

InCommon

2021

GENERATION SWAP COOKBOOK



HOMEMADE RECIPES FROM ACROSS THE
GENERATIONS

September 2021

Big thank you to everyone who have contributed
and given us delicious recipes to put in this
cookbook.

The InCommon Team

Welcome

Welcome to the Generations Swap Cookbook, 2021!

Take a moment to think about your favourite foods. I'm sure that some of them are the dishes you loved when you were young, and may have been made by parents, grandparents or other caregivers. The sights, sounds and smells can fill us with memories and eating them now often takes us right back.

This unique cookbook brings together recipes from people of all ages and shares some of the stories behind these recipes.

In partnership with Clarion Futures and the #iwill campaign, we have supported groups of young people across the country to connect with their older neighbours to swap food and share recipes!

This cookbook contains all sorts of dishes - from an elaborately decorated cake to a favourite staple dinner, or even a simple basket of fresh fruit! These are recipes that hold a special place in people's hearts and memories.

We know that swapping food and sharing recipes can bring people together and the creation of this cookbook has got people talking and asking each other questions such as:

How has food changed over the decades?

What are the new and future foods that people are eating now? Does this food bring back any memories?

This cookbook contains recipes from people of all ages from across the UK, creating an eclectic mix of food, stories and memories which reflect on the past and look forward to a future of shared food across generations.

Bread Pudding



Recipe by Daisy Fowler (Marian's mum)

Ingredients

- 225g stale bread soaked in water or milk for at least half an hour
- 50g caster sugar
- Teaspoon of mixed spice
- 175g mixed fruit
- 75g butter or cooking margarine
- 1 egg - beaten
- 2 tablespoons of milk
- Extra sugar for topping

Method

1. Preheat oven to a temperature of 180°C
2. Melt butter or margarine
3. Squeeze-soaked bread to remove excess liquid and put in a mixing bowl
4. Add sugar, mixed spice, fruit and mix well
5. Add melted butter/margarine
6. Add beaten egg and milk, make sure to mix well together
7. Grease a small baking tin and pour mixture in
8. Flatten top with a fork
9. Bake for one hour, once baked remove from the oven and sprinkle with caster sugar

Why did you create this recipe?

We had a lot of bread pudding, it was a good way to use odds and ends of the bread. It always reminded me of Christmas because it tasted a bit like Christmas pudding. Both mum and dad were good cooks. At Christmas mum made her own cake and pudding.

Apple Crumble



Recipe by Sandra's Mum

Ingredients

- 225g flour
- 113g butter (from fridge-cold) or margarine
- 85g sugar
- A handful of apples

Method

1. Sieve flour into bowl, cut butter into small pieces
2. Rub butter/margarine into flour until mixture looks like fine breadcrumbs
3. Stir in sugar
4. Cut up cooking apples (peel, cut and slice) place in the bottom of an oven at a temperature of 200°C
5. Sprinkle sugar over the top then mix and add two tablespoons of water
6. Tip crumble mixture over all the apples and smooth the surface

Why did you create this recipe?

I remember my mum making lovely crumbles, in particular apple crumble because we had an apple tree in the garden but would also make plum and gooseberry crumble. My mum's crumble was comfort food, it made me feel loved and safe. I sometimes used to go blackberry picking with my friends and then we'd have blackberry and apple crumble.

Homemade Yum Yum Ramen!



Recipe by Amelia

Ingredients

- x1 stock cube
- x1 pack of Ramen noodles (use half a pack)
- x1 pack of sriracha sauce - depends on how spicy you like it!
- A dash of soy sauce
- x1 spring onion
- x1 egg to fry
- x1 big tomato
- 2-3 medium mushrooms
- Teaspoon of oil
- Lemon juice if you want!

Method

1. Boil the kettle and put your stock cube in a pan
2. Once boiled, pour the water over the stock cube. Add the sriracha sauce, soy sauce and lemon juice into the water
3. Put your pan onto a medium heat and bring to boil. Add your ramen into the water and cook until soft, giving the noodles a stir so they don't stick
4. Cut up your spring onion into small bits, slice your tomato into quarters. Put to one side, you will need these later, don't pop these in yet
5. Cut up the mushrooms into small pieces and season in a bowl if wanted
6. Put a spoon of oil into another pan. Fry your mushrooms for 5 minutes
7. Take your mushrooms off the heat
8. Fry the egg for 3 minutes or until ready
9. Drain the ramen, put into a bowl with the other ingredients on top. Add your fried egg and enjoy!

