

Recipe book

recipes from **services users,**
staff and carers





Through the work of the meaningful activity working group (made up of NHS Lanarkshire, South Lanarkshire Council and Alzheimer Scotland) we have identified activities which address many different sensory needs for our service users. One of the skills that can be maintained easily is the skill of baking.

The creative need, the sensory need and the art of conversation are all addressed through this activity. This is also an activity which many of our service users would have carried out on a daily/weekly basis whether it be baking for them or watching their mothers' bake.

We are keen to ensure that we can facilitate this activity within our resources, so we have asked service users, carers and staff to contribute to this recipe book. The recipes can all be carried out by service users independently or with some support from staff, this encourages service users to be active and gives a sense of purpose and achievement to their day.



Angel pudding

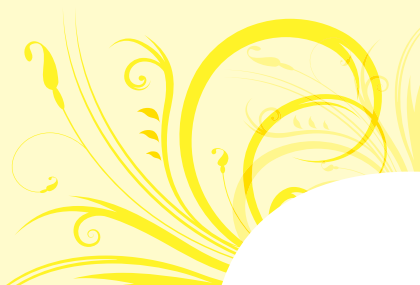
Ingredients

- 2oz self raising flour
- 2 eggs
- ½ pint of milk
- 2oz butter or margarine
- 2oz caster sugar

Method

- 1) Grease a pie dish
- 2) Cream butter and sugar
- 3) Stir in flour
- 4) Separate egg yolks
- 5) Gradually add the yolks and milk, beating mixture well after each addition
- 6) Beat egg whites until stiff
- 7) Fold in egg whites
- 8) Pour into greased pie dish and bake for 30 minutes in a hot oven
- 9) Serve alone or with whipped cream

Recipe supplied by **Renee Duncan**
(Jenny MacLachlan Centre)





Apricot tea loaf

Ingredients

- 4oz soft margarine
- 4oz caster sugar
- 1 orange - finely grate rind
- 2 eggs
- 6oz plain flour
- pinch of salt
- 1 teaspoon baking powder
- 2 tablespoon orange juice
- 4oz dried apricots - no need to soak

Method

- 1) Cream margarine and sugar
- 2) Add orange rind
- 3) Beat in eggs, mix well
- 4) Fold in flour, salt, baking powder and finely chopped apricots
- 5) Stir in orange juice
- 6) Put in mixture into a 1lb loaf tin and bake for 50-60 minutes in oven at 180°C/350°F

Recipe supplied by Agnes Warnock
(Jenny MacLachlan Centre)





Banana loaf

Ingredients

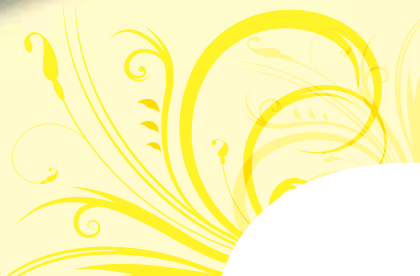
- 2 ripe bananas
- 5oz caster sugar
- 8oz self raising flour
- 2oz margarine
- 2 eggs
- pinch of salt

Method

- 1) Mash bananas
- 2) Cream margarine and sugar together
- 3) Beat in eggs
- 4) Add flour, salt and mashed banana, mix well
- 5) Put mixture into greased and lined loaf tin
- 6) Bake in middle of oven at 190°C/375°F for 1 hour

Recipe supplied by Maisie Lithgow

(Jenny MacLachlan Centre)





Butter biscuits

Ingredients

- 6oz butter
- few drops vanilla essence
- 5oz sugar
- 8oz plain flour

Method

- 1) Cream butter and 4oz of the sugar
- 2) Add in the essence
- 3) Stir in the flour
- 4) Sprinkle a board with sugar and roll the mixture into a sausage shape
- 5) Place in fridge to cool, until mixture is really firm
- 6) Cut into slices from the sausage (about 30 biscuits)
- 7) Place rounds on a baking sheet and bake in oven at 190°C/375°F or gas mark 5, until pale brown at the edges, approx 20-30 minutes

Recipe supplied by Renee Duncan
(Jenny MacLachlan Centre)





