

A top-down view of a table set for a meal. The table is covered with a light-colored, textured surface. Various autumnal dishes are arranged around the center: a roasted chicken in a white bowl on the left, a bowl of roasted vegetables (onions, mushrooms) at the top, a bowl of roasted pumpkin slices at the top right, a bowl of green beans with ham on the right, a bowl of mashed orange squash on the right, a bowl of roasted potatoes and carrots with green onions at the bottom right, a small bowl of red jam at the bottom left, and a bowl of mashed potatoes with green onions at the bottom left. Decorative elements include a large green and yellow pumpkin at the top left, a small orange pumpkin at the bottom left, several autumn leaves (oak, maple) scattered around, and folded green and orange napkins. The text "A TASTE OF HOME" is centered in a large, bold, brown font, with "CONNECTING PEOPLE THROUGH FOOD AND STORIES" below it in a smaller, brown font. A green house icon with a heart inside is centered below the text.

A TASTE OF HOME

CONNECTING PEOPLE
THROUGH FOOD AND STORIES





TABLE OF CONTENTS

Foreword

Sweet Treats

Savory Dishes

Staff Favourites

Stories which connect us



FOREWORD

This year, Nursing Homes Week 2025 embraces the theme “A Taste of Home”, an invitation for residents, families, staff, and local communities to come together, sharing recipes and treasured memories.

In this cookbook, we journey through nostalgic stories of joy and belonging—savouring cherished family dishes and everyday favourites. Each recipe is a portal to a memory: perhaps it’s your grandmother’s apple tart cooling on a windowsill, a Sunday roast around a lively table, or simply a humble slice of toast crafted with care and love.

These pages are filled with heartfelt contributions from the residents of Rathborne Nursing Home, their families, friends, and the dedicated staff who support them. In sharing these recipes, they share more than ingredients — they offer slices of their life story, their values and identity, and an insight into the love they have for others.

This book is a tribute to the power of food—not merely as sustenance, but as memory, love, connection, and home. Behind every recipe here lies a story worth honouring. May the smells, tastes, and tales captured in these pages bring warmth and a sense of belonging to all who read them.

With gratitude and warmth from the Rathborne community



SWEET TREATS

Sweet tooth? Below lies the cure for you.



FAIRY CAKES

Original recipe of Noeleen V. Doyle, recreated by her daughter Ann Marie



Directions

Mix the cream, butter and sugar.
Fold in the eggs slowly.
Add the flour, vanilla, salt and milk to the mix. When creamy, spoon into a lined cupcake tins.
Bake for 20 minutes at 180. After, remove from oven and leave to cool.
Once cool, slice the top off each little cake and cut in half.
Fill the bottom half with jam and cream.
Place the two halves facing slightly upwards like wings.
Decorate with your creative ideas.
Make a pot of tea and enjoy!

Ingredients

3 ½ oz unsalted butter
3 ½ oz caster sugar
3 ½ oz self-raising flour
2 eggs
1 teaspoon vanilla extract
¼ teaspoon fine salt
1 tablespoon milk
Jam (flavour of choice)
Icing packet
Cream

Love always,
Noeleen and Ann-Marie



GERALDINE'S PANCAKES

“My kids loved this dish since we would always have so much fun decorating the pancakes with fruit.” - Geraldine Kennedy



Ingredients

Flour

Eggs

Milk

Sugar

Butter

**Strawberries or
raspberries**

Directions

Combine the dry ingredients, flour and sugar together.

Whisk in the eggs and add the milk slowly.

Heat your pan over medium heat and add some butter to melt.

Using a ladle, add your pancake mix to the pan and cook until golden brown.

Repeat this process until the batter is finished.

If you wish, add strawberries or raspberries to the pancakes!

Enjoy,
Geraldine

MARYLIN'S APPLE PIE

From the orchard to the table, this warm apple pie was made using the apples harvested from our garden



Ingredients

Cooking apples

Sugar

Plain flour

Butter/margarine

Egg

Small amount of milk and

Water



Directions

Sieve flour in a bowl and mix well with the margarine.

Add a teaspoon of sugar, the egg and milk.

Bring together in a ball and then divide it in half.

Roll out the balls on a well-floured board and place them on a large plate.

