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Heritage
Food
Project

Launch 12th March
2018

Loving
Leftovers

A Story about Food

My favourite dinner is chicken curry and my favourite breakfast is pancakes and the first time I tasted chicken curry was when I was four years old and it was very nice and I like stew as well a little bit. And now back to chicken curry and the pancakes and now for the pancakes I put sugar on my pancakes and of course on Pancake Tuesday.

By Calium O'Donnell

My granny showed me how to make an apple tart. She made a lovely pastry base and put in a pie dish and she got apples from her tree in the garden and she cut them up in a pie dish. She put sugar on top of them and put it in the oven. It was delicious.

By Chime Kearney



Chime Kearney .

Apple Tart

Blackberry Jam

- Blackberries
- Apples
- Sugar

We pick blackberries in late summer.

We wash berries. We chop the apples.

We boil sugar, apples and a little water and the berries.

We sterilised the jam pots in the oven on a high heat.

When the jam was nice and boiled we ladled it into the jam pots.

By Tara Kirrane

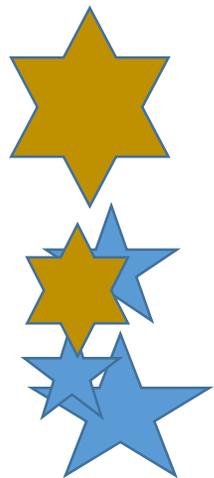
Draw/ Attach Picture



When it cooled we had it on brown bread. It's yummy.

Blackcurrant Jam

By Matthew Connolly



Ingredients:

1½kg blackcurrants

120ml of water

Juice of 1 lemon

2½kg caster sugar

Top and tail the blackcurrants.

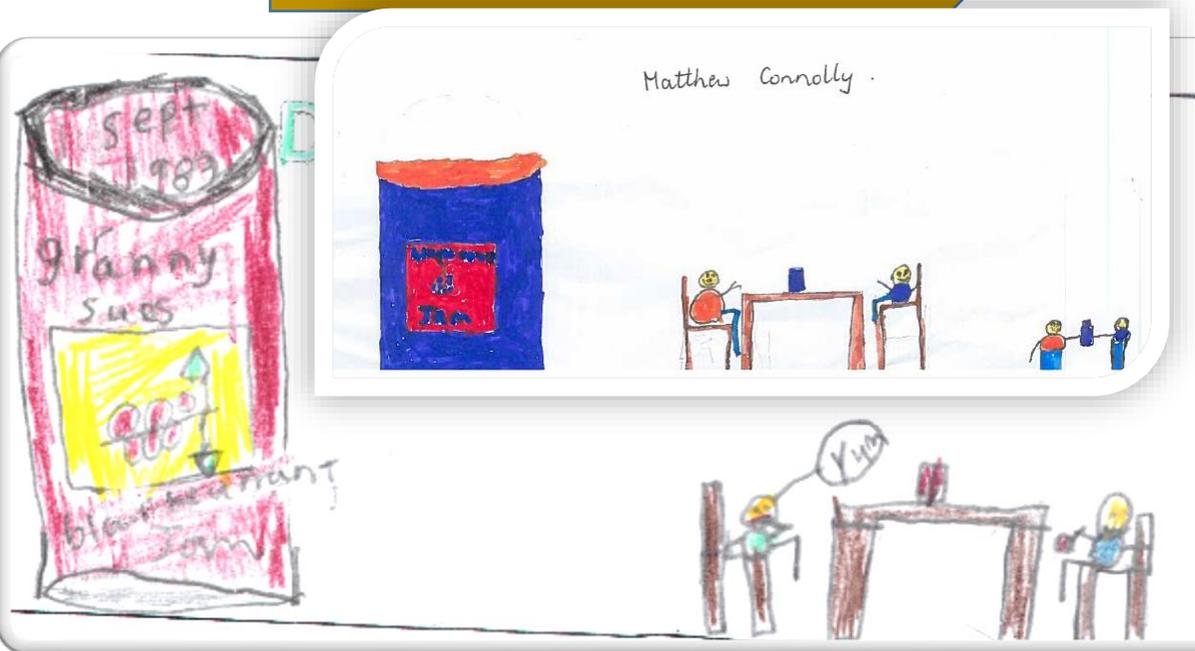
Put the blackcurrants, water and lemon juice in a large pot and simmer over a low heat for 2 hours until fruit is soft.

Add sugar and bring mixture to the boil and boil it for 5 mins.

After this, test the jam to see if it is ready to set. Do this by placing a drop of jam onto a cold plate. If you push it with your finger and it wrinkles it is ready.

Put the jam in sterilised jars. Cover immediately and leave in a cool dark place for 24 hrs.

Label the jars with the date the jam was made and the flavour of it.



Boiled Fruit Cake by Sinead Larney



- 1lb raisins or mixed fruit
- ½lb butter or margarine
- 7oz sugar (cup)
- 1 gill water (½ pint)
- 10 oz flour
- 1 tsp ground cloves
- 1 tsp spice
- ½ tsp salt
- ½ tsp baking soda
- 2 eggs

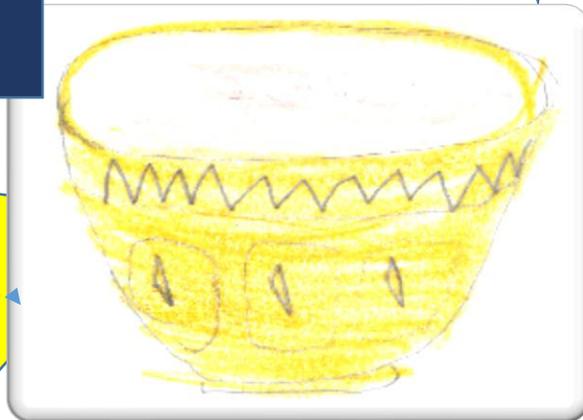
Method

1 Boil fruit, butter, sugar and water for 10 minutes
2 Stir well while cooling
3 Stir in flour, spice, cloves, B. soda, salt and beaten eggs
4 turn into a greased tin
bake in a moderate oven for 1 ½ hrs



Story given to me by my mother and great granny

Bowl



The bowl we use for baking is very old. It was passed down from generation to generation.

It came from my great granny Nancy Lynch.

Mammy told me she remembers her baking scones, brown bread and tarts.

By Aoibhinn Ruane

Brown Scones

By Cian McWalters

Brown scones
12oz plain flour
12oz coarse whole meal flour
 $1\frac{1}{2}$ Tblsp All Bran
 $1\frac{1}{2}$ Tblsp wheat germ
1 Tblsp sugar
 $1\frac{1}{2}$ Teasp bread soda
1 Tblsp Pin Head Oatmeal
6oz Butter (5oz is also okay)
1 pint Buttermilk