Chocolate mint bar

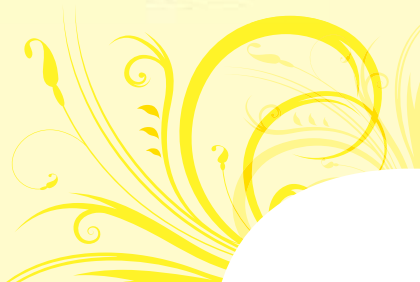
Ingredients

- 8oz digestive biscuits
- 4oz peppermint creams
- 1 egg
- 4oz margarine
- 4oz caster sugar
- 2 tablespoons drinking chocolate
- 5oz cooking chocolate

Method

- 1) Melt margarine and sugar
- 2) Add drinking chocolate, beaten egg, biscuits and peppermint creams
- 3) Press into Swiss roll tin
- 4) Allow to harden
- 5) Cover with melted chocolate
- 6) When set, cut into fingers

Recipe supplied by Agnes Warnock
(Jenny MacLachlan Centre)





Chocolate shreddie bars

Base

5oz crunchy oat biscuits
2½oz butter

Filling

4oz butter
4oz brown sugar
¼ pint milk
3 shredded wheat (crushed)
4oz milk chocolate (chopped)
5oz raisins
4oz almonds

Method

- 1) Line a Swiss roll tin with cling film
- 2) For the base, mix biscuits and butter together and press into base of tin
- 3) In a saucepan, heat butter, sugar and milk together and boil for three minutes
- 4) Remove from heat and stir in shredded wheat, chocolate, raisins and almonds
- 5) Stir until chocolate has completely melted
- 6) Spread over biscuit base and refrigerate until firm
- 7) Cut into bars and store covered in refrigerator

Recipe supplied by Agnes Warnock
(Jenny MacLachlan Centre)





Coconut balls

Ingredients

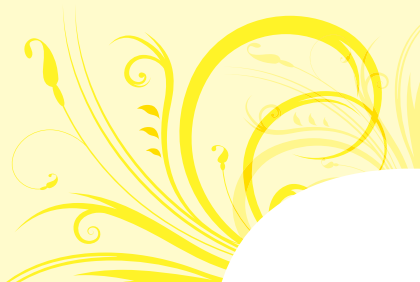
- 4oz butter
- 4oz icing sugar
- small tin condensed milk
- 8oz desiccated coconut
- chocolate for coating

Method

- 1) Cream sugar and butter
- 2) Add condensed milk and coconut
- 3) Roll mixture into balls
- 4) Leave to firm
- 5) Coat in melted chocolate

Recipe supplied by Maisie Lithgow

(Jenny MacLachlan Centre)





Cold tea loaf

Ingredients

- 1lb self raising flour
- 2oz butter or margarine
- ½ cup sugar
- ½ packet raisins
- 1 pot strong tea
- pinch of salt

Method

- 1) Pour tea over raisins, put in microwave until they swell and become juicy, then let them cool
- 2) Rub butter into flour
- 3) Add sugar to mixture
- 4) Take raisins out of tea and add to mixture
- 5) Add cold tea to bind, making a loose dough
- 6) Grease an oven tin and add mixture to tin
- 7) Put into oven temperature 150°C/300°F for 1 ½ hours

Recipe supplied by Jean Cadzow
(Jenny MacLachlan Centre)





Custard creams

Ingredients

- 6oz butter
- 6oz self raising flour
- 2oz custard powder
- 2oz icing sugar

Filling

- 2oz butter
- 4oz icing sugar
- drop of rum essence or almond essence

Method

- 1) Blend butter
- 2) Add flour, custard powder and icing sugar to make a soft dough
- 3) Divide into 40 small balls
- 4) Place on a greased baking tray
- 5) Bake in oven 160°C/320°F for 15 to 20 minutes, till pale golden colour
- 6) Make up filling and sandwich together when cool

Recipe supplied by Agnes Warnock
(Jenny MacLachlan Centre)





Fruit loaf

Ingredients

- 4oz margarine
- 2½ cups dried fruit
- 1½ cups water
- 1 cup sugar
- 1 heaped teaspoon mix spice
- 1 heaped teaspoon cinnamon
- 1 heaped teaspoon bicarbonate soda

Method

- 1) Place all ingredients into a pan and bring to the boil
- 2) Simmer for five minutes
- 3) Remove from heat and allow to cool
- 4) Add three cups self raising flour and two eggs and mix well
- 5) Split mixture between two greased and lined loaf tins
- 6) Bake in oven at 180°C/350°F for 50-60 minutes

Recipe supplied by Maisie Lithgow

(Jenny MacLachlan Centre)