Add the cooked apples, spreading evenly over the pastry

Finally, roll out the remainder of the pastry, fold in half and place over the cooked apples

Place in a warmed oven at approximately 200/220° for 20 minutes
When the pie is golden brown, remove it from the oven.

Chef Tip: Serve with custard or ice cream

“Delicious!”

CHRISTINA'S APPLE TARTS

“I really enjoy making this dish, it always turns out great”

- Christina Madden



Ingredients

Cooking apples

**Sugar (as much as
desired)**

2 cups of plain flour

Cold water

Butter

Custard

Directions

Filling

Wash and dice apples.

Mix the diced apples with sugar and flour.

Pastry

To make the pastry, mix 2 cups of plain flour and a little bit of cold water. The mixture should be a solid, crumbly consistency

Butter the cake pan and line it with the pastry.

Add the apple mixture on top of the pastry.

Leave in the oven for 1 hour.

Once cooked, leave it to cool slightly.

Suggested serving: Top with custard and enjoy!

CHOCOLATE CHIP COOKIES

Our residents baked fresh cookies one morning to enjoy all together.



Ingredients

120g butter (softened)

75g light brown sugar

75g golden caster sugar

1 medium egg

1 tsp vanilla extract

180g plain flour

½ tsp bicarbonate of soda

150g dark chocolate chunks



Directions

Preheat oven to 180°

Cream the butter and sugars together until very light and fluffy, then beat in the egg and vanilla.

Once combined, stir in the flour, baking soda, chocolate and ¼ tsp salt.

Scoop 10 large tbsps of the mixture onto the trays, leaving enough space between each to allow for spreading.

Bake for 10-12 mins or until firm at the edges but still soft in the middle



FRUIT CAKE

A delicious cake from Betty Gibbons' cookbook,



Ingredients

1lb Self Raising Flour

1/2lb Margarine (1 pack)

8oz Sugar

1lb Sultanas

4 eggs

1tsp Mixed Spice

Directions

Sieve flour & mixed spice together.
Add margarine and mix with fingers
until it looks like bread crumbs.

Add sugar & mix.
Add sultanas & mix.
Whisk eggs & add to the mixture.

Line a cake tin with greaseproof
paper & add the mixture to it.

Bake on Gas 3 for 1.5 hours.

Let it cool and enjoy!

Love,
Lynn Walsh

CAROL'S CHOCOLATE LOG CAKE

“My kids love this dish” - Carol O'Driscoll



Ingredients

Cake batter

8oz butter

8oz sugar

4 eggs

Self-raising flour

2oz cocoa powder

Medium sized tin

Chocolate filling

4oz butter

4oz sugar

4oz cocoa

Directions

Whisk the butter and sugar well.
Add flour and eggs, mix and add
cocoa powder.

Bake in a medium heat for 45
minutes, or until it reaches a firm
consistency.

Cool on a rack and start working on
the filling.

For the filling, mix sugar, butter and
cocoa.

Fill layers, tops and sides of cake with
the chocolate mixture.

Decorate in a zig-zag fashion with a
fork

CHOCOLATE SQUARES

“These are a favourite in my family!” - Frances Jimmins



Ingredients

8oz butter or margarine

1 mug self raising flour

1 mug porridge oats

1 mug desiccated coconut

½ mug castor sugar

**3 heaped tbsp drinking
chocolate powder**

2 large bars of cadburg

milk chocolate

Directions

Place all of the dry ingredients in a bowl and mix well.

Melt the butter in a large pot.

Mix the dry ingredients into the melted butter and press the mixture into a greased Swiss roll tin.

Bake at 175° for 25 minutes and leave to cool.

Once cooled, melt the chocolate and spread it on top of the cake.

Put in the fridge until cold and then cut into squares.

DRIPPING BREAD CAKE

Have you got stale bread left over? Try out Catherine Byrne's simple recipe using only household ingredients



Ingredients

Stale bread

Pudding

Milk

Butter

Directions

Grease a pan with butter and preheat your oven.

Break your bread into bite-sized pieces.

Mix the pudding, old bread and milk in a dish.

Transfer to the pan and bake in the oven.

Love, Catherine

SYLVIA'S OXFORD LUNCH

“This is one of my favourite cakes to make, it’s simple and delicious, anyone could bake it!” - Sylvia



Ingredients

8 ounces of plain/self-

raising Flour

Softened

Butter/margarine

Dried sultanas

5 eggs

Caster sugar

Icing sugar

Directions

Preheat the oven.