Super Chocolate Cake!



Recipe by Sophie Kings

Ingredients

- 175g of plain chocolate
- 175g of soft butter
- 175g of caster sugar
- 4 beaten egg yolks
- 4 egg whites
- 90g of sieved plain flour

Method

1. Break the chocolate up
2. Sieve flour, cocoa, and baking powder into bowl
3. Mix butter and sugar into a separate bowl beat until creamy
4. Mix in eggs, add all ingredients until creamy
5. Put in cake tin and put in the oven at a temperature of 170°C
6. Melt chocolate and spread all over the top of the cake
7. Enjoy!

Butterfly Cakes



Recipe by Esther's Mum, Esther, Linda and Linda's Mum

Ingredients

For the cakes

- 110g butter softened
- 10g caster sugar
- 2 eggs (beaten)
- 1tsp vanilla extract
- 110g self-raising flour
- ½ tsp milk

For buttercream

- 300g icing sugar
- 150g butter softened
- 2tsp vanilla extract
- Milk to loosen (if necessary)
- 10 paper cake cases

Method

1. Heat oven to a temperature of 180°C
2. Place softened butter and sugar into a mixing bowl and beat until light and fluffy with a wooden spoon
3. Add eggs into the mixture, a little at a time, beat after each addition
4. Add vanilla and stir lightly
5. Add flour and baking powder, fold in gently so as not to lose the air added to the mixture when beating
6. Divide the mixture between 10 paper cake cases, and bake for 15 mins until golden brown
7. Leave on wire rack to cool
8. Make butter cream by beating together icing sugar, butter, and vanilla until pale and fluffy
9. Cut the tops of each cake then split into two halves
10. Cover each cake with buttercream and add the split cake tops to look like butterfly wings

Why did you create this recipe?

My Mum used to make these with me when I was a girl. She let me lick the bowl - the raw mixture was delicious. In turn I made them with my girls. We enjoyed cooking together!

Pancakes



Recipe by Dorothy Green

Ingredients

- 100g of flour
- 1/4 teaspoon of salt
- 1/2 pint of milk
- Oil to fry

Method

1. Sieve flour and salt into a basin
2. Add egg (beaten first)
3. Add in the milk to make a smooth batter
4. Pour a little oil into a frying pan and heat until hot
5. Pour in batter to thinly coat the base of the pan and tilt so it's evenly covered
6. Cook until golden brown, turn and cook on the other side
7. Roll up the pancake and eat with jam/lemon/sugar/honey

Why did you create this recipe?

My Mum used to make these every week. She was really good at tossing them - she tried to teach me, but they often ended up on the floor. My brother and I would have competitions to see who could toss them the highest. But he was 3 years older than me - I was always jealous that he was better at it than me. Mum would make enough for the week. We used to eat them with jam. I used to eat the scraps from the pan - where they were delicious and pinch a bit from the pancakes in the tin when they were finished and stored. When there was rationing, we couldn't get the ingredients - we had to use powdered egg. I didn't really taste the difference.

Currant Cakes



Recipe by Connie's Mum

Ingredients

- 500g puff pastry – 2 ready to bake sheets
- 140g of sugar
- 40g of butter
- 225g of currants
- 25g candied fruit peel
- 1 pinch of nutmeg
- A little flour for sprinkling

Method

1. Preheat the oven to a temperature of 220°C in a medium saucepan and combine 140g of sugar, 40g of butter and cook over a medium heat until the butter is melted
2. Remove from the heat and add currants, candied fruit peel and nutmeg to the saucepan and mix well
3. On a lightly floured surface roll out pastry to ¼ inch thick and cut into 4-inch rounds using a wine glass or big cookie cutters
4. Lightly grease a baking tray with the remaining butter
5. Place each pastry round onto the tray and add a spoonful of filling to the centre of each disc
6. Dampen the edge of the pastry, draw edges together over the centre and pinch to seal
7. Turn over and flatten with a rolling pin, cut 3 slits in the top for steam to escape
8. Brush with water, sprinkle with remaining sugar; bake for 15 mins or until the edges are light brown
9. Place on wire trays to cool down

Why did you create this recipe?

I was inspired by the food that my dad used to make which always tasted delicious. He taught me how to cook and I treasure his recipes.