Gingerbread

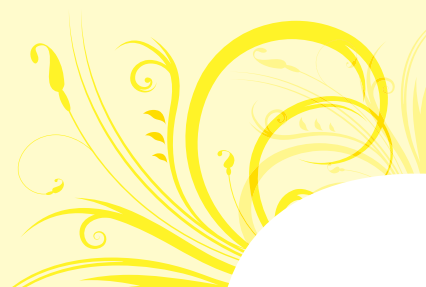
Ingredients

- 12oz self raising flour
- 6oz margarine
- 4oz castor sugar
- 2 eggs
- 4 tablespoons milk
- 3 tablespoons golden syrup
- 1 tablespoon black treacle
- 1½ level teaspoons ground ginger
- pinch cinnamon
- pinch of salt
- pinch of mixed spice

Method

- 1) Grease tin
- 2) Sieve flour, salt and spices
- 3) Melt milk, sugar, syrup, treacle and margarine at low in microwave, do not allow to become very hot
- 4) Pour melted mixture on to flour, beat well
- 5) Add lightly beaten eggs and beat until mixture is smooth the consistency should be that of a thick batter add a little more milk if required
- 6) Pour into prepared tin and bake in a moderate oven

Recipe supplied by Renee Duncan
(Jenny McLachlan Centre)





Mars bar cake

Ingredients

- 3 mars bars
- 3oz margarine
- 3 cups rice crispies
- 1 large milk chocolate cooking block

Method

- 1) Melt mars bars and margarine together
- 2) Add rice crispies
- 3) Spread mixture into a Swiss roll tin
- 4) Cover with cooking chocolate when mixture is cool

Recipe supplied by Maisie Lithgow

(Jenny MacLachlan Centre)



Marshmallow roll

Ingredients

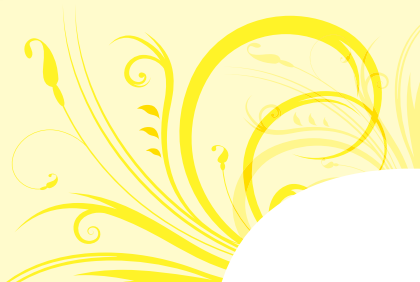
- 30 digestive biscuits
- 12 glace cherries
- 30 marshmallows
- 2 small tins condensed milk or 1 large tin coconut

Method

- 1) Crumble biscuits
- 2) Cut marshmallows into quarters with wet scissors
- 3) Quarter cherries
- 4) Add condensed milk to biscuits, marshmallows and cherries
- 5) Divide mixture in two
- 6) Roll into sausage shape
- 7) Roll in coconut
- 8) Put into fridge to chill
- 9) Cut into slices

Recipe supplied by Maisie Lithgow

(Jenny MacLachlan Centre)





Marshmallow treats

Ingredients

- 3oz margarine
- 3oz marshmallows
- 3oz rice crispies
- 3oz chocolate

Method

- 1) In a large microwave bowl, melt margarine on high for 30 seconds
- 2) Stir in marshmallows and cook on high for one minute
- 3) Stir mixture and cook on high for one minute
- 4) Mix in rice crispies to mixture
- 5) Press mixture into Swiss roll tin
- 6) Cover with melted chocolate

Recipe supplied by Maisie Lithgow

(Jenny MacLachlan Centre)





Meringues

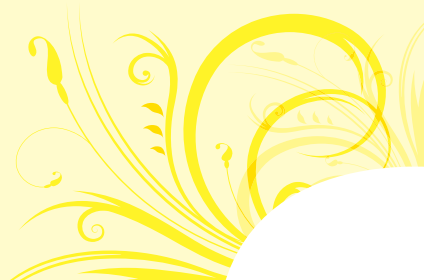
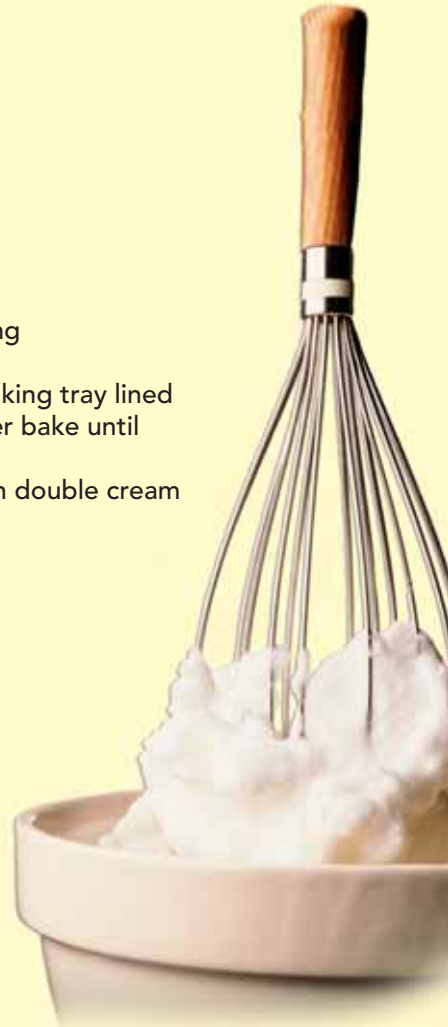
Ingredients