Combine the butter and sugar, adding more or less according to your taste. Mix in the eggs, flour and sultanas.

Add batter to a greased tin and bake in the oven.

Once cooked, allow to cool.

Mix the icing sugar with a little warm water until the desired consistency is reached.

Once the cake is cool, add the icing sugar on top.

Enjoy with a hot cup of tea.

Love,
Sylvia

McDonnells

GOOD FOOD KITCHEN

PO Box 231, 68 Upper Sheriff Street, Dublin 1. Telephone: 01-747981

BLACK FOREST GATEAU

Ingredients:

Imperial/Metric

Chocolate Sponge:

2 oz./50g plain flour
2 oz./50g cocoa
4 eggs, large (size 1)
4 oz./125g castor sugar

Syrup:

4 oz./125g castor sugar
 $\frac{1}{2}$ pint/150ml and 2 tablespoons water
5-6 tablespoons kirsch or vodka

Cherry Filling & Topping:

15 oz./425g can black cherries
 $2\frac{1}{2}$ level teaspoons arrowroot or cornflour
1 tablespoon sugar

Decoration:

1 pint/575ml cream, well chilled
1 oz./25g sugar
2 oz./50g toasted flaked almonds (see end of recipe)

Oven Temperature: Pre-heat to Gas Mark 5 - 375°F - 190°C

Shelf: Middle

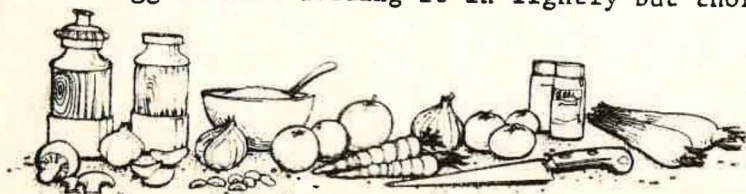
Size of Tin: A deep $7\frac{1}{2}$ inch/19cm round cake tin

METHOD:

TO MAKE CHOCOLATE SPONGE:

1. Brush the tin with melted Stork and line the bottom with a circle of greaseproof paper. Brush the paper with melted Stork and dust the tin with equal amounts of castor sugar and flour mixed together.
2. Sieve the flour and cocoa about 3 times onto a sheet of greaseproof paper.
3. Place the eggs and sugar in a large 3 pint/1½ litre bowl.
4. Pick a saucepan that will hold the bowl firmly. Fill about $\frac{1}{3}$ full with water and bring to the boil, then remove from the heat and place on a table.
5. Lightly whisk the eggs and sugar together. Place the bowl on top of the saucepan and using a hand whisk, or rotary beater, whisk the mixture until it is thick and light and about 4 times its original volume, this will take about 15 minutes. If using a hand operated electric mixer, this will take about 10 minutes and it is not necessary to whisk over the hot water.
6. Remove the bowl from the top of the saucepan and continue whisking for a further 5 minutes until the mixture is cool. (To test, make a figure of 8 on the surface of the mixture with the batter. It should leave a distinct trail and hold its own weight, otherwise further whisking is needed).
7. Sieve the flour and cocoa mixture once again over the surface of the whisked egg mixture folding it in lightly but thoroughly, using a tablespoon.

.... /



8. Pour into the prepared tin and bake in the pre-heated oven for 35-40 minutes. Test by pressing the top of the cake lightly with the fingers. It should be firm to touch. If it is soft then further baking is needed.
9. Turn out, remove paper lining and cool on a wire tray.

TO MAKE FILLING AND TOPPING:

10. Drain the cherries, remove stones if they are not already pitted, then divide in two. Measure $\frac{1}{2}$ pint/150ml of the syrup.
11. Blend the arrowroot or cornflour with 1 tablespoon of cold syrup and stir into the measured syrup. Bring to the boil in a small saucepan, stirring all the time until thickened and clear, then add the sugar. Add half of the cherries and allow to cool.
12. Cut remaining cherries in half or quarters.

TO MAKE SYRUP:

13. Make up any left over cherry juice to $\frac{1}{2}$ pint/150ml with water. Place in a saucepan and add the sugar.
14. Dissolve the sugar in the water and boil for 1 minute, remove from heat and add the kirsch or vodka.