Beef Stew & Dumplings



Recipe by Elizabeth (Lizzy) Wren – Peggy's Mum

Ingredients

- 500g – 750g stewing steak
- 25g flour
- 50g of dripping or lard
- 3 – 4 large onions
- 1 pint of water
- 1 beef stock cube
- 4 – 5 large carrots
- 2 small turnips
- Bouquet garni
- 40g of self-raising flour
- 20g shredded suet
- Pinch of salt

Why did you create this recipe?

Mum used to make stew as it made the ration go further during the war- with lots of vegetables and dumplings. She used to keep some of the suet pastry to make a separate dumpling for my dad - boiled water with some jam on it, it was a favourite of my dad's!

Method

1. Cut the meat into cubes, mix seasoning and flour – coat the meat with the mixture
2. Make stock with the stock cube and water
3. Fry meat in hot dripping/fat for several minutes to seal (use a deep saucepan)
4. Remove from the pan and add sliced onions, fry until transparent
5. Blend in stock gradually; stir over a low heat until it's a thin sauce
6. Add sliced carrots, turnips, and bouquet garni
7. Cover and simmer until the meat is tender
8. Sieve the flour and salt into a bowl
9. Add enough water to make a dough, mould the dough into 8 small balls
10. Add dumplings to the stew 15 -20 minutes before serving, cook until it's light and fluffy

Roast Dinner



Recipe by Jess

Ingredients

- 500g of chicken
- 1 packet of Yorkshire puddings
- 7 large potatoes
- 100g sweetcorn
- 100g green beans
- 100ml gravy
- 100g broccoli

Method

1. Cook the chicken in the oven at a temperature of 190°C for 45 minutes (1.5 hours depending on the size)
2. Cook potatoes and add them to the oven until they turn brown
3. Cook sweetcorn, broccoli, and green beans
4. Put the Yorkshire pudding in the oven at a temperature of 230°C for 10 minutes
5. Then serve up!

Strawberry Jam



Recipe by Jess

Ingredients

- 1kg strawberries
- 750g jam sugar
- Juice 1 lemon
- Small knob butter (optional)
- Jars

Method

1. Use a knife to remove the stems from the strawberries and cut any large ones in half
2. Put strawberries into bowl and toss through the sugar, leave uncovered at a room temperature for 12 hours (to dissolve sugar and helps ensure fruit stays whole and keeps its colour)
3. Put two saucers into the freezer
4. Tip strawberries into a pan or large saucepan with lemon juice
5. Cook gently over a low heat until sugar is dissolved completely
6. If you don't have a preserving thermometer, use a wrinkle test, spoon a little jam onto a saucer taken from the freezer – leave for 30 seconds, and push with your finger, if the jam wrinkles and doesn't flood to fill the gap it's ready
7. Skin any stuff off the surface with a spoon, add butter and stir in to melt, leave to settle for 15 minutes
8. Ladle jam into a warm jar, cover with wax disc, lid or you can add an elastic band – label and date

Why did you create this recipe?

My Nannies (Nanny Green and Nanny Brown) were the best cooks in my family. There was always enough to eat and at their houses I remember having the best homemade jam on toast there. Nothing beats homemade jam. They also made coconut and ginger cake. When I grew up, I learnt to cook - I'm very proud of my sausage, mash and peas and shepherd's pie

Apple Pie



Recipe by Doreen Alderson - Avil's Mum

Ingredients

Pastry

- 200g plain flour
- Pinch of salt
- 100g butter or margarine
- Water to mix

Filling

- 600g cooking apples
- Caster sugar (2-3 tablespoons)
- ¼ teaspoon ground cinnamon (if wanted)

Why did you create this recipe?

I remember my mum was the best pastry maker, she made all sorts of pies, fruit pies and meat pies. I can't really choose the best pie, but I did like her apple pie. She was a cook at the hospital, and they all enjoyed her food. She had cold hands which really helped with making pastry. I haven't sadly I can't make pastries like my mum, she won prizes for her pies

Method

1. Sieve flour and salt, rub in butter/margarine until mixture looks like fine breadcrumbs
2. Add water a little at a time until the mixture is a firm dough, add water, a tablespoon at a time so the mixture doesn't get too wet and sticky
3. Use a rolling pin to roll out half the pastry into a round shape and line a pie plate with a diameter of 20-23cm
4. Sprinkle with a little flour and sugar – this keeps the pastry crisp and avoids a soggy bottom
5. Peel, cut and slice apples
6. Place in pie dish and sprinkle with remaining sugar (cinnamon if needed)
7. Brush water around the edge of the pastry
8. Roll out remaining pastry, place over pie plate and trim the edges, make a hole in the centre with a skewer to release the steam, bake in the oven – 220°C for 30-40 minutes until golden brown