- 4oz castor sugar
- 2 egg whites
- double cream (whipped)

Method

- 1) Whisk egg whites until stiff
- 2) Add half sugar and continue beating
- 3) Fold in remaining sugar
- 4) Place in spoonful or pipe onto a baking tray lined with lightly oiled greaseproof paper bake until dried out
- 5) When cold, sandwich together with double cream

Recipe supplied by Renee Duncan
(Jenny MacLachlan Centre)





Pancakes

Ingredients

- 4oz self raising flour
- 1 egg
- pinch salt
- 2oz caster sugar
- milk to mix


Method

- 1) Mix flour, salt and sugar
- 2) Add egg and gradually beat in enough milk to make thick
- 3) Cook on a well greased griddle or heavy bottom frying pan
- 4) Place spoonfuls of mixture onto griddle
- 5) When brown on bottom and mixture is bubbling on top turn

Recipe supplied by Maisie Lithgow

(Jenny MacLachlan Centre)





Rhubarb crumble

Ingredients

- 900g/2lb rhubarb
- 115g/4oz caster sugar
- 1 orange - grate rind

For the crumble

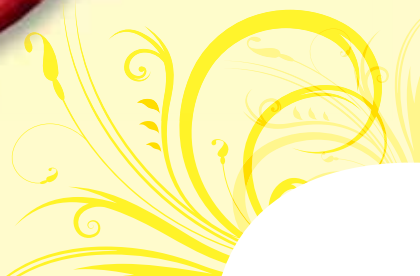
- 225g/8oz plain flour
- 115g/4oz butter
- 115g/4oz soft brown sugar

Method

- 1) Preheat oven to 190°C/375°F/Gas mark 5
- 2) Cut rhubarb and place in three pint oven proof dish with caster sugar and orange rind
- 3) Make crumble by placing flour in the mixing bowl and rub in the butter until the mixture resembles breadcrumbs and stir in the soft brown sugar
- 4) Spread crumble evenly over the rhubarb
- 5) Bake in the centre of the oven for 23-30 minutes until crumble is golden brown

Serves 6

Recipe supplied by Anne Patterson





Rock buns

Ingredients

- 200g self raising flour
- 100g margarine
- 2 tablespoons dried fruit
- pinch of salt
- 50g sugar
- 1 egg
- milk to mix

Method

- 1) Sieve salt and flour
- 2) Rub in margarine
- 3) Add egg, dried fruit and mix to a soft dough
- 4) Add a little milk if required
- 5) Place tablespoon of mixture onto a greased baking tray
- 6) Bake in oven at 190°C/375°F for 10 to 15 minutes

Recipe supplied by Maisie Lithgow

(Jenny MacLachlan Centre)





Rocky road bars

Base

- 4oz digestive biscuits
- 2½oz butter (melted)

Filling

- 4oz butter
- 4oz soft brown sugar
- ¼ pint milk
- 3oz coconut
- 4oz maraschino cherries (drained and chopped)
- 4oz walnuts (chopped)
- 4oz marshmallows (chopped)
- 4oz digestive biscuits (crushed)

Topping

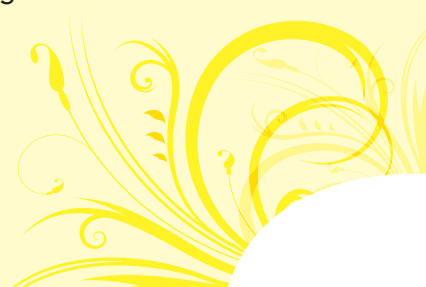
- 4oz plain chocolate
- 1oz butter



Method

- 1) Line a Swiss roll tin with cling film
- 2) Base, mix biscuits and butter together and press into base of tin
- 3) Filling, in a saucepan heat butter, sugar and milk, bring mixture to the boil and boil for three minutes
- 4) Remove from heat and stir in coconut, cherries, walnuts, marshmallows and biscuits spread over the biscuit base
- 5) Topping, melt butter and chocolate together until shiny and pour over filling
- 6) Cool to set. Keep covered in the fridge

