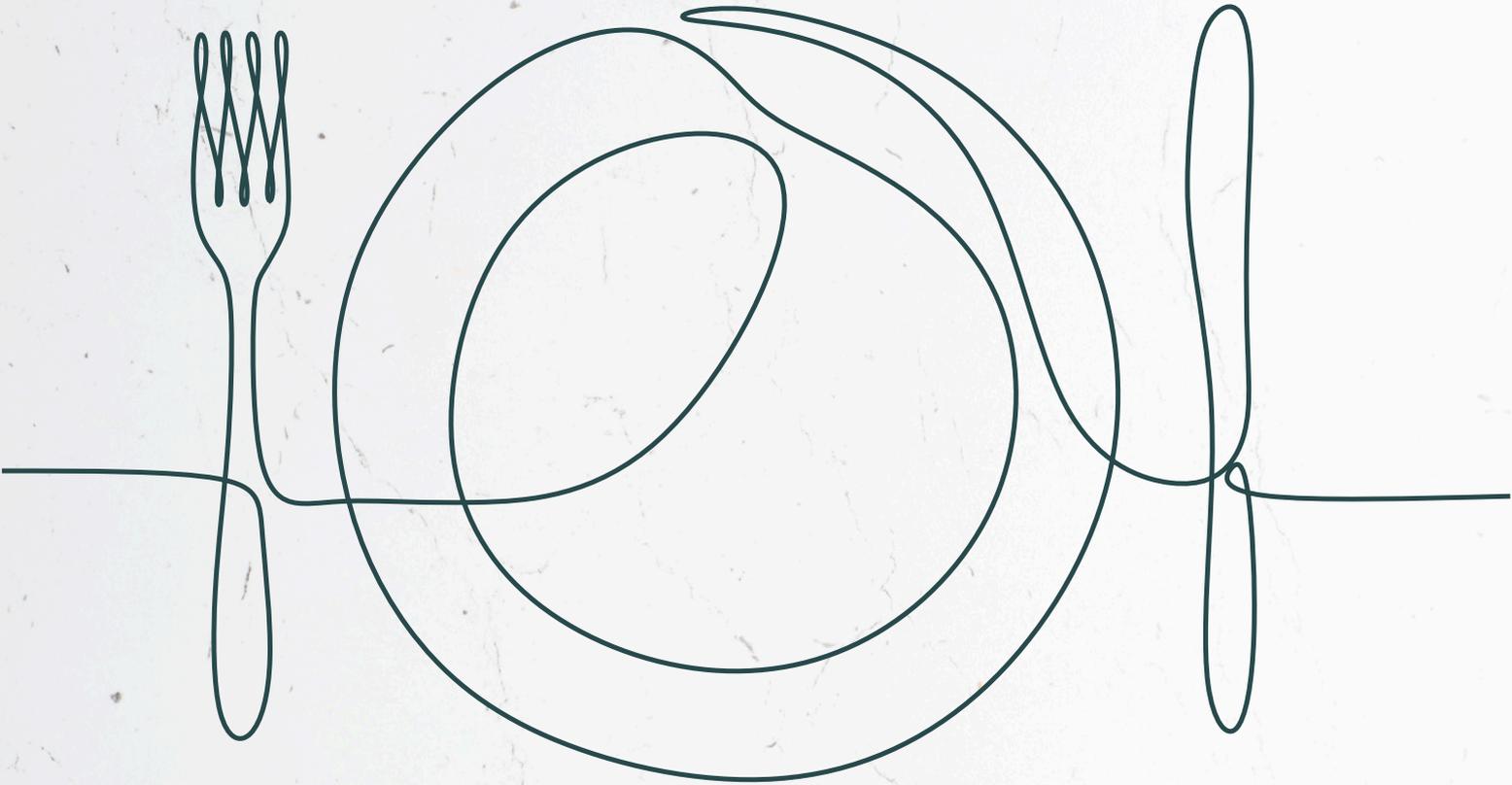


# FLAVOURS OF HOME



# INTRODUCTION

Welcome to Flavours of Home!