Lasagne



Recipe by Jess

Ingredients

- 500g beef
- 100g cheese
- 2 lasagne pasta sheets
- 500ml passata
- 50g sweetcorn
- 1 jar of white sauce

Method

1. Cook mince for 20 minutes in a pan, wait until it turns brown
2. Cook sweetcorn in separate saucepan for 10 minutes
3. Mix with tomato passata
4. Pour into lasagne dish and put the pasta sheets on
5. Pour white sauce on top, coat with cheese
6. Put it in the oven for 30 minutes at a temperature of 190°C until pasta sheets are coated
7. Serve up

Why did you create this recipe?

I was inspired by the food that my dad used to make which always tasted delicious. He taught me how to cook and I treasure his recipes.

Spam Fritters



Recipe by Mrs Pittock (Nigel's Auntie)

Ingredients

- 340g can of spam
- 150g plain flour
- 225ml of cold water
- Oil for frying

Method

1. Cut spam into 6 thick slices
2. Put flour into mixing bowl and gradually add cold water
3. Whisk until fully blended and smooth (it should be quite thick; thick enough to coat the spam slices)
4. Heat oil in the frying pan
5. Dip each slice of spam into the batter, drain off the excess batter and place in the frying pan
6. Cook for 20 minutes until golden brown on both sides
7. Drain on kitchen paper
8. Serve!

Why did you create this recipe?

My Mum died when I was born - I was brought up by my aunties (Mrs Pittock) she was a great cook. I liked her roast dinners, in particular roast beef. She made lovely fluffy roast potatoes. She used to make a lovely fruit pudding, sponge on the bottom and fruit on the top (red currants, black currant, or gooseberries). All popped in the oven, and it came out all warm and gooey. We would have it with cream

Chicken & potato sauce with rice



Recipe by Havovi

Ingredients

- Chicken drumsticks or thighs
- Large potatoes - quartered and cut in to long pieces (like chips)
- 4-5 cloves
- 1 stick cinnamon
- Pinch of Saffron (optional) / salt
- x2 large onions
- Garlic and ginger paste or ground together
- x1 large/medium tomatoes
- Cooking oil or ghee

Method

1. Chop the onions in longish strips and start frying them in either ghee or vegetable oil until they turn golden brown (not too much oil)
2. Add the ginger, garlic paste, tomato, cloves and cinnamon, keep frying and moving in the pan
3. After a couple of minutes add the chicken and continue to brown the chicken on both/all sides
4. Add sliced potatoes/salt to taste
5. Add enough water to cover the chicken, potatoes and cook until everything is properly cooked and chicken is well done (not raw)
6. Add pinch of saffron if you want to
7. Boil the rice till fluffy and cooked
8. Enjoy!

Top tips for success!

If gravy is too watery, mix 1 tablespoon of cornflour in gravy or cold water and add to thicken the sauce.

Lemon Meringue Pie



Recipe from Sussex YPC

Ingredients

- 175g plain flour
- 100g butter
- 1 tablespoon icing sugar
- 1 egg yolk
- 2 large lemons (zested)
- 125ml fresh lemon juice
- 2 tablespoons of cornflour
- 4 egg whites

Method

1. Sieve flour, rub in butter until mixture looks like breadcrumbs and stir in sugar
2. Mix egg yolk into the mixture
3. Add enough water, a little at a time to form a stiff dough, work into a ball with your hands and roll out dough onto a floured surface
4. Line an 8 inch flan ring and place onto baking tray
5. Prick with a fork and put into the fridge for 20 minutes
6. Fill with crumpled foil and bake at 200°C for 15 minutes and remove foil
7. Grate rind off lemon then juice lemons, put rind and juice into bowl with cornflour
8. Add 2 tablespoons of water and mix until smooth
9. Boil rest of the water and pour onto cornflour mixture, return mixture to pan
10. Bring to boil and simmer for 3 mins until thick and remove from heat
11. Add egg yolk and sugar, whisk egg whites until they form stiff peaks
12. Add sugar a teaspoon at a time - whisk well after each teaspoon
13. Spoon mixture over lemon filling
14. Bake for 15 mins in oven set at a temperature of 180°C