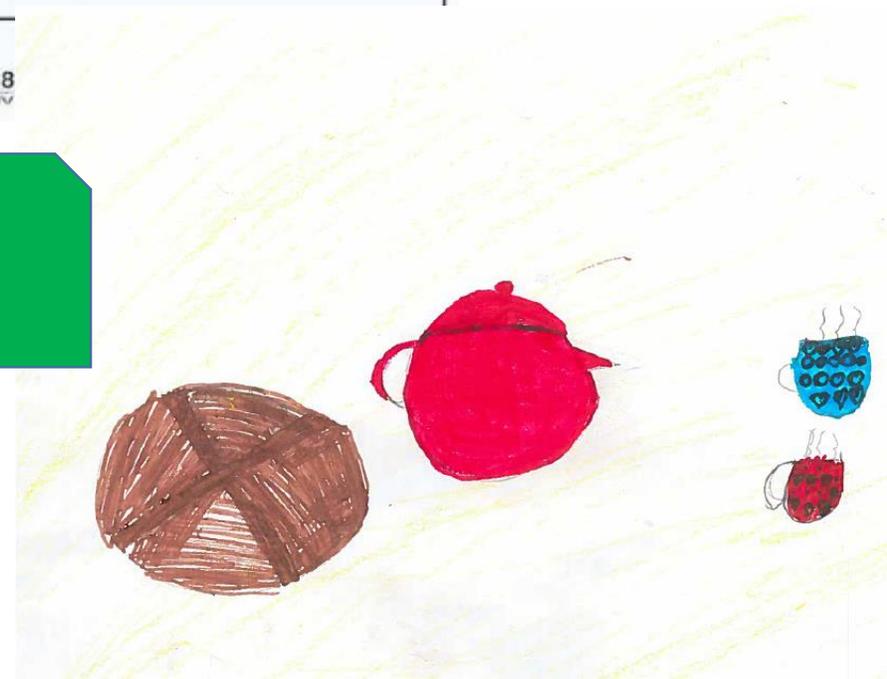


Brown Soda Bread



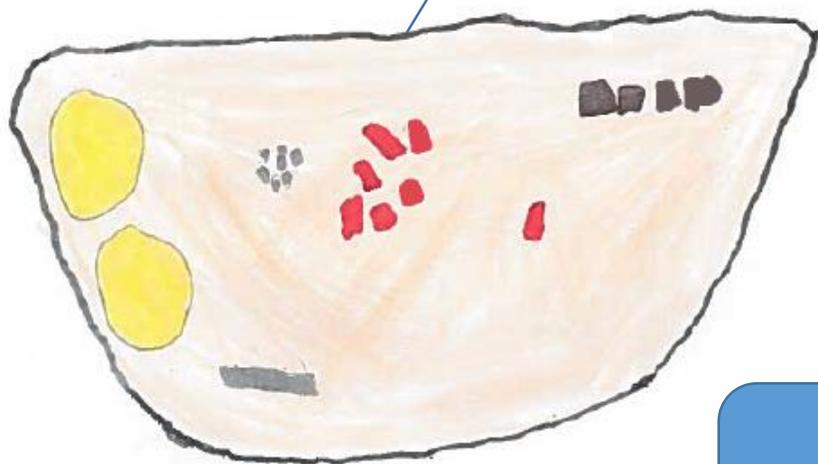
Alanna Doherty

Lovely with butter, jam and tea



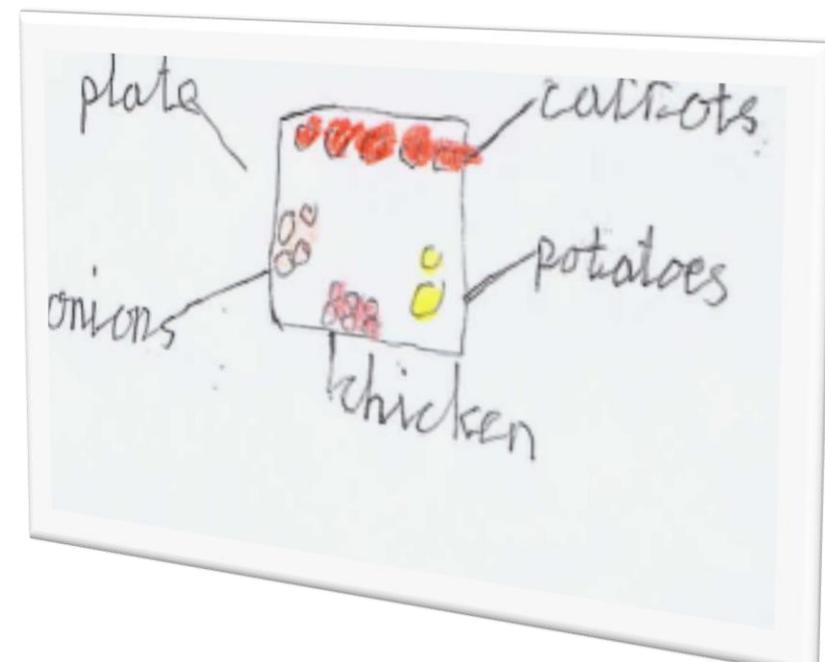
Chicken Casserole

You need garlic, onions, chicken breast, carrots, parsnips, chicken stock. Brown the chicken, garlic and onions. All ingredients into the oven.



Dara Jennings
Chicken Casserole

Dara Jennings



Cheese Sauce

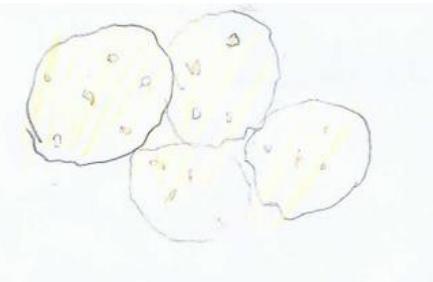
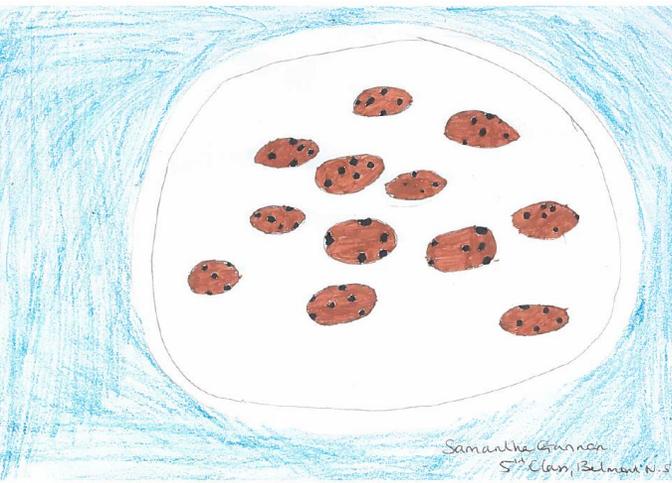
My recipe is cheese sauce. My mom's mom came up with this recipe. It is yummy. It goes with cauliflower and lasagne.



By Catherine Sheridan

Ingredients:

100g of butter at room temperature
50g caster sugar
150g self raising flour
50g or 1 bar milk chocolate, chopped



Chocolate Chip Cookies

By Samantha Gannon

Equipment:

Electric mixer/wooden spoon
2 baking trays
Mixing bowl
Tablespoon
Pot stand
Wire tray

By Jessica
Murphy

Chocolate Ring Cake



*I love this Chocolate Ring Cake it's my
favourite*

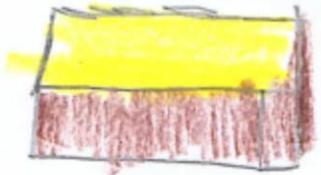
Chocolate Traybake

By Job Simpson

Recipe from Mary
Berry, Chef from
England

- 4 tablespoons of cocoa
 - 4 tablespoons of water
 - 225g of margarine
 - 275g of self-raising flour
 - 225g caster sugar
 - 2 teaspoons of baking powder
 - 4 eggs
 - 1 table spoon of milk
- Heat oven 180°c

Finished cake



By Eva Burke

Christmas Cake



What you need:
225g/8oz plain flour (sieved)
175g/6oz butter or margarine
225g/8oz brown sugar
350g sultanas
350g fruit mix
100g cherries
100g chopped almonds
100g ground almonds
3 large eggs
100g mixed peel
1 teaspoon mixed spice
100ml of Irish whiskey



Christmas Dinner

By Michael Canny

My favourite food is Christmas Dinner. On Christmas day, Mom made me and Dad dinner. We had brussel sprouts, gravy, carrots and a turkey along with some potatoes



My granny would collect the milk from my grandad's cows. Granny would put the milk into a separator to separate the cream from the milk. Churning is hard work and tiring as it takes almost half an hour.

Churning by Sorcha Bowens

Granny and I have fun shaping the butter into blocks with two wooden paddles and then put in the fridge. Granny's butter is amazing. ❤️

Fruit Bowl

My great granny and grandad were given a glass fruit bowl in 1939 for a wedding present.

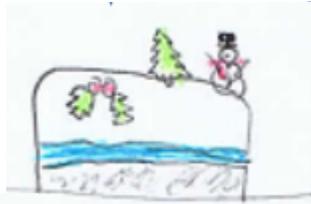
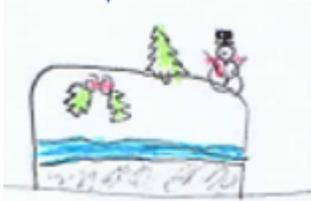
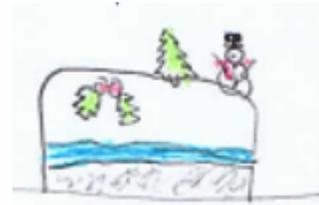
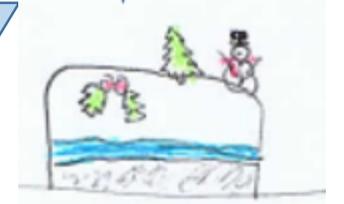
It is over 78 years old.

My great granny used this bowl to make jelly.



By Eoin Larney

Granny's Christmas Cake



By Kaylah Farrell

Ingredients:

5oz of currants
sugar

5oz of sultanas
mixed spice

4oz of raisins

2oz of almonds

whiskey

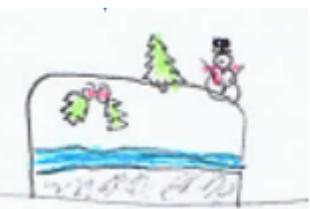
5oz of margarine

5oz of brown
sugar

1 teaspoon of
mixed spice

3 large eggs

1 glass of
whiskey





**By Cathal
Dolan**

Granny's Potato Cakes



You need mashed potato, salt, onions, flour and egg.

First you mix all the ingredients together in a bowl. Then roll into balls. Heat the frying pan with some oil. Fry the balls in a pan turning over to fry each side. Then serve and enjoy.

How to make Colcannon

By Mia McHugh

Instructions

Mash the potatoes finely and then chop the spring onions and add the milk with salt and pepper. Bring to the boil, toss in half of the butter, fold the mashed potatoes and boiling milk. Beat well until light and fluffy. Serve with the chopped parsley and remaining butter.



**In my granny's time everything they
ate was home grown.**

**The mother of the house would
always make the bread and not from
the shop.**

**The cows were milked morning and
evening and they used their milk and
sold it.**

**The people saved the cream from the
milk to make their own butter.**

**Some families killed a pig and used
that as their meat.**

**Most households had chickens and
ate lots of eggs.**

By Keith Diskin



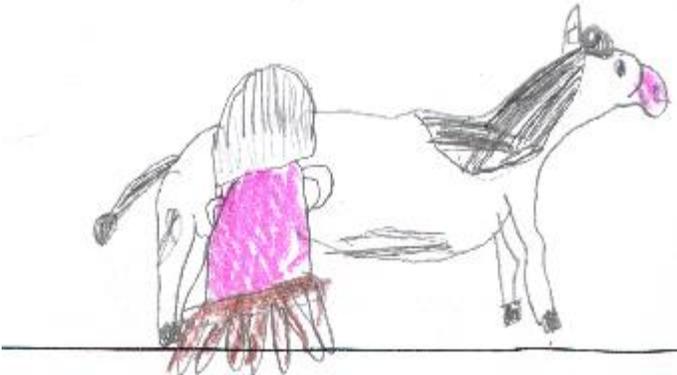
**An old milk jug
It was my
grandmother's**

**By Sean
Sexton**

My picture is of an old milk jug. It was given to her as a wedding present in 1950. She used it with pride. Thankfully it did not break through many years. My mom has it now and it takes pride of place in our kitchen.

**By Ella
Diskin**

When my Granny was young, most people grew their own vegetables and potatoes. People milked their own cows morning and evening. People baked their own bread and made their own butter. Most days they had bacon and cabbage for dinner. For lunch children had bread and butter at school.



Nice Treats by Alex Gannon

My granny makes really nice treats. She makes brownies, cup cakes and chocolate cake. She always makes them for me and my sisters and my cousins birthdays. She puts chocolate icing and stars on them and butterflies and flowers for the girls. They taste so nice and I enjoy having them for my birthdays. I love my nanny's cakes.



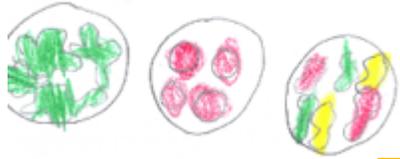
Pancakes by Laura Kate
Twomey O'Flaherty

I really like pancakes. They are the best food I've ever tasted. Making pancakes is really easy.