Food has a unique way of bringing people together. This recipe book is a celebration of the rich diversity within our Co-operative Housing Ireland community and the traditions that make each home special. Earlier this year, we invited our member tenants to share their favourite recipes - dishes that hold memories, tell stories, and connect generations. The response was incredible! From comforting family classics to vibrant international flavours, these recipes reflect the heart and soul of our community.

To make it even more exciting, every member tenant who submitted a recipe was entered into a raffle, and five lucky winners received a €50 One4All voucher. Congratulations to our winners and a huge thank you to everyone who participated. Your contributions have made this book possible.

We hope Flavours of Home inspires you to try something new, revisit old favourites, and share the joy of cooking with those around you. Together, we continue to build inclusive, vibrant communities - one recipe at a time.

# ABOUT CO-OPERATIVE HOUSING IRELAND

## **Our Vision**

A society where everyone has access to housing delivered co-operatively.

## **Our Mission**

Providing homes co-operatively to meet the needs of our communities by working in partnership:

- To enable vibrant and sustainable communities
- To be a voice for delivering housing co-operatively and for those in housing need
- To support co-operative and other community-led housing initiatives

## **Our Values**

Co-operative  
Respect and Professional  
Inclusion  
Sustainability  
Passion

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# STARTERS & LIGHT BITES

“For me, baking is pure comfort and a joyful form of creativity. There's nothing better than making memories cooking and baking with the children on a rainy day.”

— Lucy Dwyer

# HUMMUS

 4 servings

 5 minutes



## INGREDIENTS

1 x 400g chickpeas  
¼ of the chickpea juice  
1 tablespoon lemon juice  
1 teaspoon cumin  
2 x garlic cloves, minced  
½ teaspoon Himalayan  
pink salt  
Pinch of paprika, to  
garnish

## DIRECTIONS

1. Add all the ingredients into a blender and blend until smooth.
2. Place the hummus in a dish and decorate with paprika
3. Chill for at least 30 mins before serving
4. You can even roast a few chickpeas and use as garnish

### Variations:

- For red pepper hummus, add ½ a red pepper
- To make it spicy, add a ½ a teaspoon of chilli flakes

# HOT SALAD

 2 servings

 15 minutes



## INGREDIENTS

2 cups broccoli florets  
1 cup sliced mushrooms  
2 tablespoons soy sauce  
(low-sodium)  
1 tablespoon olive oil  
1 clove garlic (minced)  
1 sweet pepper  
1 teaspoon sesame oil  
1 teaspoon honey  
1 tablespoon sesame  
seeds (optional)  
Salt and pepper to taste

## DIRECTIONS

1. Prepare the ingredients. Wash and chop the broccoli into small florets. Slice the mushrooms if they aren't pre-sliced. Mince the garlic and cut up the pepper. Heat things up. Place a large non-stick skillet or wok over medium-high heat. Once hot, add the olive oil, followed by the minced garlic and pepper. Sauté for about 30 seconds until fragrant—be careful not to burn them!
2. Cook the broccoli. Toss in the broccoli florets and stir frequently for 2-3 minutes. You want them to start to soften, but keep some crunch.
3. Add mushrooms. Stir in the sliced mushrooms and a pinch of salt and pepper. Sauté for another 4-5 minutes, or until the mushrooms are tender and lightly browned.

# HOT SALAD



## FLAVOUR BOOST

Drizzle in the soy sauce, sesame oil, and honey. Toss everything well to coat the vegetables evenly. Stir and cook for another 2 minutes, letting the sauce thicken and everything melt together.

Finish and serve. Sprinkle with sesame seeds just before serving if you like that extra touch of flavour and crunch.

Serve while hot, on its own or over a bowl of steamed rice, noodles, or quinoa.