TO FINISH BLACK FOREST GATEAU:

15. Slice the cake horizontally into 3 even layers and place on 3 separate large plates.
16. Soak each layer with syrup, especially the bottom layer.
17. Whip the chilled cream and sugar until thick, stir in 1-2 tablespoons of kirsch or vodka if liked.
18. Place bottom layer on a suitable dish and spread with cream. Cover with the halved or quartered cherries.
19. Place next layer of sponge on top and spread with cream. Place third layer of sponge on top.
20. Spread cream round the sides of the gateau and coat with the toasted almonds. Spoon the prepared cherries into the centre of the gateau.
21. Place remaining cream in a bag fitted with a rose pipe and pipe large roses of whipped cream around the edge. Leave in the refrigerator until ready.

Serves 10-12

TO TOAST FLAKED ALMONDS:

1. Mix the flaked almonds with about 1 level tablespoon of castor sugar.
2. Spoon on to a fireproof plate and place under a grill until golden and crisp, stirring occasionally. Watch carefully during this operation as the almonds and sugar can burn easily.

ALTERNATIVE METHOD:

1. Place almonds and sugar on a baking tray and bake in a hot oven (Gas Mark 6 - 400 F - 200 C) for 10-15 minutes until golden. Stir occasionally during baking.

SAVOURY DISHES

Residents' Signature Dinners



HOMEMADE BEEF BURGERS

“I love these so much because
they taste wonderful.”
- Fr. John

Ingredients

3 pounds of lean

mince (no fat)

2 eggs

Flour

1 ½ packet of Paxo

(chefs' choice:

herbs are my

favourite)

Salt and pepper

Buns

Optional toppings

Cheddar cheese

Caramelised fried

Onion

Garlic sauce



Directions

Add hot water to the Paxo until dissolved. Mix the mince with some flour and a little bit of Paxo water. Make sure it's not too watery. Cover and leave overnight to absorb the flavour.

Next day, mix in the eggs, salt and pepper, and if the mixture is still very wet, add some flour.

Form little balls and flatten into shape. Repeat with all of the mince and fry.

Begin assembly of the burger using your favourite toppings. I have listed my go-to topping in the ingredient section.

“The burgers should taste light and beautiful”

God bless,
Fr. John

ROAST BEEF DINNER

This dish is a collaboration between two friends, Rita and Dolly.

“This dish is special to me because I would always share it with my husband” – Dolly.

Ingredients

Beef

Salt and pepper

Oxo or Bisto

Water

Oil

Peas

Potatoes

Sprouts

Cauliflower



Directions

Steep peas overnight, drain the following day and put it on the stove to boil. Season to taste.

Preheat the oven and season the meat with salt and pepper.

Once heated, cook the beef at 150 ° until you reach your desired level: rare, medium-rare, or well-done.

While the meat is cooking, boil the potatoes in salted water.

Take half of the boiled potatoes to make a mash, adding butter and salt.

Add the remaining potatoes to the oven, adding a bit of oil.

Rita recommends boiling some cauliflower and then mashing it with butter.

Once the meat is cooked, take the juices from the pan and mix with either Oxo or Bisto and boiling water. This will create a delicious gravy.

Assemble all of the vegetables, mash, meat and gravy and share with your loved ones!

BEEF WELLINGTON

“I used to always make this dish
for my wife on our anniversary”

- David Brennan

Ingredients

2 fillet steaks

**(approximately 6
ounces)**

**Puff pastry
(square)**

Mushrooms

Onion

Peppers

Chips

**Red wine or
whiskey**



Directions

Preheat the oven.

On a hot pan, sear your fillet steaks for
2 minutes on each side.

Cut your mushrooms, onion and
peppers into thin slices and flamé using
either whiskey or red wine.

Flatten the pastry sheets onto a lined
pan, adding the steak in the centre.
Top with your vegetables and fold over
the corners.

Leave in the oven for 25 minutes at 180 °
Fry the chips and serve them all
together.

Bon appetit,
David

Chef Tip: “This dish pairs beautifully
with a red wine”

CHICKEN CASSEROLE

“This was always a good family dish to share with the boys after school” - Marie O’Toole

Ingredients

Chicken

Carrots

Onion

Mushrooms

Garlic

Lime juice

Chicken stock

Optional: white
wine

Potatoes

Olive oil

Chef tip: You can customise this dish to your own liking and use whatever vegetables you have in your fridge.



