

Our Recipes



tea & talk



Dementia
Jersey



Why Tea and Talk?



We're encouraging everyone to Keep Connected through our Tea and Talk initiative.

Staying in touch may not be the first thing we think of to reduce dementia risk – but strong evidence suggests that infrequent social contact, and especially isolation, are risk factors. While, sadly, not all forms of dementia are avoidable, there are some steps we can take that may help. Taking the time to sustain social connections has been proven to Boost Your Brain. And what better way to do this than over a cup of tea?

Reading, and learning new skills, are also known to benefit our brain health – so following a new recipe can be good for us!

This recipe collection has been donated by friends of the charity – volunteers, family carers, staff members, and people living with dementia. We are delighted to share them with you to extend their legacy, in many cases alongside the stories of their origins. You might even build on the social benefit by choosing a recipe with a friend or relative and baking together!

So flip through, read our stories, pick a treat, and enjoy Tea and Talk together.

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Many of these recipes contain allergens, including dairy, nuts, and egg. Please check all ingredients carefully to ensure that that dishes meet your dietary requirements.

Martin's Everyday Fruit Cake



Preparation: 20 mins



Cooking: 1hr 15- 1hr 45 mins



Serves: 12 slices



Ingredients

400g mixed dried fruit (could include flaked almonds, walnut pieces, mixed peel, glace cherries to taste, up to 400g total)

125g butter (room temperature)

3 large eggs

60ml milk

1 rounded tbsp of jam (as you prefer)

125g soft brown sugar dark or light (as you prefer - I use light)

250g self-raising flour

2tsp/ 10ml mixed spice

Martin says:

"I started making this cake when my wife became ill. In a sense it was my treat to her. Not being much of a cook, I liked the idea of something tasty, that would not get stale in a few days. It's also relatively straightforward to make!"

**PTO - Recipe
continues overleaf**

Martin's Everyday Fruit Cake

Instructions (cont.)

Preparation:

- Set the oven to 170C, 150C (fan), or Gas Mark 3.
- Grease and/or line your loaf tin.
- Weigh the fruit into a bowl for later – mix well.

Martin's tip:

“Make sure you have all the ingredients ready before you start!”

For the cake:

1. Place all the ingredients except the fruit into a large bowl or food processor.
2. Beat together well – but don't overdo it!
3. Scrape down and mix again.
4. Add the dried fruit and mix by hand (you don't want to break up the fruit).
5. Carefully put the mixture into the tin and use a knife to make a small depression in the top of the mixture. This means you will have less of a domed top.
6. Cook for 1hr 15mins and test with a toothpick or similar. When it comes out clean the cake is done. If not, return to oven for another 10mins and test again. It may need up to 1hr 45mins – but be careful not to over bake, as this will dry out the cake.
7. Remove from the oven and leave to rest for 10mins before turning out onto a wire rack to cool.
8. Store in an airtight box or similar. The cake can be left within the liner until served if you wish. It stores well and can also be frozen until needed.

Granny Smith's Golden Syrup Sponge

 Preparation: 15 mins

 Cooking: 1hr



Ingredients

- 6 oz of butter or margarine
- 2 tbsp sugar
- 2 Eggs
- 6 tbsp self-raising flour
- 5 tbsp golden syrup

Instructions

1. Cream butter and sugar together with tablespoon.
2. Then add one egg, then mix self raising flour.
3. When you have done that mix, put in 2 tablespoons of golden syrup, mix well so that it is not too stiff, if so add a little milk.
4. Then grease a pudding basin and put remaining golden syrup at the bottom of basin then put pudding mix in.
5. Cover with tinfoil and steam* for one hour
6. Don't dish out until everyone is ready - turn out on a plate.



Selina says:

“Granny Smith’s recipe was passed down from my Granny, Edna Smith to my Mum, Pam Smith. Granny (who we called Mumama) used to make it for my Dad, Dave Smith, from around the 1950’s and she passed the recipe onto my mum, Pam Smith in the 1970’s when she came over to Jersey to visit.

We have had many a special family meal growing up where my mum cooked it for us and we all wanted any extra bits that were left in the basin, especially the gooey golden syrup. My mum passed the recipe on to me around 2000 and I have been making it for my family. The recipe is still as Edna had written it.”

* to steam, you will need approx 2” of boiling water in a saucepan large enough to fit the basin. Once water boiling, turn temperature right down and put in basin in tinfoil side up, make sure the water is only about $\frac{1}{2}$ way up the basin, put lid on saucepan and leave for one hour.