Draw/ Attach Picture



Pasta Dish by Erin Burke



My mom makes my favourite pasta dish. First of all, we boil water, then add pasta shapes. Boil for 15-20 mins, strain the pasta, add some ham, red onion, Caesar sauce and cheese. Serve with some lettuce mixed pepper and cucumber.

Draw/ Attach Picture



Potato Recipe by Eoin Twomey O'Flaherty

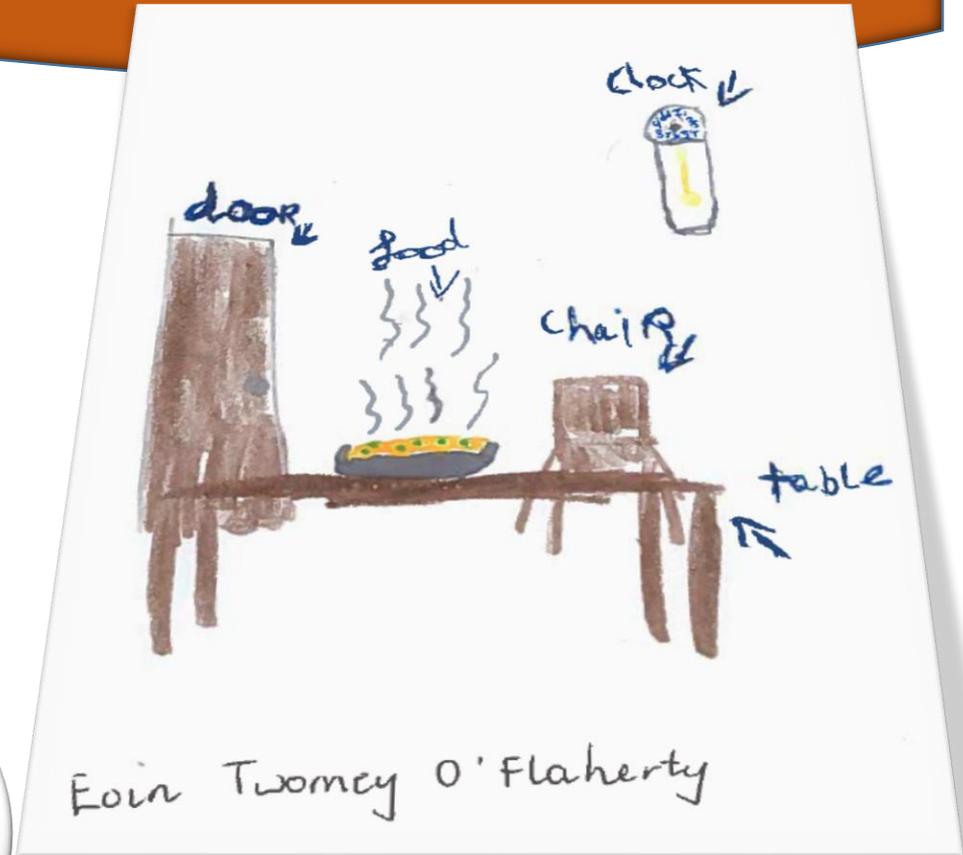
Ingredients

Mixed herbs

Onions

Butter

Potatoes

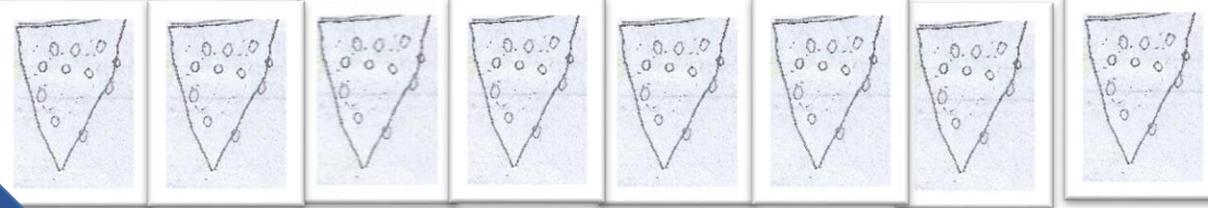


Potato and Beetroot Soup



Enjoy the delicious
meal! 😊

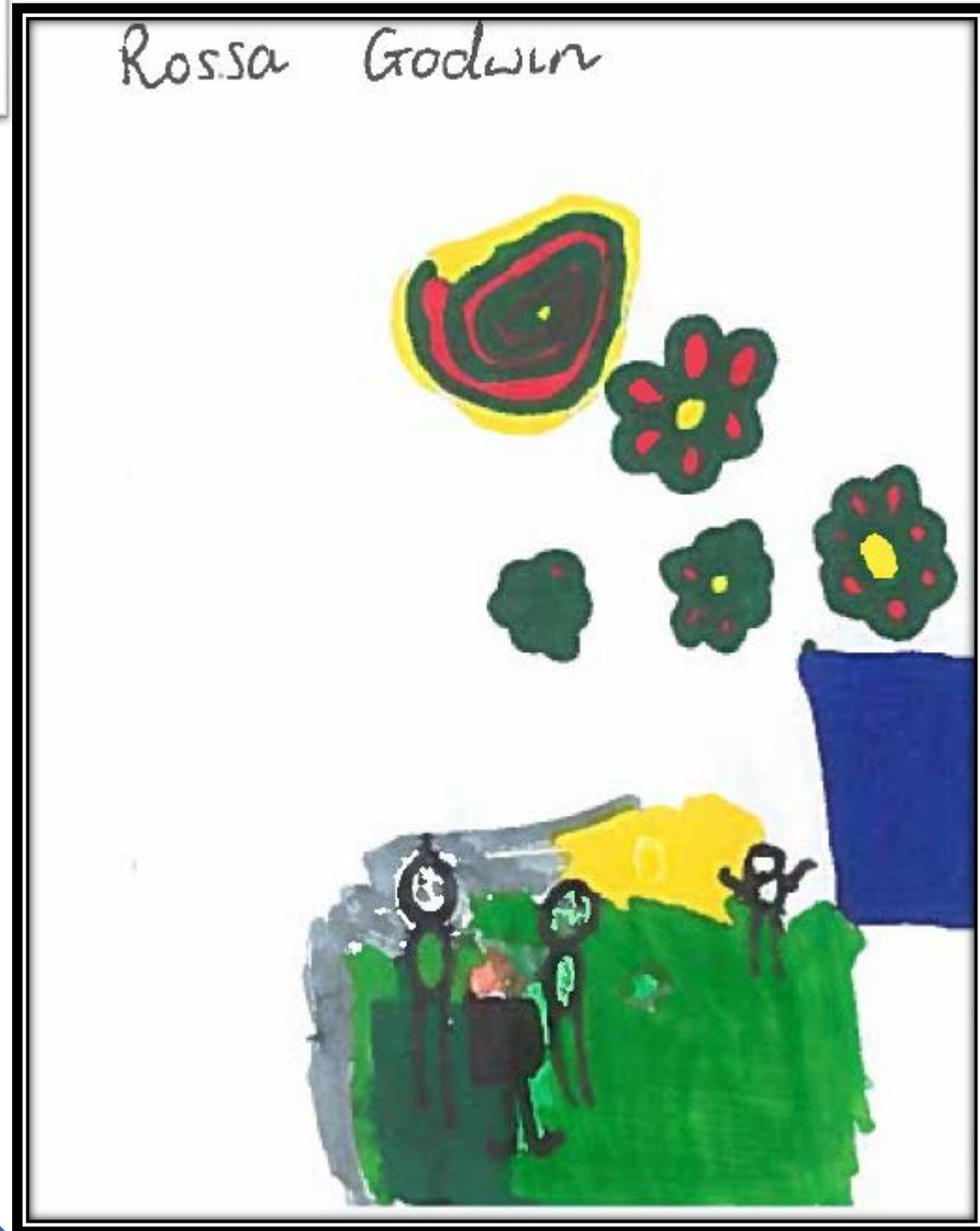
By Julija and Emilija
Lukosiute



Rock Buns

by Rossa Godwin

8oz flour
3oz butter
3oz castor sugar
3oz mixed fruit
1 tsp baking powder
 $\frac{1}{2}$ tsp of mixed spice
 $\frac{1}{2}$ tsp of milk
1-2 eggs
Pinch of salt



Sausage meat stuffing

Recipe from Granny

By Cian Farrell

Method

Cook onion in butter, add sage and breadcrumbs.

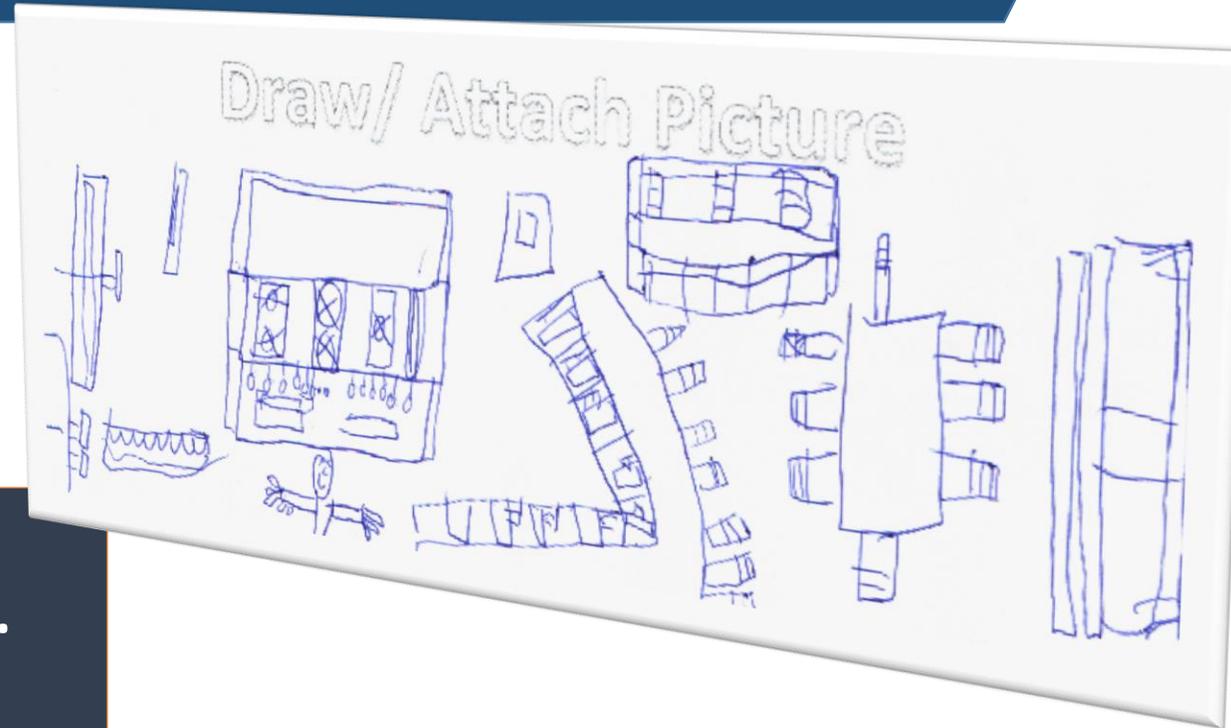
Mix in sausage meat.