Directions

Brown off the meat.

In the same pot, add carrot, onion, mushroom, garlic and a little lime juice. Feel free to use whatever vegetables you have on hand.

Mix a chicken stock cube with boiling water and add to the pot.

If you wish, you can also add some white wine to the dish

Simmer for an hour and a half and remember to keep the lid on!

While that is cooking, scrub the potatoes and coat with olive oil. Pop in the oven and leave them in for approximately an hour.

Serve together and enjoy!

Love,
Marie

HUG IN A BOWL CODDLE

“This recipe is a Dublin stew from when food had to be made with very basic ingredients when times were tough” – Josephine Donahue



Ingredients

500g unsmoked bacon

450g quality sausages

2 large onions

3 carrots

3 parsnips

Potatoes

Chicken stock

Bay leaf, thyme, parsley

Salt and pepper

Teaspoon of olive oil

Directions

Brown the sausages and bacon in a frying pan for a few minutes. Place the sausages and bacon in a pot.

Add the onions, potatoes, carrots, and parsnips.

Add herbs and spices to season.

Stir in the stock and bring to a simmer. Cook until potatoes are fork-tender, approximately 30 to 45 minutes.

We hope you enjoy a bowl of comforting coddle!

Love,
Josaphine and family

BERN'S VEGGIE DISH

“All of my sons loved it and would ask for it every day!”

- Bernadette Clarke



Ingredients

Bone Marrow

Garlic

Onions

Potatoes

**Fresh vegetables: carrots,
leeks, other.**

Ox tail

Vegetable stock

Directions

Scoop out all of the marrow and ox tail bones first into a big pot.

Simmer in water for 20 minutes.

Skim the fat off the top.

Clean and cut the veggies while that is cooking.

Add the vegetables and stock to the marrow.

Let it simmer for another 15 minutes.

Share with your family and enjoy!

Love,
Bernie

POTATO CAKES

“When we were young, I would often make these for the country dances. They were a hit!”

- Anna Drew

Ingredients

1 ½ pounds potatoes

2 ounces salted butter

A carrot

Parsley

3 tbsp flour

1 tsp salt

½ tsp pepper

Optional: Rashers or

sausages



Directions

Boil potatoes and a carrot until soft. Mash the carrots and potatoes, seasoning with salt and pepper.

Add in half of the butter, parsley and a small bit of flour.

On a floured surface, lay out the mixture and separate into 8 balls. Flatten them into shape.

Melt the remaining butter in a frying pan and fry the cakes until golden.

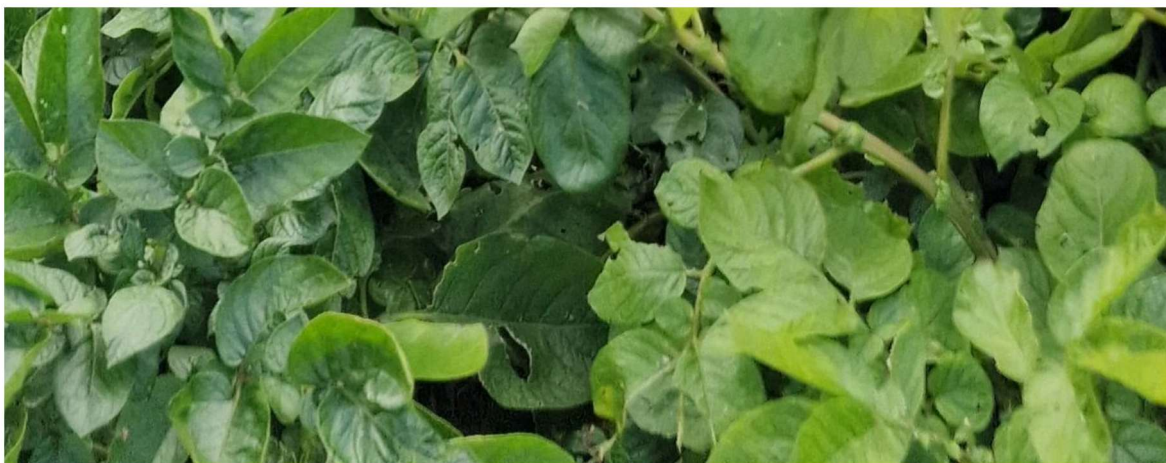
If desired, serve with fried sausages or rashers.