Barbara's 'Bishop's Cake'



Preparation: 20 mins



Cooking: 1hr 15- 1hr 45 mins



Serves: 12 slices

Ingredients

- ½ pt water
- 4 oz margarine
- 8 oz sugar
- 12 ozs mixed fruit
- 2 ozs chopped glace cherries
- 1 egg (beaten)
- 1 tsp of mixed spice
- ½ tsp of cinnamon
- Splash of vanilla essence
- 12 ozs self-raising flour



Instructions

1. Add the water, margarine, sugar, mixed fruit and cherries to a saucepan and bring the boil.
2. Simmer for 3 mins.
3. Remove from the heat and add 1 tsp of bicarbonate of soda.
4. Stir - this will make the mixture fizz - then put to one side.
5. While the mixture cools, add the egg (beaten), mixed spice, cinnamon, vanilla essence, and self-raising flour to a bowl.
6. Once cool, add the saucepan mixture. Stir well.
7. Place the cake mix into an 8 inch lined, loose-bottom baking tin.
8. Cook for 1hr 30 mins at 200C (180 Fan, or Gas Mark 6).



Barbara Says

“Originally, this cake was called Boiled Fruit Cake. It was a favourite recipe my grandmother used a lot, as my grandparents had a lodger, who was a vicar – and he loved fruit cake.

The vicar worked ministering to men and women in factories and industries in the north of England and was often referred to as ‘Bishop’ as he was highly regarded by all the people he met and worked with. So my grandmother renamed her Boiled Fruit Cake to Bishop’s Cake as it was his favourite.

When I left home to come and work in Jersey in 1971, my grandmother gave me some of her recipes to use and this one became a favourite in our household, as my husband loves fruit cake, too.”

Caroline's Yoghurt Cake

(Gâteau au Yaourt)



Preparation: 10 mins



Cooking: 45 mins



Serves: 8



Ingredients

- 1 Yoghurt – use the container for measuring all the ingredients that follow
- 3x portions of self-raising flour
- 2x portions of sugar
- 1x portion of vegetable oil
- 3 eggs

Instructions

1. Mix all the ingredients together in no specific order.
2. Pour into a cake tin (loaf, round – or any shape you fancy!).
3. Cook at 180C (160 fan, or Gas mark 4) for 45 minutes, or until a knife inserted into the centre comes out clean.

Caroline's Yoghurt Cake

Caroline says:

"This is usually the first cake French children learn to bake as it is so easy, and everyone bakes it for any occasion!"

Caroline's Tip

"You can add any flavour you like: vanilla essence, chocolate chips, fruit, or half plain/ half with cocoa."



Jenny's Lemon Drizzle Cake

 Preparation: 10 mins

 Cooking: 30–40 mins

 Serves: 6–8

Ingredients

200g unsalted butter (or margarine)
200g caster sugar
4 eggs
200g self-raising flour
1 lemon
Caster sugar and lemon juice for drizzle

Instructions

1. Heat the oven to 180C.
2. Mix the butter and caster sugar, then add the eggs.
3. Sift the flour and add to the mixture until well combined.
4. Lastly, mix in the zest of the lemon.
5. Line a 2lb loaf tin with greaseproof paper and add the mixture.
6. Bake for 30–40 mins at 180C.
7. Place on a cooling rack.
8. Mix the juice of the lemon and $\frac{1}{2}$ cup of sugar and drizzle over the cake, once cooled.

Jenny says:

“My mum used to make this when I was a child and I loved it. I now make it for my children and they love it, too!

Always a treat in a lunch box or with a nice cuppa.”



June's Choc Chip Cookies



Preparation: 215 mins



Cooking: 10 mins



Serves: 40-50 cookies

Ingredients

- 150g butter
- 80g light brown (muscovado) sugar
- 80g granulated sugar
- 2 tsp vanilla extract
- 1 egg
- 225g plain flour
- $\frac{1}{2}$ tsp bicarb of soda
- 200g choc chips – white, brown or both

Instructions

1. Mix butter and sugar until creamy.
2. Add vanilla extract and one large egg.
3. Sift in flour and bicarb of soda with a spoon.
4. Add choc hips and stir well together.
5. Line baking tray with baking paper.
6. Put scoops of the mixture on the tray using a teaspoon. I can sometimes get 50 small cookies from this mixture, on two trays (it depends how large your scoops are).



June says:

“There’s no history to my cookies except that I just had choc chips in the cupboard, and needed to use them up!

Cookies are softer than biscuits, and very more-ish!”

June’s tip:

“I sometimes decorate these with a drizzle of icing.”