# MOLDOVIAN PANCAKES



3-4 servings



40 minutes



## INGREDIENTS



4 Eggs

500 ml Cow's milk

200g High quality white flour

50ml Sunflower oil

¼ tsp Salt

pinch of sugar optional

½ tsp Cinnamon

½ tsp Rum essence



## Tips

Serve them warm with jam,

Option 1 - Roll them with cherries for Guguță's Kushma cake.

Option 2 - Roll them with cheese, you can bake them in the oven with butter.

Option 3 - Roll them with mushrooms and cheese or potatoes and cheese or with Nutella.

# MOLDOVIAN PANCAKES

## DIRECTIONS

1. Beat 4 eggs in a deep bowl, add salt (sugar) and mix a little. Optional - If you want to make a larger quantity of pancakes but don't have enough eggs, add 100ml of milk to the beaten eggs. Mix well.
2. Add the flour and mix continuously until you get a dough with the consistency of very thick sour cream.
3. Mix this composition well until you see that it is smooth and has no lumps. If you have added too much flour, add a little milk to dissolve it enough to make it easier to mix.
4. Add 100ml of milk at a time and mix until incorporated, you will need to pour the milk in about 2-3 stages.
5. Pour milk until the dough is the consistency of liquid sour cream, do not make the batter too thin because you will have problems baking the pancakes. It is better to add more milk after you have made the first 2-3 pancakes and notice that it can still dissolve. If you want thicker pancakes, the dough should be more consistent, if you want them thin, make a more liquid dough.
6. Pour 50 ml of oil, cinnamon and rum essence into the dough (any flavours you prefer), mix well.
7. Heat the pancake pan well, and grease it with a little oil. Let the oil heat up well, but do not burn.
8. Pour about half a ladle of batter into the pan.
9. Distribute the batter evenly over the surface of the pan, bake the pancakes over medium heat.
10. When they are browned on one side, turn them over to the other using a spatula. If they seem too thick, you can add a little more milk to the batter.

# KINDER RICE KRISPY SQUARES



9 servings



90 minutes



## INGREDIENTS

3 packs of Kinder Snack Bars  
(6-pack, approx. 0.126 kg  
each)

1 block of baking butter

1 box of crisp rice cereal (e.g.  
Rice Krispies)

1 bag of white chocolate  
chips

1 bag of marshmallows (at  
least 200g)

## DIRECTIONS

### BASE LAYER

In a frying pan, melt together:

1. 80g butter
2. 1 pack of Kinder Snack Bars (6 bars, approx. 0.126 kg)
3. 200g marshmallows
4. Stir until smooth, then add:
5. 140g crisp rice cereal
6. Mix well and transfer to a parchment-lined "8x8" baking tin. Press down and smooth the surface.

# KINDER RICE KRISPY SQUARES

## DIRECTIONS

### **Topping Layer:**

Decoration Prep:

Cut 4½ Kinder bars in half (you'll have 9 pieces). Set aside for decoration.

### **White Chocolate Drizzle:**

Place the bag of white chocolate chips into a piping bag.

Submerge the sealed piping bag in hot water until melted.

Once melted, snip the tip off the piping bag.

### **Kinder Chocolate Layer:**

In a microwave-safe bowl, melt:

1 full 6-pack of Kinder bars

1½ additional Kinder bars

10g butter

Microwave in short bursts (10–20 seconds), stirring in between, until smooth.

Pour over the base and spread evenly to the edges.

### **Decorating:**

Pipe white chocolate lines across the top layer, spaced about 1cm apart in one direction.

Use a toothpick to drag lines perpendicularly through the white chocolate to create a feathered pattern.

Place the 9 reserved Kinder pieces diagonally across the top, spaced to align with where you'll cut the squares.

### **Finishing:**

Refrigerate for at least 1 hour, or until the top layer is fully set.

Cut into 9 squares, using the placed Kinder pieces as guides.