Enjoy hot or cold!

Lots of love,
Anna



STAFF FAVOURITES





A LA SARAH PASTA

“I love this dish because it’s yummy. You are all going to like it ”
- Sarah.



Directions

Cut the chicken into strips and add the seasoning: salt, pepper, paprika and the chilli flakes.

Cook on medium heat until browned, cover with a lid.

Cook the pasta in salted water and make the sauce while that is cooking.

Dice the onion and garlic and add to the pan to sauté.

Add the fresh cream to the saucepan. When the chicken is ready, add the sauce and let it simmer.

Drain the pasta once cooked and add to the sauce.

If you wish, feel free to add some Italian herbs.

Buon appetito!

Ingredients

Oil

Chicken breast

Fresh cream

3 cloves of garlic

1 onion

Pasta of choice

(Smoked) paprika,

chilli flakes

Salt and pepper

Optional: Italian

seasoning

SMOKEY NIGERIAN JOLLOF RICE

“This is a very special dish served mostly at parties in Nigeria” - Oreva



Ingredients

Rice

Tomatoes

Tomato paste

**Bell peppers: red,
yellow, green**

Habanero pepper

Onion

Broth

**Seasoning: Bay leaves,
thyme, curry, thyme,
salt, seasoning cubes**

Protein of choice:

**chicken, beef, turkey,
fish**

**Optional: carrot, green
peas, corn**

Directions

Preboil the rice and set aside.

Blend the peppers, habanero, onion and tomatoes
Place the mixture in a heated pan to dry out the
liquid and set aside.

After, heat up some oil and add chopped onions.
Get your tomato paste and fry together for 2-3
minutes.

Add the bay leaves, hot tomato blend and leave to fry
for 5 minutes, stirring throughout.

Add the boiled rice, and begin seasoning with salt, 1
tsp of curry, ½ tsp of thyme, adjusting to your taste.

Add the broth, stir together and leave on low heat for
approximately, covering the pot.

If you wish, you can add chopped carrots, corn and
bell peppers when the rice is almost cooked.

Set down and enjoy!

HOLIDAY CHEESE DIP



Ingredients

**250mg full fat cream
cheese**

½ cup dried cranberries

½ pecans

**½ mature or mild
cheddar**

**½ cup of finely diced
chives**

Directions

Dice the cranberries, pecans and chives.

Grate the cheddar cheese.

Mix all the ingredients together.

Consume within 5 days.

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Hope you like it!

Xoxo,
Margaret

Chef Tip: “This dip pairs wonderfully with saltines and a cup of tea.”

PORK ADOBO

“This pork belly dish is the national dish of the Philippines that everyone loves.” - Margaret

Ingredients

1kg pork belly

$\frac{3}{4}$ cup vinegar

$\frac{1}{2}$ cup dark soy sauce

2 tablespoon sugar

1 head of garlic

1 onion

Salt and peppercorns

$\frac{1}{2}$ lemon

1 cup sprite/7up

3 tablespoons of oil

Optional: chilli flakes



Directions

Marinate the pork for 30 minutes with 3 tablespoons of soy sauce, salt and pepper, and the half lemon.

Sauté the garlic and onion .

Add the pork belly until slightly brown, season with salt, peppercorn and chilli flakes.

Add the soy sauce and vinegar and let it simmer for 3-5 minutes with the lid on.

Add the sprite/7up and let it simmer until the pork is tender and the thickness is reduced.

If you wish, add sugar according to your taste.

Best enjoyed with steamed rice.

RICE KRISPIES MINI CAKES

“This is a childhood memory of mine”- Kelley



Ingredients

Rice Krispies

Cooking Chocolate

**Optional: Sweets of
choice to decorate with**

Directions

Melt the chocolate in a bowl.

Add the Rice Krispies.

Stir and mix well.

Place into small cupcake holders.

Allow to cool.

Decorate with sweets of choice or
remaining chocolate.

Enjoy with a cup of tea!

Lots of love,

Kelley



MOI MOI

“This dish was passed on by my mom. She is an amazing cook and really good at cooking Nigerian food. It’s special to me because it reminds me of home and Nigerian culture. We grew up eating this during family gatherings” - David



Directions

Ensure that the beans have been soaked and peeled before starting.