Welsh Cakes



Recipe by Rachel

Ingredients

- 225g flour
- 50g butter
- 85g caster sugar
- 10g sultanas
- 1 beaten egg

Method

1. Sieve flour into a bowl
2. Add butter and cut into small pieces
3. Add sugar and sultanas then mix
4. Add 1 egg and mix, the consistency needs to be bound together so if too dry add another egg
5. Roll out onto a floured board to ¼ thick
6. Cut using a 2-inch round cutter into rounds
7. Cook in a heavily greased pan on medium heat – 4 to 5 minutes, each side and when cooked dust with sugar

Why did you create this recipe?

My mum and auntie were both Welsh from the Rhonda valley, we used to visit my auntie a lot, mum and us three children would go on the train with all our luggage. Auntie often made these Welsh cakes for tea with butter and jam.

Wendy's Flapjack Recipe



Recipe by Wendy

Ingredients

- 170g butter
- 170g soft dark brown sugar
- 175g golden syrup
- 450g porridge oats
- 110g dried cranberries/chopped crystallised ginger (optional)

Method

1. Lightly grease and line the base of a swiss roll tin
2. Heat oven at a temperature of 170°C
3. Melt butter, sugar and syrup over a gentle heat
4. Allow to boil for a minute or two, until bubbles cover the surface
5. Add the cranberries/crystallised ginger if using, followed by the oats. Add a few more oats if you've been a bit too generous with the syrup and it looks too wet and sticky
6. Press down in the tin to even out and cook until it is light golden brown.
7. Leave to cool for about 5 minutes, then cut into 24 bars, remove from tin when completely cold

Top tips for success!

The secret of soft flapjack seems to be in the relationship between depth of tin, amount of golden syrup and the cooking time and temperature. You need to experiment a bit with your tin and oven to see what works for you.

Liver & Bacon



Recipe by Christine Scott

Ingredients

- 450g liver (lamb)
- 2 rindless lean bacon rashers
- 1 medium onion
- 4 tablespoon flour
- Flaked sea salt
- Pinch of ground pepper
- 2 cups and a half of water
- Oxo

Method

1. Flour the liver and fry till brown
2. Put onions in pan
3. When onions are soft put bacon, liver and onions in a slow cooker
4. Add 2 cups of water and cook slowly (low) for 3 hours
5. Add a little flour to the paste then add some more water, add to slow cooker with oxo then cook further for 20 mins
6. Serve!

Why did you create this recipe?

This taste like the liver/bacon we had at school it was lovely, I used to always have this when I was younger, it brings back memories.

Cheese On Toast (Welsh Rarebit)



Recipe by Gary Kinner

Ingredients

- 2 slices of bread
- 200g cheddar cheese
- Pinch of Salt
- Pinch of pepper
- 10g butter
- Worcestershire sauce
- Tomatoes (optional)

Method

1. Place bread on grill, toast one side
2. Turn bread over and lightly toast on the other side
3. Butter lightly on toast side
4. Add salt and pepper
5. Place cheese on bread and return under grill for a little time until cheese starts to melt
6. Add Worcestershire sauce (tomatoes to taste)
7. Place back under grill until golden brown
8. Serve, and enjoy!

Why did you create this recipe?

I don't cook much but I do make a great Welsh Rarebit. It's such a good comfort meal, nice and hot and tasty!

Linda's Super Stew & Dumplings



Recipe by Linda Durrant

Ingredients

- 2 potatoes
- 2 carrots
- 1 onions
- Meat of choice
- Plain flour to dust
- 2 tablespoons of vegetable oil
- 2 medium parsnips
- 60g suet
- 125g self-raising flour
- 1 tablespoon dried parsley

Method

1. Peel and chop all vegetables
2. Place vegetables and meat into large saucepan
3. Simmer for 1 ½ hours, stirring occasionally
4. Mix suet and flour with water, roll into dumplings
5. Place dumplings into stew and simmer for 20-25 minutes
6. Serve hot

Leek & Potato Soup



Recipe by Christine S

Ingredients

- 3 leeks
- 2 potatoes
- 1 vegetable stock
- 50g butter
- 1 small onion
- Pinch salt and pepper
- 125ml milk (any milk of your choice)

Method

1. Melt 50g butter in a saucepan, when it foams, cut all the vegetables in cubes and toss them in the butter until they are well coated
2. Season well with salt and pepper, leave to cook for 10 minutes
3. Add the vegetable stock, bring to boil and simmer until the vegetables are cooked
4. Add 125ml milk
5. To finish the soup, you can add extra leeks and any seasonings of your choice

Reflections

We received lots of messages from people about their special moments and memories of celebrating food. We have included these messages below, have a little read and enjoy!