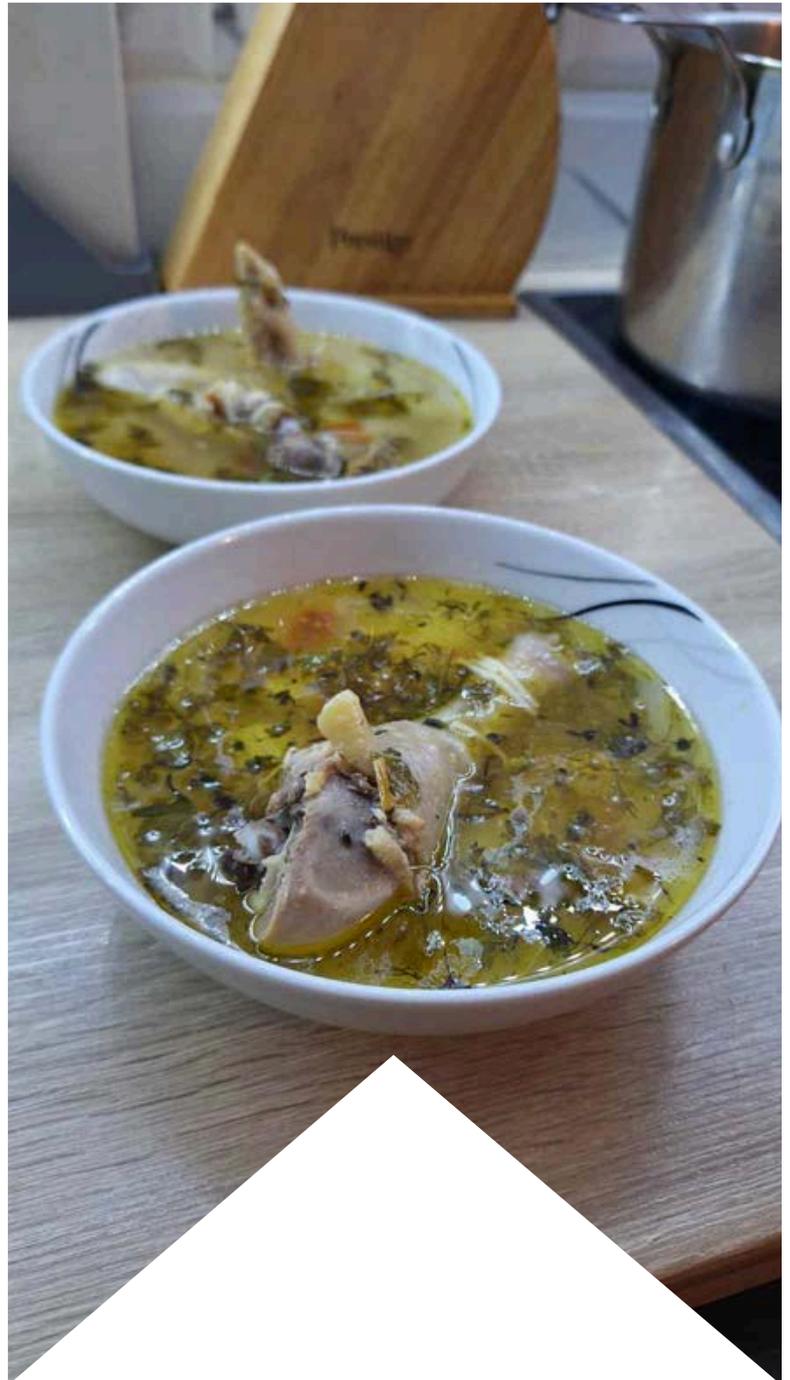
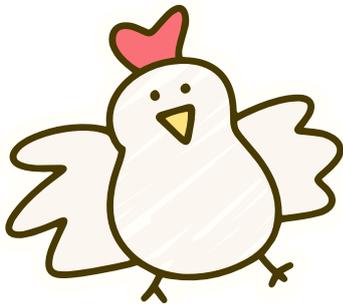
# CHICKEN SOUP