Add egg.

Season with salt and pepper.

Put it into bread tin. Cover with tin foil.

Cook for 30 minutes gas 5.



Sherry Trifle

by Ethan Shally

Every year for Christmas
day desert my granny
makes a sherry trifle for all
the guests on Christmas
day



1939

Dec.	Forward.	£	14	16	4
20	1 Bag Oatmeal	✓	1	7	.
"	1 Twig	✓		1	8
"	1/2 Pint Malt	✓		6	9
"	1 gall. Oil	✓		1	1
"	1 " XX	✓		6	8
"	1 Bott Raspberry	✓		3	.
14	8 eggs Wool	✓		3	4
Jan 26	1 gall Oil	✓		1	1
Feb 6	1 x 5 Nappin Lin. Oil	✓			10
15	1/4 st. Sugar.	✓		1	4
26	1 Grape	✓		4	6
29	1 cwt. J. P. Flour.	✓	1	.	6
April 19	Bale on Groc's	✓			10
May 14	1 lb. Swedes	✓		2	3
"	1 Pair Shoes	✓		2	9
June 1	1 cwt. Bran	✓		14	.
"	1 gall Oil	✓		1	2
			£	19	15 1

Shopping List by Ava McGuinn

This shopping list was given to my mom by her father Mattie Slattery. He got it from his mother Nora Slattery.

Smoked Mackerel by Liam Winston

First on a warm summer's evening, I went fishing with my uncle Padraic and my family. The boat we went fishing in was called the *Jackie May*. We were hoping to get some mackerel for our tea. We caught twenty mackerel. My uncle gutted the fish on the boat and me and my cousin threw the guts to the seagulls. Then we smoked the mackerel on the pier.



When Nanny was a child the stations were held twice a year in their village. They were usually held in March and October. The house was cleaned and painted. The neighbours helped out. An altar was set up for mass and confessions was heard afterwards. Then they all sat down for breakfast. The highlight of the day was the children got the day off school.



Stations

by

Cillian

Scanlon

Stations in Conagher

By Sarah McWalters

This is a picture taken at my grannie's home in [Conagher](#). They were having the stations which is mass in their home. All the best dishes were used. They would have homemade brown bread and meat and lots of cups of tea. They also would have dessert as it was a special occasion. Having the stations was a very big occasion and only the best of food was eaten.



My nannie would have a mass in the house also known as the Stations. All the people from the area would be invited. Nannie would be busy preparing for the mass. She would clean the house and sometimes paint the house. She would also bake a lot. She would bake cakes, breads, tarts and her yummy portercake. All the people that would go to the mass would bring along some food. After mass they would eat the food and spend a long time talking.

Stations mass

By Maebh Larney

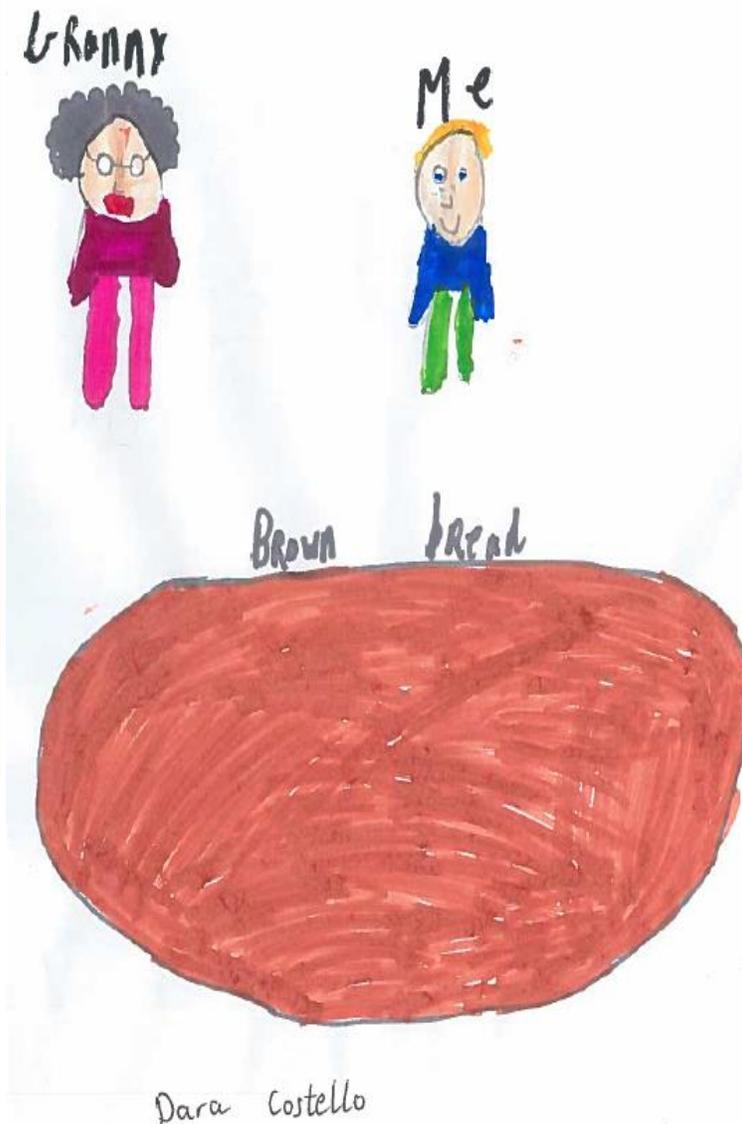


Stop watch brown bread by Dara Costello

Sift the flour, baking powder and salt into the bowl.

Use a wooden spoon to mix the buttermilk, egg and agave in a large bowl. Pour in the dry ingredients and mix until just combined.

Pour the dough into the prepared long tin. Top with a drizzle of agave and sprinkle over the seeds and oats. Bake for 45 minutes until golden brown and well risen. Tip out onto a wire rack and leave to cool.