Add hot water to the seasoning cubes and mix to make the stock.

In a blender, add the beans, onion, peppers, seasoning and stock.

Make sure that the mixture is not too thick. It should be a slightly lighter consistency than pancake mix.

Pour the mixture into each container, as you would with filling cupcake moulds.

Cover the moi-moi tightly when steaming to prevent it from drying out. Cook for one hour and enjoy with custard or Nigerian pap.

Ingredients

**2 cups peeled beans -
either black-eyed or
brown beans**

1-2 scotch bonnet peppers

1 medium onion

**¼-⅓ cup of vegetable or
palm oil**

2 seasoning cubes

1 tsp salt to taste

2-3 cups of water

Small containers

Optional: Nutmeg

**Optional: sardines,
corned beef or boiled egg**

MOHABBAT KA SHERBAT

This pink drink tastes like sweet nostalgia in a glass hence the romantic name, meaning “Sherbet of Love” - Iswarya

Ingredients

2 – 3 tablespoons of Roof Afza syrup

1 cup cold milk (diary or plant based).

Ice cubes.

Small pieces of watermelon.

1 tablespoon of basil seeds soaked.

Optional: Condensed milk / sugar / sweetener

Chef Tip: I recommend the brands: Anta food Ltd or The spice of life for the Roof Afza syrup.



Directions

Pour cold milk into a glass.

Add Rooh Afza and stir well until evenly mixed.

Drop the ice cubes in a glass.

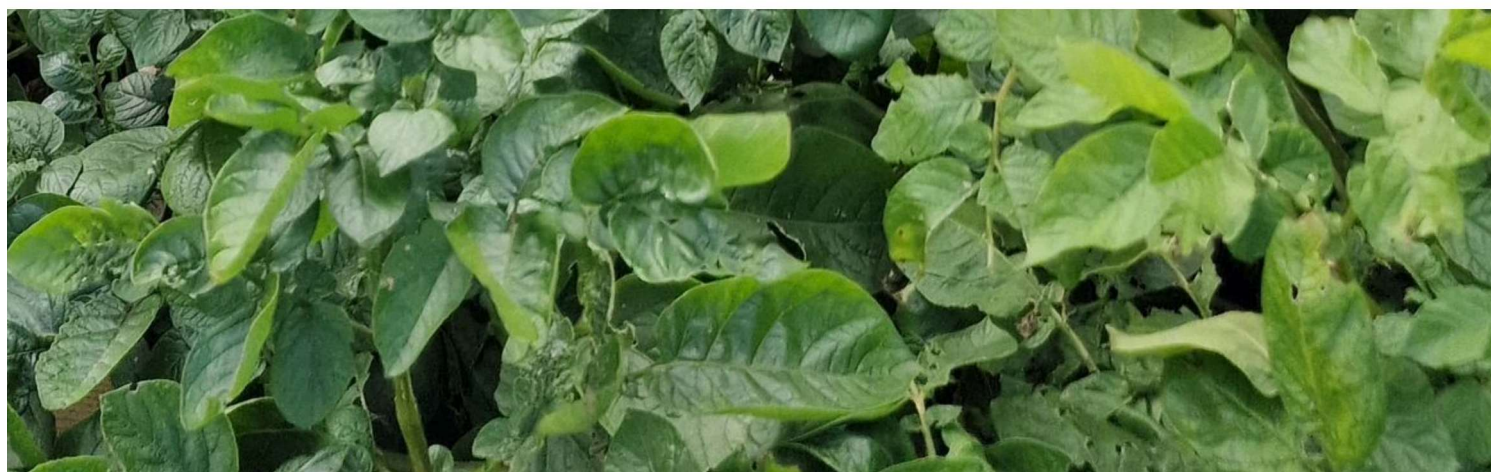
Add watermelon pieces and soaked basil seeds.

Serve chill and enjoy the pink nostalgic sweetness.

Lots of love,
Iswarya



A PIECE OF THE PAST: SHORT AND SWEET STORIES



A PIECE OF THE PAST

In this final section, residents and their family members invite us to have a peek into what mealtime was like for them. Through familiar scents, shared preparation, and treasured tastes, these recollections illuminate how food offers us moments of connection between family, history, and homes. We hope that these stories inspire you, just as they have inspired us, to get creative in the kitchen and share these creations with the special people in our lives.