Granny Annie's Bran Fruit Loaf

☞ Preparation: 2 hrs soaking



Cooking: 30–40 mins

Ingredients

Ingredients A:

1 cup of 'All Bran' or similar bran cereal

1 cup of mixed dried fruit

$\frac{3}{4}$ cup of caster sugar

1 beaten egg with milk (1 cup)

Ingredients B:

1 cup self-raising flour

1 pinch of salt

Instructions

1. Mix A and leave for two hours.
2. Add B and stir thoroughly.
3. Put the combined mixture into a lined, greased tin.
4. Bake in a fan assisted oven set to 160C, for 50 mins.



John says:

“This recipe comes from my mum (Granny Annie), from the 1960s. We enjoyed this back then – it tasted excellent, and we loved stacking butter on top of it!

I loved my mum – and the girls loved to call her Granny Annie.”



Selina's Easy and Delicious Sponge Recipe

 Preparation: 15 mins

 Cooking: 15 mins

 Serves: 12 cupcakes

Ingredients

2 eggs medium (approx. 50g each)

100g Soft Margarine

100g Caster Sugar

100g Self Raising Flour

Instructions

1. In a large mixing bowl, use a wooden spoon and cream together the soft margarine and the caster sugar.
2. In a separate small bowl, use a fork and beat together the egg.
3. The egg is then added in small quantities to the creamed soft margarine and caster sugar, beat it with the wooden spoon until it is mixed together. If you add all the egg in one go the mixture may curdle, if this happens just add a small amount of the flour.
4. With a metal spoon add the self raising flour and gently fold into the mixture (take your spoon to the bottom of the bowl and lift the mixture from the bottom to the top) continue gently until all the flour is mixed in (this helps the cake to rise).

PTO - Recipe continues overleaf

Selina's Easy and Delicious Sponge Recipe

Instructions (continued)

5. Put your cupcake cases into a cupcake tray (this recipe should make approx. 12 cupcakes). Add a tablespoon of mixture to each cake case and bake at approximately 150 degrees for 15 mins, the cakes should rise and look golden brown on the top. An easy way to check if they are cooked is to gently press the top of the cake and if it springs back up it is cooked.

Selina says:

“You can add raisins, chocolate drops, mashed up banana or anything you like to the mixture, just fold it in gently.”

Selina's Easy and Delicious Buttercream Icing

☞ Preparation: 15 mins

Ingredients

250g Lurpak Spreadable (Unsalted)

500g Icing Sugar (Only 450g Icing Sugar if making chocolate buttercream and add 50g cocoa powder)

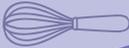
Instructions

1. Leave the butter out to get to room temperature overnight, this will make it easier to mix.
2. Put all the butter into a big bowl (preferably a mixer, but this is not essential) and sieve the icing sugar into the butter, it is easier to mix if you do it half at a time at a time until all the icing sugar is mixed in. Please make sure you sieve the icing sugar as this will prevent the icing tasting gritty.
3. The icing tastes lovely on its own, but if you prefer vanilla icing, just add 1 tablespoon of vanilla essence, mix together and taste (add more vanilla if you need to).
4. You can also make chocolate buttercream, just follow the recipe, but reduce the amount of icing sugar to 450g and add 50g cocoa powder (Green & Blacks works the best) this can be sieved in with your icing sugar.
5. The icing is then ready to pipe or spread.

Selina says:

“I have tried and tested the cupcake and icing recipes over the last 18 years. I couldn't buy the cakes I wanted for my daughters' birthdays, so started making them myself and tweaked various recipes until I found a tried and tested formula. I have made family cakes now for all different occasions. The buttercream icing is again a tweaked recipe of my own which I have passed on to various friends and family and they love it.”

“This recipe can be doubled or tripled depending on what you are making - you will need more if making a birthday cake, as it can be spread between the layers. You can also add food colouring (the pastes work best) if you want a specific colour.”



Rozanne's Boiled Fruit Cake



Preparation: 15-20 mins



Cooking: 1hr 20 mins

Ingredients

Ingredients A:

4 oz margarine

$\frac{1}{2}$ pt of cold tea

8 oz mixed fruit

4 oz caster sugar

1 tbsp golden syrup

Ingredients B:

9 oz self-raising flour

1 tsp bicarbonate of soda

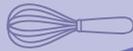
Pinch of salt

$\frac{1}{2}$ tsp mixed spice

Instructions

1. Mix A in a saucepan and bring to the boil. Simmer for 4 mins and then leave to cool.
2. Sieve B into a bowl, add the cooled mixture, then beat well.
3. Pour the combined mixture into a 7 in round tin, or a loaf tin.
4. Bake in the centre of the oven for 1 hr 20 mins on 180C for 1hr 20 mins, or until firm to touch.