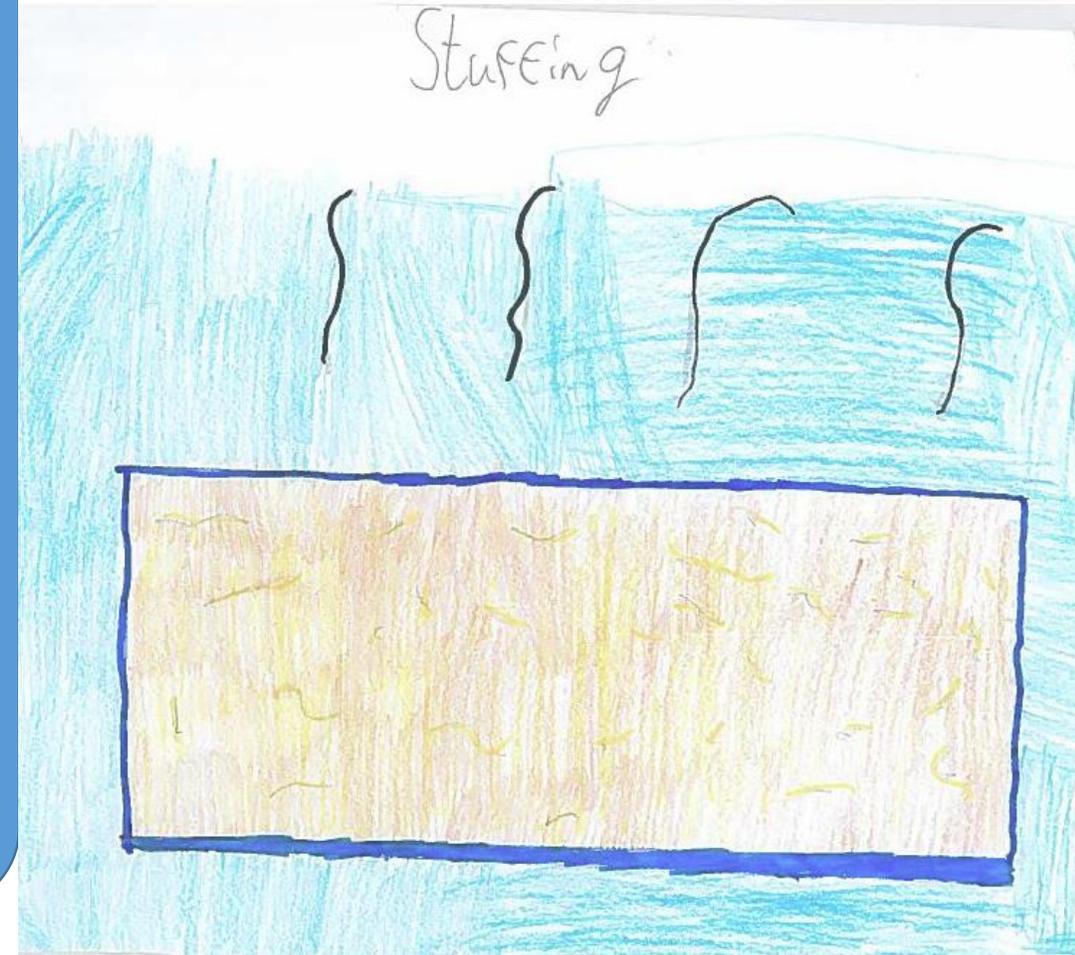


Stuffing by Chloe Jennings

Recipe from my nanny who lives beside me

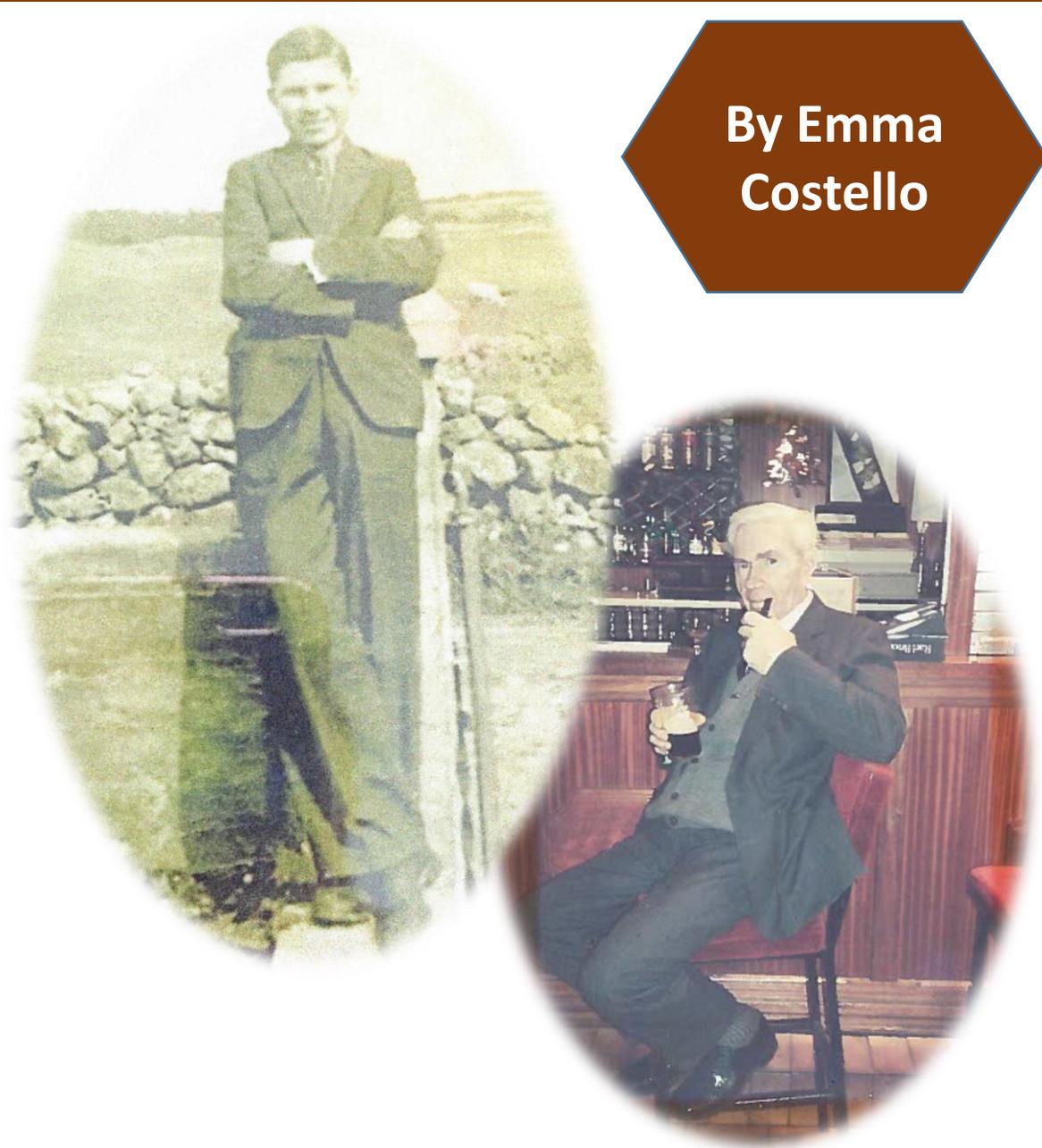
The first thing we do is put potatoes in the bowl. And then add butter. Then after, chop up your onions and put them in with the potatoes. Next add your sausages first, cut them up into little bits. Then add your Paxo mix and put some salt and seasoning. Put it in the oven for 80 mins.

And then it's ready to eat.



Travelling Shop

By Emma Costello



My grandad told me about my great grandad. His name was Willie and he lived in Belmont. He had a shop and he also had a van which he used as a travelling shop. He drove to every house in Belmont and he sold food and supplies to the people. He also bought eggs and butter from the woman of the house. At Christmas he bought turkeys from the farmers.

When Willie was out in the travelling shop my great granny Tess looked after the shop in Belmont selling food to all the people who came.

Willie also collected the milk from the farmers and delivered it to the creamery in Claremorris where it would be made into butter. My great grandparents worked very hard and I am very proud of them.

Wedding by Darragh Brogan

On the eight of June 1959, my grandad John Brogan married my nanny Eileen Burke.

Their wedding cake was made by a neighbour and was two tiers.

The drinks they had were tea, bottled beer, red lemonade and whiskey.

**The water was drawn from a pump.
They were very happy and granddad said it was a fantastic day.**





Serve with warm butter
ENJOY!

Wholemeal Scones
By Rhys Mannion



Potato Farm by Andrew and Adam Kehoe



The Old Dresser by Matthew McDonagh



The old style dresser was the focal point of the old kitchen. The dresser consisted of an upper display area which sometimes had glass. Dressers were used to show off china. The lower section was normally made of 4 cupboards. Dry food was kept in these cupboards. A large jug of milk was kept in the middle section. Dressers were often kept in the centre of the room. Dressers used to be popular. There was no running water. You would have to go to the well. The plate below is an example of good dishes that were displayed. The information above was collected through interview with my granny Phil Monaghan.

Food Long Ago

By Cáit Forde

This is an account of what my grandparents ate when they were young at Christmas, School, times of war and weekdays. Enjoy!

In 1946 there was a war.

You were only allowed a certain amount of tea, sugar and other foods. They were called the ration bags. You would have seen no bananas or oranges, you would probably have only seen apples.

Raring Chickens on a farm

By Marie Kelly

My nanny had hens and she would sell the eggs to the travelling shop. She got the day old chicks from the Department of Agriculture in Athenry. She wrote a letter to them, placed an order by postal cheque and told them how many chicks she wanted. They wrote back, telling her the day that the chicks would be on the bus.

Nanny would cycle to the local shop to where the chicks were. The bus had dropped them off at the shop.



Pork Brawn

My great granny used to make pork brawn for my mam and her siblings. Pork Brawn is a meat jelly made from pork. The jelly has small pieces of meat in it. The main part of the pig used to make pork brawn is the head. It was a way of using cuts of meat that wouldn't normally be used. My mam never knew what was inside pork brawn or otherwise she wouldn't have eaten it!

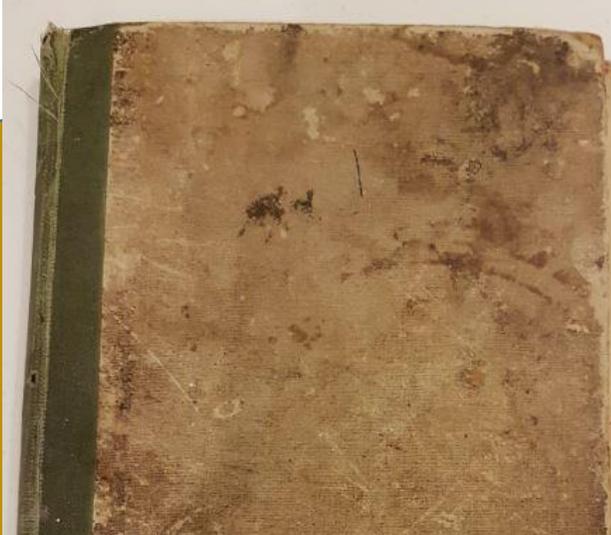
By Ella O'Grady

Tapioca pudding by Conor O'Grady

My great granny used to make Tapioca pudding. Tapioca pudding is a sweet pudding made with tapioca and either milk or cream.

My mam's granny used to make it for them as a treat. They used to put jam or fruit in it. You could eat it hot or cold.

There was always a man in the village who knew how to kill a pig. When the pig was killed, it was hung up and cut into fletches (big pieces of bacon). The pig's head was split down the middle and boiled in a pot for a long time. The meat was lean and delicious. The blood was mixed with oatmeal and made into black pudding. All the neighbours got some pudding. My dad told me they gave the pig's tail to the teacher to boil and have for dinner. When they boiled the head, they ate the eyes too.



ALL IN THE COOKING
BOOK I

COLÁISTE MHUIRE BOOK
of
HOUSEHOLD COOKERY

Compiled by

JOSEPHINE B. MARNELL,
Dip. Irish Training Sch. of Domestic Sc.;

NORA M. BREATHNACH,
Dip. Irish Training Sch. of Domestic Sc.;

ANN A. MARTIN,
Dip. Irish Training Sch. of Domestic Sc.;

MOR MURNAGHAN,
Dip. St. Catherine's Training Sch. of Domestic Sc.,

STAFF TEACHERS,
COLÁISTE MHUIRE, CATHAL BRUGHA STREET.

Preface

by

KATHLEEN M. O'SULLIVAN, D.L.T.S.,
Principal of the College

THE EDUCATIONAL COMPANY OF IRELAND
LIMITED

Killing a pig by Tom Birmingham

MEAT

COLLARED PIG'S HEAD

1 pig's head (salted).
1 onion.
Bouquet garni.
1 carrot.
1 white turnip.
Pepper and salt.
1 teaspoonful grated nutmeg.
1 teaspoonful grated lemon rind.
Cold water to cover.

1. Wash and clean the head as on page 58.
2. Put down in cold water and add the prepared vegetables and bouquet garni.
3. Bring slowly to the boil, skim and simmer steadily for two hours.
4. Take up the head, cool a little.
5. Skin and slice the tongue thinly.
6. Remove all the bones from the head, and place the two halves on a board.
7. Sprinkle with pepper, salt, lemon rind and nutmeg.
8. Place the slices of tongue on one half, and lay the other half of the head on top, thick side on thin side.
9. Roll up and tie firmly into a cloth.
10. Cook for a further 2 hours.
11. Lift on to a board and cover with a second board.
12. Leave until cold, then remove the cloth.
13. Slice thinly as required.