Cooking was very important for my Mum; it was her way of showing how much she loved us. We didn't have a lot of money, but she made meals for 11 of us out of whatever she had and they were delicious too. When we had a penny or two, she would take us to the pie shop for pie and mash which were my favourite. My Mum's name was Kate.

Kitty

Mum always did the cooking in our house, we had potatoes with everything. We always had a formal roast dinner on Sundays, roast beef and Yorkshire pudding. Dad carved the meat at the table and cooked the Yorkshire pudding. If there was no Yorkshire pudding to cook, he washed up. He pretended he couldn't cook. That way he didn't have to.

Arthur

Mum was a great cook. She made excellent pies, but my favourite was her liver, bacon, roast chicken, and roast potatoes. I love a fry up but couldn't always afford it, breakfast was mainly cornflakes.

Keith

My Dad was a butcher, I used to help him in the shop. I used to go down through the trap door and pass up a side of pork or lamb for him to cut up. He did a lot of beef - he made his own steak and kidney pies to sell in the shop. He used to do deliveries on his 'butchers' bike' with a big basket in the front.

Steak and Kidney pudding -
Bert Clarke (Roy's Dad)

When my friends came around for tea my Mum would always make cakes. My Dad liked the cakes too! When my Mum went out, she'd leave me to do the cooking (whatever I liked) and she always said it tasted nice.

Battenberg cake - Joyce
(Margaret's Mum)

My best food memories are the homemade jam my Mum made and her roast potatoes. Which really were the best! When I was much younger, I used to go apple scrumping, I wonder if you've ever done this?

Fred's Nan, Avni's Mum

I remember my Mum and aunts discussing recipes. At Christmas they would discuss who was making what, the Christmas pudding was made early and they would all contribute to the ingredients, collecting the fruit etc... Christmas was a big thing in our house, Sundays were often beef stew - my favourite. The smell was lovely."

Edeen's Dad

I lived in London as a boy. The thing I liked best to eat was pie and mash from the pie and mash shop. It always had the loveliest gravy! They sold Jellied eels too, but I wasn't fond of those. Christmas was always very special; all the aunts and grandparents would get together to make the Christmas pudding. We all had a stir and made a wish (whispered) for what we wanted for Christmas. Granny was listening of course, and the family always tried to get it for us. If they couldn't buy or afford it - They would get a local craftsman to make it. For example, one Christmas I got a fort made by the neighbours and my dad bought a few soldiers to go with it.

Bill

Mum made a lovely, iced fruit cake. Banana sandwiches were my favourite, it was a real comfort food. Pancakes were also popular, we used to have it with lemon and sugar. I remember picking fruits with my Mum from the trees (Mainly apples and plums) . She said that way there would always be pudding - stewed fruit or fruit pie and custard.

Sandra's Mum

We had to be inventive to make tasty dishes with very little, I really enjoyed roasted pig's head. It had a surprising amount of meat on it and lots of crackling! Lovely with roast potatoes. We all used to grow our own vegetables.

Peggy

I did well considering this was during the war. I like to eat anything as long as it was cooked well anything we could grow we would cook.

Edeen's Dad

My Mum used to cook often with my brother and me, and we really enjoyed it, Mum used to make her own Christmas cakes and pudding

Dorothy Green - Fred
Green's Mum

We had these often during the war and later when I served in the navy. Lots of people didn't like them but I really did. We always had them with baked beans

Mrs Pittock (Nigel's Auntie)

I My favourite thing to eat was bread with a sprinkle of salt. Give it a try

Mary



GET INVOLVED

We're always keen to speak with older people who might like to share some of their memories with a younger generation. There are lots of ways to get involved. If you'd like to find out more, do give us a ring on 07379050176 or, if you have email, you can reach out to us at hello@incommon.org.uk.

The InCommon Team

HOMEMADE RECIPES FROM ACROSS THE GENERATIONS