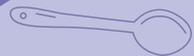




Rozanne says:

“The cake is best left until the next day before slicing and serving. It can break up if served too quickly, but if it’s left until the next day it becomes sliceable but still very moist. It’s also best made in a loaf tin to help it hold its shape.

“I’ve made this cake for decades – since my children were small. It’s a family favourite!”



Margaret's Shortbread Sandwiches



Cooking: 30 mins



Serves: 10-12 sandwiches

Ingredients

9oz / 250g Plain Flour

3oz / 75g castor sugar

6oz / 175g butter

A little jam (any flavour), lemon curd, or honey

A small amount of icing sugar

Glace Cherries, chocolate buttons or 100s&1000s to decorate

You will also need a cookie cutter or a glass/cup to use as a cutter and a rolling pin

Instructions

1. Heat oven to 160°, 325F, Gas Mark 3.
2. Grease a baking tray
3. Mix flour and sugar in a bowl, rub in butter
4. Knead well to form a smooth paste
5. Divide into two (for easy handling)
6. Roll the shortbread mixture to around 0.75cm or 1/2" and using cookie cutter, cut circles out of the mixture and place on greased baking tray.
7. Continue rolling mixture and cutting circles until dough is used up, although you'll need to make sure you have an even number of biscuits cut



PTO - Recipe continues overleaf

Margaret's Shortbread Sandwiches

Instructions (continued)

8. Bake in the oven for 30 minutes or until pale and golden
9. Place on a wire tray to cool
10. When cool, make into sandwiches by spreading jam (homey or lemon curd) onto one biscuit circle and resting another on top, to form a sandwich
11. Make some plain icing using a little water and icing sugar (make sure its not too runny)
12. Spread on the centre of the top biscuit and add a cherry, chocolate button or sprinkle some 100s&1000s onto the wet icing, for decoration

Wendy says:

"I can remember my mum, Margaret, making these biscuits when I was a child. There was always a tin of them in the house, for treats or to offer visitors with a cup of tea, in later years in the school lunch box.

Mentioning this book to Margaret, I asked for the recipe of the shortbread sandwiches; she said there isn't one and promptly recalled it from her memory, which I wrote down and tested!"

Helen's Polka Dot Cake



Cooking: 40mins to 1hr 20, depending on tin size

Ingredients

6oz / 150g margarine or butter (I prefer soft Stork marg for cake making, but I often use what I have to hand)

6oz / 150g caster sugar

9oz - 10oz / 225g - 250g Self-Raising flour

3 eggs (beaten)

4oz / 100g chocolate chips (1 standard bag of baking essentials)

$\frac{1}{2}$ tsp vanilla essence

Pinch of salt

Splash of milk (approx. 100ml)

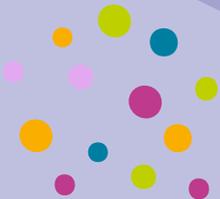
Instructions

1. Fan Oven: 170c
2. Prep a 2lb loaf tin, or 2 x 1lb tins - tins should be greased and lined. (I use loaf tin liners, as they mean you don't need to grease the tin!)
3. This is an all in one recipe, so add the butter, sugar, flour, beaten eggs, vanilla essence and salt and mix until a stiff batter is achieved - scrape down the bowl and then add the milk a bit at a time to loosen the mixture until it is at a soft dropping consistency.
4. Then gently stir in the chocolate chips by hand.
5. Place in your prepared tin(s) and bake. For 2lb tin - bake for 1hr, check and bake for up to another 15 / 20 minutes, until a knife come out clean. For 1lb tins - bake for 40 - 45mins, but check after 40mins.
6. When ready remove from the oven and turn out of the tins, leave to cool on a wire rack.



Helen says:

“This is a very useful standard from my Aunt and one that all the family bake. The basic mix can be adapted in multiple different ways – it can be a lemon drizzle with the addition of zest in the mix and the juice made into a simple syrup to pour over the warm cake or throw blueberries in instead of chocolate chips, with a $\frac{1}{2}$ tsp of cinnamon or the zest of a lemon. Swap 1oz / 25g of flour for 1 oz / 25g of cocoa powder and use white chocolate chips. Use glace cherries and substitute some of the flour with ground almonds. The only limit is your imagination or the contents of your cupboards! My Mum and her sister would often compare the new versions that they had created.”