Peaches by Micheál Burke

When my mother was around ten years old, she and her sisters would play tag, hide and seek and many other games in a field. One day while playing hide and seek, my auntie came across a peach bush. She tasted them and decided to bring them home to my granny and grandad.

Evening was my auntie's favourite time of the day. After dinner, they would bring home some peaches and eat them. Now my mother often buys peaches from Lidl. My mom doesn't really like them "*It's just for the memory*" she says.

Black Pudding

By Stephen Hannon

Ingredients

Pig's blood

Oatmeal

Pepper

Salt

Onions

Spices

Lard



My granny Ann is from Caherlistrane and in 1955, she got a certificate for cooking at school. She was 14 years old. She got this in Abbeyleix.





My mum's brown bread
by John Gannon

The story behind my mum's bread is that it was passed down from my gran. My mum changed the recipe a bit. My gran would make one loaf a day. My mum would have it for breakfast, lunch and supper with tea. At weekends, my mum would go out and help my dad on the farm. When she came back from the farm. She got a slice of bread with jam as a treat.

My Dad learned to make french toast from his mom.
And now our dad makes french toast for us

Granny's French Toast by Colin Burke

Ingredients

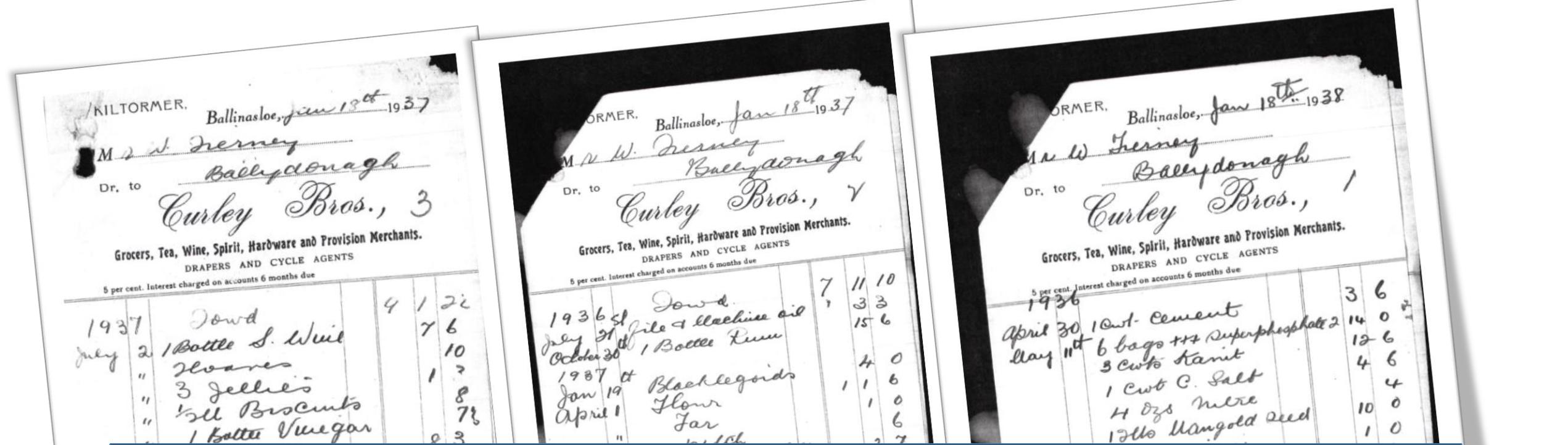
- Three eggs
- As much bread as you would like to use
- Sugar
- Butter

Utensils

- Frying Pan
- Spatula
- Plate

Method

1. Beat an egg onto a plate.
2. Heat your pan and put some butter on the pan.
3. Dip your bread into the egg.
4. Take the bread out of the egg and fry it in the pan until golden brown.
5. Take the bread out of the pan with a spatula onto a plate.
6. Put some sugar on the bread and enjoy.



Shop Receipts by Tom McLoughlin

My granny Ann lives in Kiltormer. She gave me receipts from lots of shops in Ballinasloe. They are from the 1920s and 1930s. In one of the shops Curley's, they bought jellies, biscuits, vinegar and keys. The shops had food and hardware. The money was different.



Kogel-Mogel

by Ela Klonowska

Kogel-Mogel is an egg based homemade dessert popular in Poland. It is made from eggs and sugar, sometimes with cocoa, vanilla, honey or rum. Served warm or hot. When my mother was young and she wanted to eat something sweet, and at home there were no sweets, then my grandmother did her Kogel-Mogel. It is also a very good cure for a sore throat.

My mom now makes me a Kogel-Mogel sometimes and it tastes so so great for me.

Aaron Connolly

Adam Kehoe

Ailbhe Murphy

Aisling Bowens

Alana Feerick

Ali McCormack

Andrew Kehoe

Ann Molloy

Aoibheann Ryan

Aoibhinn Connolly

Ava Molloy

Cáit Forde

Claire Kelly

Colin Burke

Conor O'Grady

Daragh Walsh

David Boyle

Dean Cunningham

Ela Klonowska

Ella O'Grady

Evan Dooley

Evan Mannion

Gavin Burke

Grace Ryan

James Boyle

Jamie Gillen

Jane Connelly

John Gannon

John Molloy

Keelin McDonagh

Kirsty Macfarlane

Liam Walsh

Maeve Murphy

Marie Kelly

Mark Lynch

Matthew McDonagh

Matthew McHugh

Micheál Burke

Michaela Connolly

Niall Hannon

Nicole Leonard

Phil Hehir

Rachel Connolly

Ross McFarlane

Ruby Barrett

Sahra Murphy

Seamús Kirrane

Sean Feerick

Stephanie Burke

Stephen Hannon

Tom Birmingham

Tom McLoughlin

Trinity Coen



Alanna Doherty

Alex Gannon

Aoibhinn Ruane

Ava McGuinn

Calium O'Donnell

Cathal Dolan

Catherine Sheridan

Chime Kearney

Chloe Jennings

Cian Farrell

Cian McWalters

Cillian Scanlon

Dara Costello

Dara Jennings

Darragh Brogan

Ella Diskin

Emilija Lukosiute

Emma Costello

Eoin Larney

Eoin Twomey O'Flaherty

Erin Burke

Ethan Shally

Eva Burke

Jessica Murphy

Job Simpson

Julija Lukosiute

Kaylah Farrell

Keith Diskin

Laura Kate Twomey

O'Flaherty

Liam Winston

Maebh Larney

Matthew Connolly

Mia McHugh

Michael Canny

Rhys Mannion

Rossa Godwin

Samantha Gannon

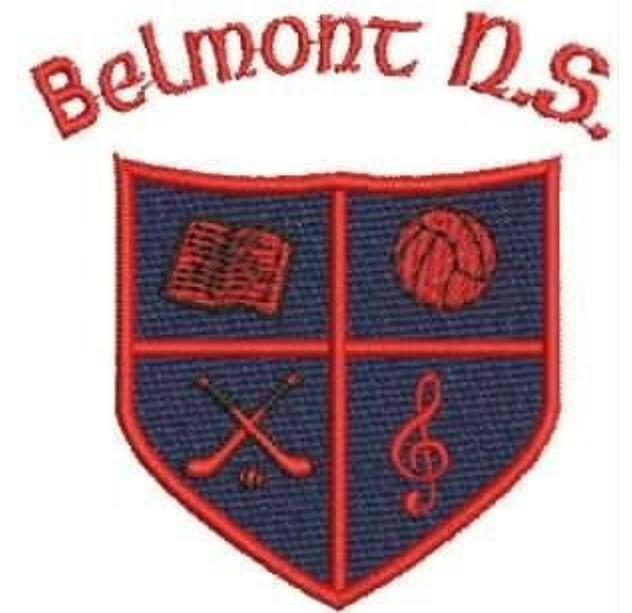
Sarah McWalters

Sean Sexton

Sinead Larney

Sorcha Bowens

Tara Kirrane



Boxty (Potato Cake)

By Ava Molloy

My granny Bridie Curley from Belmullet Co Mayo makes boxty. She used to make it with her mother and now she makes it for us. Boxty is a potato cake.

ingredients

1 cup raw grated potatoes

1 cup leftover mashed potatoes

1 cup plain flour

2 tsp baking powder

2 tsp salt

2 eggs beaten

$\frac{1}{4}$ cup milk to mix

Butter for frying.

Pancake Recipe by Sean Feerick

My granny
Annie gave me a
pancake recipe.
She is from
Carrownageeha.
She makes them
Pancake
Tuesday.

You will need:
Flour
Eggs
Milk

Sift the flour in a large bowl.
Make a well in the centre.
Pour in the milk and beaten eggs.
Mix until smooth.
Pour 4 tablespoons onto a heated pan.
Turn them over.
Sprinkle them with sugar or lemon juice.
Delicious

Crinoline Lady

by Aisling Bowens

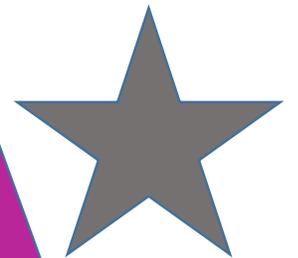
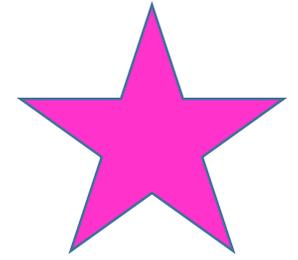
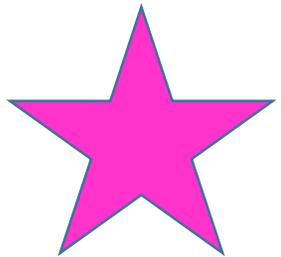
My great granny used to make a special cake called a Crinoline Lady. The cake was only made for a tenth birthday. My mum and her sisters got this cake for their tenth birthday. My granny gave me this recipe and she got it from my great granny's cook book. She lived in Galway City.



My granny Violet from
Ballinacarrigy, Co
Westmeath used to
make Christmas pudding
every year. She still
makes it.