Recipe supplied by Agnes Warnock
(Jenny MacLachlan Centre)





Macaroon tartlets

Ingredients

- 1 packet of short pastry (8oz)
- 2 tablespoons of apricot or raspberry jam
- whites of 2 large eggs
- 4 tablespoons of ready break
- 4 tablespoons of caster sugar
- ½ teaspoon of almond essence

Method

- 1) Make up the short pastry as directed on the packet and with it line 18 tartlet tins place a teaspoon of jam into each then stiffly whisk the egg whites
- 2) Fold in the ready break, sugar and almond essence, then spoon this mixture into tins, prick the base of each with a fork. Bake on middle shelf of a moderately hot oven, preheated to 195°C/380°F gas mark 5 for 20-25 minutes
- 3) Remove from oven, stand for a minute or two then turn out onto a wire rack and leave until cold

Recipe supplied by Willie Cooper
(Carer)





Scrummy, summery strawberry surprise

Ingredients

- 6 trifle sponges halved lengthways and halved again, to make 24 pieces
- strawberry jam
- juice of a large orange
- 65g packet of chocolate buttons
- 12 strawberries hulled, stalks taken out, halved lengthways
- 2x47g packet of angel delight chocolate
- 600ml (1 pint) full fat or semi skimmed milk

Topping

- 284ml carton of double cream
- flake bar crumbled
- 6 strawberries hulled, stalks taken out, chopped into quarters

Method

- 1) Spread strawberry jam over the pieces of trifle sponge, line the bottom of a large glass with the pieces, jam side up
- 2) Pour the orange juice over the trifle sponges and put the chocolate buttons over the top
- 3) Place the halved strawberries over the trifle sponges and chocolate buttons
- 4) Put the milk into a large mixing bowl, add both packets of angel delight chocolate and whisk till light and creamy
- 5) Pour over the strawberries and leave to set in fridge for a couple of hours
- 6) Whip the double cream until stiff and put dollops on top of the angel delight chocolate layer
- 7) Sprinkle on crumbled flake bar then drop the chopped strawberry pieces on the top. Leave in the fridge for a couple of hours, then tuck in

Recipe supplied by Willie Cooper
(Carer)





Lemon syrup cake

Ingredients

- 200g plain flour
- 2 teaspoons baking powder
- 200g caster sugar
- 4 eggs
- 150ml soured cream
- grated rind of 1 large lemon
- 4 teaspoons of lemon juice
- 150ml sunflower oil

Syrup

- 4 tablespoons icing sugar
- 3 tablespoons lemon juice

Method

- 1) Grease the bottom of 8" loose bottomed cake tin
- 2) Set oven to 180°C/350°F
- 3) Sift flour and baking powder into a bowl
- 4) Stir in sugar
- 5) Whisk (in separate bowl) eggs, soured cream
- 6) Oil, lemon juice and rind
- 7) Add egg mixture to flour mixture and stir
- 8) Pour into tin and bake for 45-60 minutes till risen
- 9) Mix icing sugar
- 10) Extra lemon juice in a small pan
- 11) Stir over a low heat till just starting to bubble
- 12) Brush with syrup

Recipe supplied by Kate Embleton
(Carer)



Fudge frosting

Ingredients

- 90g butter
- 80ml water
- 110g caster sugar
- 240g icing sugar
- 35g cocoa powder

Method

- 1) Put butter, water, caster sugar in a small pot and heat without boiling till sugar dissolves
- 2) Sift icing sugar and cocoa in a small bowl and gradually stir in hot butter mixture
- 3) Cover and refrigerate for about 20 minutes or till frosting thickens
- 4) Beat with wooden spoon till spreadable and apply liberally to cake

Recipe supplied by Kate Embleton
(Carer)





We would like to take this opportunity
to thank all those people
who have contributed
to this recipe book.

We hope that this will be used
throughout the resource
to encourage meaningful activity
and to ensure
that our service users maintain skills
where appropriate.

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