Grandma's Ginger Biscuits



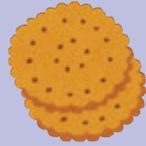
Preparation: 15–20 mins



Cooking: 15–20 mins



Serves: 24 pieces



Ingredients

4 oz butter or margarine

10 oz self-raising flour

4 oz sugar (granulated or demerara)

1 tsp ground ginger

3 lg tbsp golden syrup

$\frac{1}{2}$ tsp bicarbonate of soda

Instructions

1. Heat the oven to 175C/ 350F (or Gas Mark 3–4).
2. Cream sugar and butter, then add the syrup.
3. Sift the flour and ginger then add into the mixture.
4. Mix bicarbonate with a teaspoon of warm water and add this last.
5. Roll the mixture into balls – a small walnut size.
6. Bake on a greased baking tray for 15mins (until golden).
7. Lift onto a wire rack to cool. Store in an airtight tin.

Diana says:

"I first made this recipe aged 8 or 9. I sold the biscuits at a school fundraiser when my school was being re-built after World War II. My mother always had some in the tin at home, even during rationing, and family and friends loved them.

For many years, I continued this tradition when raising my family. The smell filters through the house as the biscuits are baked and is a tangible welcome to visitors.

In 1950 they sold at 1 pence (in old coins) – today perhaps five biscuits would be £1 (240 old pence!)."

Helen says:

"My mum's side of the family were all keen bakers and so my Grandma and Aunts used to regularly bake for family gatherings, until dementia prevented them from doing so: hot drop scones, ginger biscuits, a Dundee Cake or Victoria Sandwich, along with mint yo-yos (only one each) would all often grace the table.

The ginger biscuits have been made by all members of the family, and despite having the same recipe, we could always tell which ones were my Aunt's, Grandma's, or my Mum's!

At my Grandma's Thanksgiving Celebration, all the family contributed something from her cookbook. The tables in the hall all groaned under the cakes, biscuits, scones as we shared stories and treasured memories over a cuppa and biscuit!"

Sandra's Easy Fruit Cake

🍲 Preparation: 15 mins

🕒 Cooking: 40 mins

👥 Serves: 10

Ingredients

150g butter

2 eggs

125g brown or white sugar

150g self-raising flour



$\frac{1}{2}$ tsp salt

2 tsp cinnamon or mixed spice

$\frac{3}{4}$ jar of mincemeat

Icing sugar for dusting.

Instructions

1. Pre-heat the oven to 170C.

2. Line a 20 cm cake tin (or square tin) with baking paper.

3. Soften butter and sugar together until fluffy.

4. Beat in the eggs, mincemeat and spices.

5. Fold in the flour.

6. Spoon the mixture into the tin and bake for 40–50 mins, until a skewer comes out cleanly.

7. Let the cake cool in the tin for 20 mins, before removing and dusting with caster sugar, and serving.

Sandra says:

“This cake is very easy – and always successful!”

“My mum used to make this at Christmas time, but I make it twice a month as all my family and friends love it. It’s lovely with tea, or as a pudding with custard or cream.”

Anne's Choc Chip Cake



Preparation: 15 mins



Cooking: 1hr 15 mins



Serves: depends who's eating! (About 8)

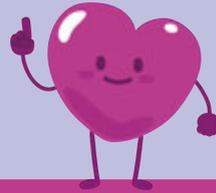
Ingredients

- 220g plain flour (or half wholemeal/ half plain)
- 3 tsp baking powder
- 110g soft brown sugar
- 110g soft butter or margarine
- 4 tbsp milk
- 4 tbsp clear, runny honey
- 2x beaten eggs
- At least 50g choc chips – the more the better!



Instructions

1. Pre-heat oven to 180C or Gas Mark 4.
2. Grease a 2lb loaf tin.
3. Sieve flour and baking powder into a bowl.
4. Rub margarine or butter into flour, until it looks crumbly.
5. Add the milk, eggs, sugar and honey. Beat well.
6. Stir in the choc chips.
7. Pour into a greased loaf tin and bake for about an hour – until the cake is firm to touch.
8. Leave to cool in the tin.
9. Once cool, turn out, eat, and enjoy!



Anne says:

“My mum was a primary school teacher, and they were always needing cakes for something or another: cake bakes, staffroom birthdays, school fetes, etc. This was her go-to cake.

Mum loved baking, and when I had my children, she loved baking with them, too... fond memories of licking the spoon and pinching the chocolate chips!”



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All recipes in this book have been generously shared in good faith by amateur bakers, as family favourites. Results may vary depending on ingredients, ovens, and interpretation! Dementia Jersey can't guarantee results — so feel free to tweak, taste, and adjust as needed. Happy baking.

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