Christmas
Pudding by
Ruby Barrett

*Eat on Christmas
Day and all your
wishes come true*



My granny, Gretta Murphy from
Kilmaine makes scones. She
makes them for me Every time I
visit I get lots of scones. This is her
recipe. $4\frac{1}{2}$ ounce juice 2 ounces of
cherries. 1lb of self raising flour.
2tsp of Baking powder.
 $1\frac{1}{2}$ ounces of butter, pinch of salt
2 eggs. $\frac{1}{3}$ of a cup of milk.
oven 200 for 12-15 minutes.
Ailbhe Murphy Bawnmore Tuam
Age 7

Scones by Ailbhe Murphy

My granny Gretta Murphy from Kilmaine makes scones. She makes them for me. Every time I visit, I get lots of scones.

Traditional Brown Bread

by Trinity Coen

My mom Bridget told me my granny Mary from Galway used to make traditional brown bread for all the family. She used flour, bread soda, salt, oat bran wheat, butter, honey, 1 egg, buttermilk and some porridge oats. The beautiful smell of baking would fill the house.

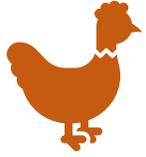
Food in the Bog by Seamus Kirrane

They would bring all things needed like a kettle, one brown bread, some eggs, one pot of rhubarb jam, some butter, water and milk.

The first job they had to do was to light a fire so that they could boil the eggs and make tea. They would then set to work footing the turf and keeping an eye on the fire.

After a few hours, they would take a well earned break.

For food, Granny said the tea made in the bog was very tasty. They would devour the boiled eggs, brown bread and the rhubarb jam and wash it down with a cup of “bog tea”.



Chicken Broth

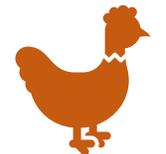
By Aoibheann Ryan

**My Dad told me his
Granny Mary used to
make chicken broth.
They used to have
roast chicken and
make the broth.**



Chicken Broth
My Dad told me his Granny Mary used
to make chicken broth. They used
to have roast chicken and make the
broth. To make it you will need,
the carcass of a roast chicken,
Some potatoes, carrots and onions,
And a huge saucepan
(Granny Mary would steep the carcass
in a big pot on the range overnight.
She would then strain the stock
to remove the bones. Then she added
the vegetables and simmered until thick.

Aoibheann Ryan Carrmahan Milltown 2008



The Station's Breakfast

by Gavin Burke

The people of the house would cook a big breakfast for the priest and the people before, they left the house. This breakfast would include eggs, sausages, rashers, beans, pudding and mushrooms. There was plenty of homemade brown bread. If they had any more money leftover they would have a drink of whiskey for the priest and the people before going home.

My Granny's Serving Plate

By Evan Mannion



This large plate is over 70 years old. My granny lived across from the school. There was no staff room in the school so she made tea for all the teachers.

My granny's wedding by Jane Connelly

My Granny and Grandad got married in Claregalway church 50 years ago. They had the reception in the Sacre Coeur Hotel for a wedding breakfast at 10:00am. To start they had a light breakfast followed by a bowl of chicken soup. Before my granny put on her dress, she made two pots of soup, drove to the Sacre Coeur Hotel, gave them the soup and then went home. To this day, my granny makes the same soup every Sunday. After the soup and compliments were given to the chef they got up to dance. It finished at 6:00 pm. My granny changed into a dress and coat to head off to the west of Ireland on their honeymoon.

Making Butter

**By Mark
Lynch**

When the milk was warm it was fresh. They would have to wait one entire day for it to go cold and for the cream to rise to the top. Then, Nana would use a cup to scoop the cream off the milk. Then, the milk would be used for drinking and cooking. The cream would be put in a glass churn. The churn had a handle on the lid and two beaters that would spin when the handle was turned. So Nana would have to turn the handle for thirty minutes until the cream would thicken and turn into butter. Then, Nana would have to wash her butter many times to remove some milk and add salt and it was ready.

By Rachel Connolly

For breakfast Mom had porridge. For lunch, she had soup with homemade soda brown bread that her mom would make herself. For dinner, she had cabbage and bacon with boiled spudz. For school lunch, she had jam sandwiches, an apple and a drink of water.

Food By Ali McCormack

When my mom was younger, she would have to make own lunch. She would have a sandwich and water. Nowadays, we have sandwiches, fruit and lots more. When Mom had her lunch made, she would get ready for the double decker bus to pick her up.

After school, my granny would make dinner. This was often a stew. Now, my mom makes the same stew for my siblings and 1.

Making Butter

Claire Kelly

It tasted strong and salty and had a good yellow colour.

The cows were milked by hand morning and evening. The hot milk was strained in a special strainer to catch the dirt and hair from the milk. The milk was then put into a separator to take the cream from the milk.

Brown Bread

By Rachel Connolly

To make it, you need:

2 cups of white flour

1 cup of brown flour

Teaspoon of baking powder

Method

Sieve all above into bowl.

Add two small grains of salt.

Mix with milk.

Put flour on table and knead it all together.

Put in cake tin.

Baking Time: $\frac{3}{4}$ hour.

When my mum was little, she lived on my grandad's farm. On his farm, they had cows, sheep and chickens. Every few weeks, a man would come and kill the lambs and that week they would have lamp chops for dinner but my mum wouldn't like them because she would see the lambs being chopped up. Every morning and evening my grandad would milk the cows. If my mum and her brother were good, my grandad would let them have a small bit of fresh milk and they would have it in the morning for breakfast. For a while, they had chickens on the farm. But when they got rid of them, my mum used the old chicken house as a play house.

By Ali McCormack

Brown Bread

By Nicole Leonard

**This is my nannie's
brown bread. She
got the recipe from
her mum. Nowadays
we have brown
bread every day.**

Enjoy!

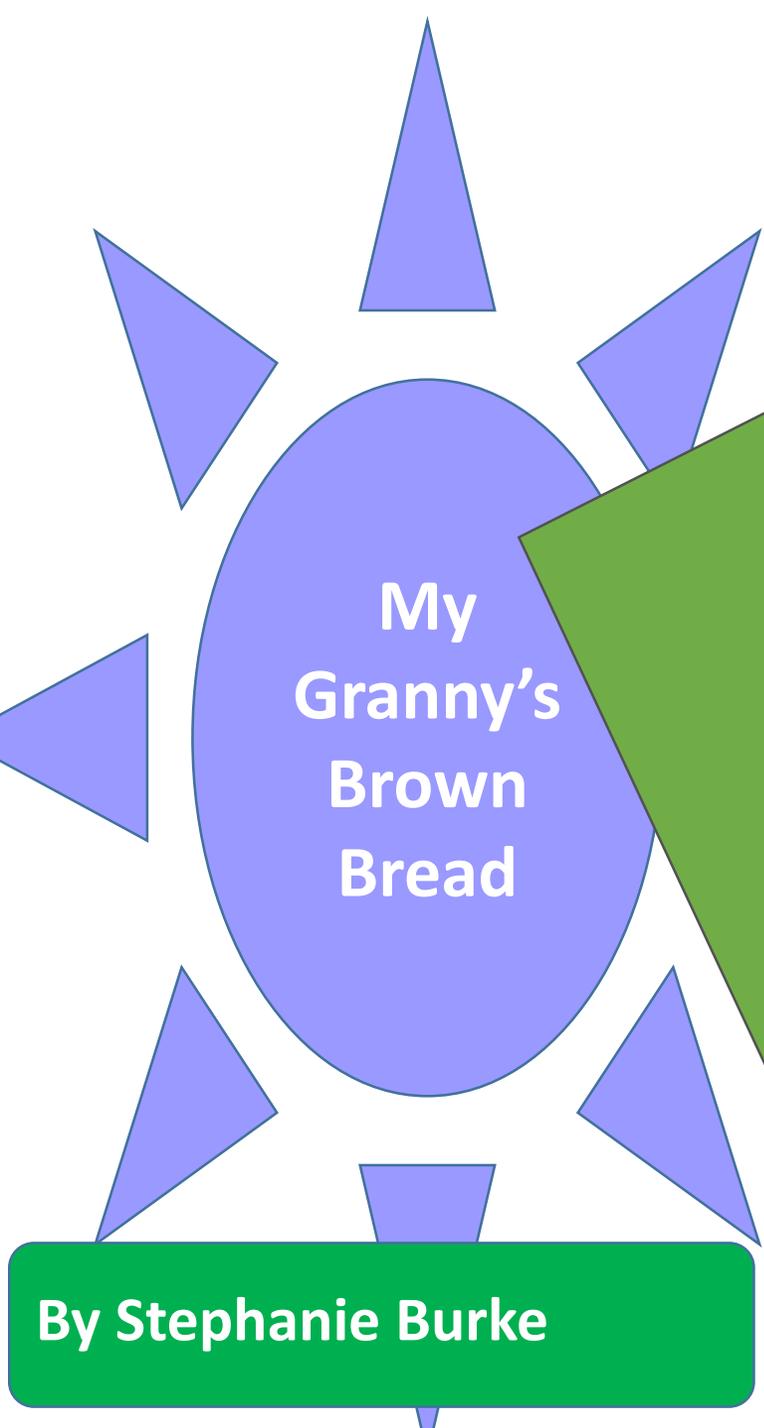
Sieve flour, salt, sugar and soda into a bowl.
Add the bran, rub in the butter and mix well together.
Put the buttermilk, milk, egg and olive oil into a jug, mix it.
Then, knead for a few minutes.
Put into a warm loaf tin.
Cut a cross on top and put into a hot oven.

Black Pudding by Liam Walsh

When my grandad was younger, his mom used to make black pudding for him and his family.

Ingredients:

You need 4 cups of fresh pigs blood, 2½ teaspoons of salt, 1 large onion finely chopped, 1½ teaspoons of pepper and 1 teaspoon of allspice



My Granny's Brown Bread

By Stephanie Burke

It was so tasty. It was super nice with jam and butter. She made brown bread for nearly every special occasion. She got this recipe off her mum. She never knew the right measurements but it always turned out perfect. She always put a cross on her brown bread. She made her brown bread in the range. One time my aunt tried to make it in her fan oven and it wasn't as nice. For school, my dad and all his brothers and sisters would have brown bread and milk.

A yellow equilateral triangle with a thin black outline, pointing upwards.