Lots of love, Diana



“Red coddle with bread was a childhood favourite dinner of mine that my mam, Nora Ann Daly, would make every week. She would add bacon pieces, sausage, potatoes and tomato soup. She served this with a big slice of batch bread each. It was simple and perfect.”

“My favourite recipe, which reminds me of home, is an ox tail soup my ma used to make. She used to boil the ox tail, potatoes and carrots in one pot, and serve bread and jam for dessert. It was the only thing father could get them those days, but it remains a very special dish for me.” - David

“My nanna, Angela, would always make us roast lamb or beef for dinner, served with lots of veg and gravy. She would then treat us to a delicious apple pie and cream. These dishes are special to me because they remind me of the time we would spend together as a family.”

“I recall how dinner time was when the family got together and enjoyed sharing a delicious meal made by my mam, Bernie Joyce. Her go-to dish was a coddle made with sausages, rashers, steak and vegetables, all in one pot with oxtail soup. A classic for a reason.”

“One of my favourite dishes that my mother, Marie, and I love to make is a cabbage and bacon dish served with mash. We would make this by boiling potatoes and a lump of bacon in a pot with salt. The cabbage was then shredded and boiled while the gravy was made. This dish has a very special place in my heart as the aromas from it remind me of home.”

“Bacon ribs and cabbage is also one of my favourite recipes that my mam and sisters used to make. It’s a very nice dish which reminds me of home. They would make this by putting the potatoes in a pot and boiling the ribs with cabbage, served with brown sauce. A trifle was often made to have for dessert.”



Pictured above: Our lovely residents and staff enjoying their lunch in the Botanical Gardens

“I remember my mam and dad used to make bubble and spike a lot. They would make it with mashed potatoes, cabbage and butter, and a bit of bacon. It used to make the house smell so good!” - Michael Grogan

“One of my signature dishes consisted of oven-baked chicken, boiled vegetables and mash. I liked to get the dinner ready in the evenings, so this was a special time for me.” - Nuala Qualin

“My mother-in-law, Nuala, used to make us steak and mushroom pie. She would make it by stewing beef, adding onions, carrots, mushrooms and oxtail soup, then adding that to a puff pastry. It was a very special dish.”

“My mam, Maureen, often made us her signature coddle for dinner. She would make it with sausages, bacon, carrots, onions and potatoes. For dessert, we had boiled jelly and ice cream. I really liked it!”


“My mam Noeleen was an avid baker. She could turn her hand to anything. The children would gather around the circular table in the kitchen to watch her practicing her craft. Checking the ingredients, preparing the tins and following the recipes was her forte. Christmas cakes puddings, brown bread, chess cakes, plumb puddings, Pavalov aromas came wafting through the house when she was at the helm. Fairy cakes with Madeira base were her favourite. She was a mother goddess to all of us, her cherished children.” -

Ann-Marie



From pot to plate: Every year we harvest the fruit and vegetables planted in our gardens. A wonderful way to connect with nature and each other.





As our journey through A Taste of Home draws to a close, we find ourselves nourished—not just by ingredients, but by stories of affection, memory, and dignity. This collection affirms that the simplest meal can cradle a powerful story, and every dish can reignite a forgotten smile or memory.

To everyone who shared their stories and recipes: thank you for inviting us into your kitchens and your hearts. Your kindness sustains community and connection in meaningful ways.

Though Nursing Homes Week may come to an end, the spirit it kindles continues every day. May this cookbook inspire meals that do more than fill plates—we hope they also foster belonging, memory, and warmth. May each recipe be a way to serve love, and each story a reminder that every person's life is rich with flavours of the past, present, and future.

May the taste of home live on—in kitchens, hearts, and shared tables everywhere.

With love,
The Rathborne Community



In honour of Nursing Home Week, we celebrate our community through this year's theme, 'A Taste of Home'.

In this cookbook, we journey through nostalgic stories of joy and belonging—savouring cherished family dishes and everyday favourites.

This book is a tribute to the power of food—not merely as sustenance, but as memory, love, connection, and home.

Behind every recipe here lies a story worth honouring. May the smells, tastes, and tales captured in these pages bring warmth and a sense of belonging to all who read them.

