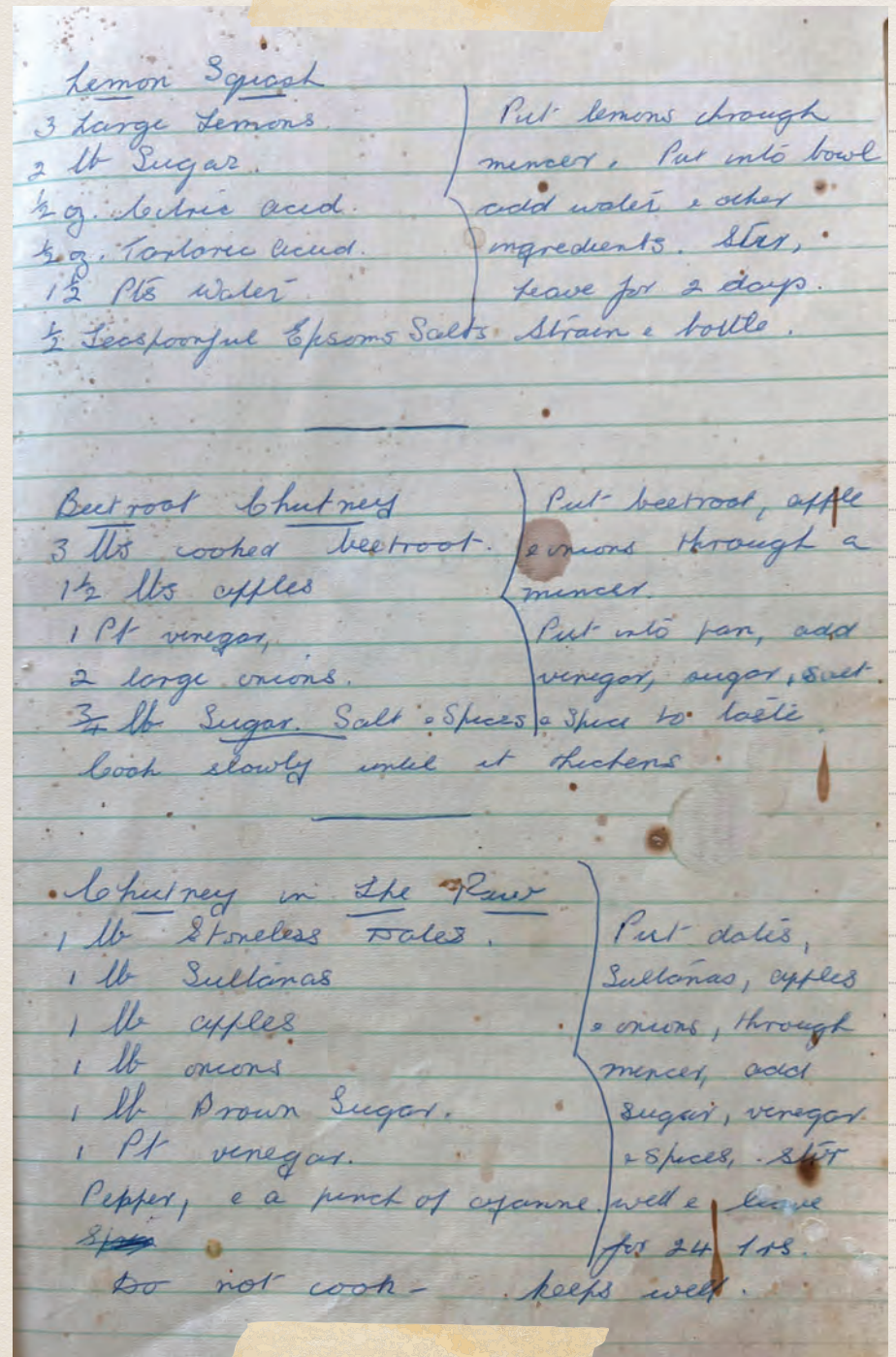
INGREDIENTS

1 lb stoneless dates
1 lb sultans
1 lb apples
1 lb onions
1 lb brown sugar
1 pint vinegar
Salt, pepper & spices

METHOD

1. Put the dates, sultanas, apples and onions through the mixer.
2. Add the vinegar, sugar, salt & spices and stir well.
3. Leave for 24 hours (Do not cook)

Keeps well.



This celebratory book is deeply connected to community heritage and social history by collecting and showcasing traditional recipes passed down through generations. By including handwritten recipes, kindly submitted by Gloucestershire residents, we have captured the unique handwriting of contributors, adding authenticity and a personal touch. This ensures that the essence of family traditions is preserved for posterity.

Each recipe will help tell a story, reflecting the cultural, regional and historical context in which it was created, thus bridging the past with the present and keeping unique culinary heritage alive for future generations.

“ My residents had a wonderful time, and they were talking about this all week. It was nice for them to be listened to and to feel that they are sharing parts of them and their experiences. ”

Registered Home Manager Parton House Care Home

VOICES

G L O U C E S T E R



Historic England



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