**My
Granny's
Brown
Scones**

A dark olive green rounded rectangle with a thin black outline and rounded corners, containing text.

**Sometimes, she makes it on
special occasions. She would
put a secret ingredient in. She
didn't tell what the secret
ingredient is but the Brown
Scones are really nice.**

By John Molloy

Brown Bread

By Evan Dooley

To make it, you need:

Coarse flour

Bran

Pinhead oatmeal

Method

**Mix sugar, wheat germ, salt, baking
soda.**

Beat in eggs.

Granny's Apple Tart by Ross McFarlane

My granny Pam Kelly used to make apple tart with her mum. They lived in Dublin. My granny taught my mum the apple tarts when Mum was about 10 years old. She practiced a lot and now she makes them. When we visit Granny, she makes apple tart for us. We always have it at Christmas.

Farming

by David Boyle

When my mam was younger, she would always go out onto the farm to mind the sheep. My grandad also had cows which were kept in the other field. Not very often my grandad would bring up one or two cows and sell them to the butcher who would chop it up and give a bit back to them. If the lambs got sick, my mam would bring them inside to feed them with a bottle of milk in front of the fire or the heat lamp. They would usually keep them inside for a few days after they got better to make sure they aren't weak. My grandad would also shear the sheep and sell the wool.

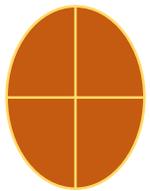
During duck season, my grandad would go out and shoot 3 ducks and bring them home to eat for dinner. My Mam, her brother and her sister would each pluck the feathers and my granny would cut off the head and the legs and then cook it. They would do that every weekend for every duck season.

Birthday Girl

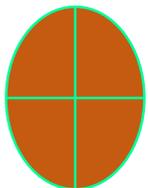
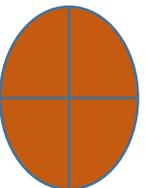
By Jamie Gillen

When my granny was small, she got an orange or an apple for her birthday. She still gives us an orange or an apple and when I grow up, I will give my grandchildren an orange or an apple. I will keep it going and hopefully my children can do the same.

When my granny was 13 years old, she used to make scones for all the soldiers in the 1916 war and cooked dinner for her mom and her 7 brothers because her mom was sick. Nowadays I make breakfast for 5 people in our house and I love it.



Birthday Girl



My granny Kathleen Hannon from Lurgan makes potato cakes. She made them for my dad when he was small.

Ingredients:

1 large potato

Butter

½ cup of hot milk

Method

Boil the potatoes.

Mix in the hot milk, butter and scallions.

Eat Hot.

Yummy 😊

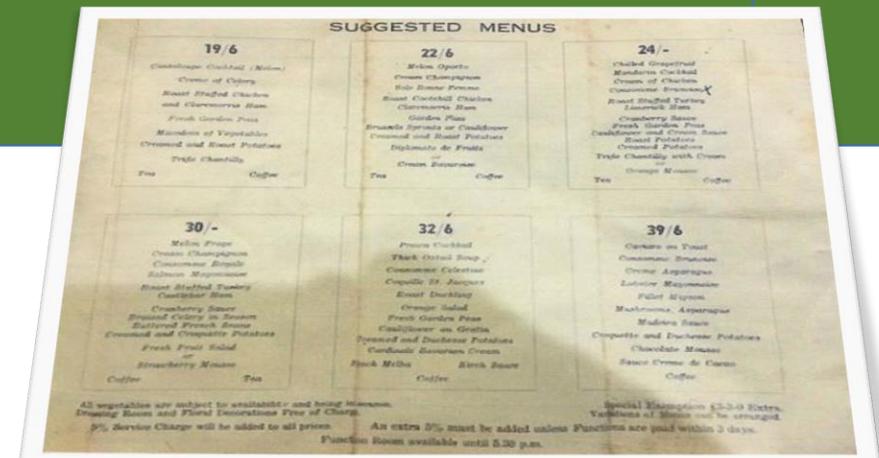
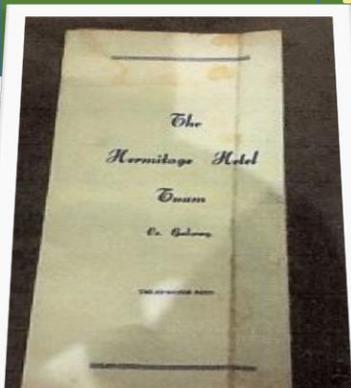
Potato
Cakes By
Niall Hannon



The Wedding Menu

By Keelin McDonagh

The picture below shows the sample wedding menus that were on offer in the Hermitage Hotel, Tuam 46 years ago. My grandparents used this brochure to choose the menu for their wedding meal. They chose the third option. The prices for the meals are all listed in old money. The hotel is now closed and the building was renovated and is now the credit union in Tuam



My granny Helen Flattery from Drim, Milltown told me about food when she was small. They did not have much sweets. They ate a lot of bread. They made potato cakes. You make them with milk, flour, and potatoes. You mix them together and fry them in a pan. For a treat at Christmas, they got some raisins and a small biscuit. They had porridge for breakfast every morning. Eggs and vegetables were eaten a lot.

By Maeve Murphy

White Soda Bread

Ingredients

3 cups of plain flour

½ teaspoon of
bextartar

¼ pint of milk

¼ pint of buttermilk

A pinch of salt

When my grandad
was smaller his mom
used to make white
soda bread for his
family as a treat on a
Sunday

By Daragh Walsh

Potato Cakes by Grace Ryan

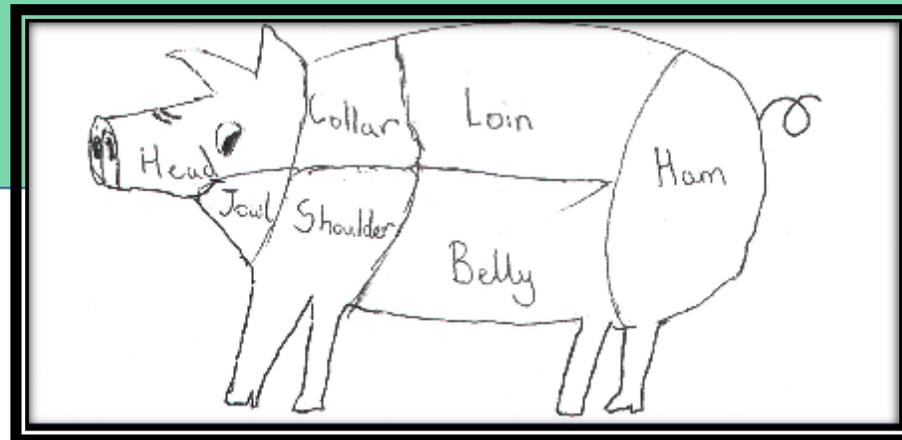
This is a story about a treat my dad's granny used to make at the very end of summer when the potatoes were ripe and picked. When dad was finished helping to pick all of the potatoes his granny would boil far more than what was needed for dinner for the first day.

With the surplus boiled potatoes, she would peel them and use them to make a dough like mixture using bran flour, some buttermilk and a pinch of salt. She would then roll out the dough to about an inch thick. She would cut them into discs using an up-turned drinking glass.

One quick bake later, they were ready for eating. My dad enjoyed them best with a little butter, some chopped scallions, a slice of fresh picked beetroot and a big cold glass of cow's milk.

When my granny Gretta Murphy was small, she had bacon and cabbage six days a week for dinner. On Sundays, they had chicken for dinner. My great grandfather killed the pigs for all the families in the village. The meat was put into barrels of salt and cured to make bacon. The blood from the pigs was used to make black pudding. The bacon was later taken out of the salt and hung up from the ceiling and it was cut up for each dinner. It was rinsed and boiled with cabbage for dinner.

By Sahra Murphy



My great granny used to make chicken broth stew for my granny and my great aunt. Then, when my mom was young my granny used to make it for her. My mom didn't make it for us yet.

My dad, his dad and my dad's brother used to go down to the bog for breakfast, to eat boiled eggs. They just simply started a fire with the turf, put a kettle onto the fire, put the eggs in the kettle and that's breakfast ready.

Stories about Food
by Aaron Connolly

My granny is a good cook. She learned cooking from her mom, my great grandmother, Mary. Granny says she always had bacon and cabbage and fried potatoes when she came home from school everyday.

My great grandad killed the pig and grew the cabbage in his garden.

She also told me that for Christmas and for birthdays they would take a fruit cake and custard and jelly for dessert.

Santa Claus brought copies, pencils, apples, oranges and sweets.

Granny's favourite recipe is home made apple and rhubarb tart and scones.

By Alana Feerick

**By Aoibhinn
Connolly**

My nanny makes these pancakes regularly for me, but she always makes them on Shrove Tuesday, which is also known as pancake Tuesday, the day before Lent starts. This is an old tradition that is still carried on today. My Nanny got this tradition from her Mammy. She would also make pancakes on pancake Tuesday. The reason being was to use up the flour, eggs and milk in the house before Lent started. Along time ago these ingredients would have been considered “Luxury” ingredients.

Nowadays in most houses, they are considered basic ingredients. However, my nanny still follows the pancake Tuesday tradition. Now, my mam makes pancakes on pancake Tuesday and I like to help, so I probably will carry on this tradition.

When my parents were small, their parents used to have Stations in the house. This was where the priest would come and say mass and bless the house. Granny would bake apple tarts and buns. All the neighbours would have some food and drink and each year the different neighbours would have stations in their house. It was a nice occasion for people to meet up and my Dad's family were from Carrownageeha.

By Dean Cunningham

I got my recipe from my granny, Maureen McHugh. She has a recipe book from 1940. She made it for my dad when he was small. She is from Kilconly but lives in Drum now.

By Matthew McHugh

5 slices of bread
and butter
3 oz raisins
1 pint of milk
1 egg

What you do:

Cut the bread in small pieces.
Lay them in a greased pie dish.
Boil the milk on the fire.
Remove and add to the beaten egg and pour into the dish before placing in oven for half an hour.

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Sharing our local heritage



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HERITAGE



GAILLIMH, IARTHAR NA hÉIREANN 2018
RÉIGIÚN GASTRANAMAÍOCHTA NA hEORPA

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