 6-8 servings

 2.5 hours

## INGREDIENTS

1 large domestic chicken  
1 red bell pepper  
1 yellow bell pepper  
4-5 pickled tomatoes  
(not marinated)  
2 carrots, 2-3 parsley roots  
2 large onions  
2-3 bay leaves  
A few allspice grains  
A few hot pepper corns  
Parsley (or lovage if desired)  
Homemade sour borscht.  
Noodles of your choosing



# CHICKEN SOUP



## DIRECTIONS

1. Cut the chicken into pieces (separate the wings and thighs from the body, cut the neck and body,
2. Cut into 3 parts. Remove the lungs from the chest cavity. Place the meat in water for 1-2 hours to drain the blood. Wash it in several waters. Bring the water to a boil in a pot.
3. When the water is lukewarm, add the meat one piece at a time until the last one. Skim off the foam that accumulates. After the foam has been collected, turn the heat down to low. Add a little salt so that the meat cooks faster.
4. After 40-50 minutes of boiling, add the whole onion, the carrot cut into slices or cubes, the parsley root, the tomatoes. After a few minutes, add the diced peppers and the spices.
5. When the meat is ready, add the broth with homemade borscht. Add salt to taste.
6. When the broth begins to boil, add the noodles. When the noodles rise to the surface, add the greens

# ONE POT WONDERS

“Cooking is my passion. I work in a primary school kitchen. Right now, we prepare boxed meals, but before the pandemic, I used to cook meals for the children.

I also have four kids at home. I love cooking — especially one-pot dishes. I never throw food away; I try to buy just enough so that nothing goes to waste.

If there are any leftovers, I use them to make one-pot meals.”

- Dorota Jesionowska

# ONE-POT DISH

IN BÉCHAMEL SAUCE WITH CHEESE

 4 servings

 90 minutes



## INGREDIENTS

A pack of chicken thighs or sausage (Śląska from Lidl or from a Polish shop works well)

Cauliflower or broccoli

Red and yellow bell peppers

4 sautéed shallots

Potatoes, thinly sliced

1 can of tomatoes

## PREPARATION

1. Place the vegetables on the bottom of a baking dish.
2. Add the canned tomatoes, followed by the chicken thighs or diced sausage (you can sauté them first).
3. Pour over the béchamel sauce
4. Bake until the potatoes and meat are tender.

# ONE-POT DISH

IN BÉCHAMEL SAUCE WITH CHEESE



## DIRECTIONS

### **How to make the béchamel sauce:**

You can buy ready-made sauce (like the kind used for lasagna), but I made mine from scratch:

1. Melt 150 g of butter in a saucepan, then add 2 tablespoons of flour.
2. Gradually add a little milk while whisking until the mixture is smooth.
3. Add more milk, salt, freshly grated nutmeg, and cheese. Keep stirring until the sauce thickens to the right consistency.
4. Pour the sauce over the dish and bake everything together until the potatoes are soft.

**Enjoy!**

# MACARONI

 8 servings

 1 hr 45 mins



## INGREDIENTS

500g ground pork (*For a vegetarian option use courgette, red / green peppers, extra onion, celery, carrots cut into chunks and follow the rest of the recipe as normal*)

1 large onions chopped finely

1 tablespoon of tomato puree

1 cup of fresh parsley

Teaspoon of oil for frying

1 Tablespoon dried mint

Salt

Pepper

1 teaspoon of cinnamon

### **For the Béchamel**

*x 2 as you will need this for the bottom & top layers*

½ of grated halloumi

1 pint of milk

3 tablespoons of flour

3 eggs beaten

For the pasta:

Pasta penne 700gr

1 piece of chicken stock

½ of halloumi, grated for the top when completed

A deep baking dish to make this recipe as the pasta, ground pork and béchamel are assembled in layers

# MACARONI

## DIRECTIONS

1. Preparation of the pasta: Place the pasta and chicken stock in plenty of boiling water and let it cook. Once cooked drain the pasta and set aside.
2. Pour a few drops of olive oil in the bottom of a baking dish and evenly spread  $\frac{3}{4}$  of the pasta. You will then mix the first batch of béchamel in with the pasta.
3. Preparation of the ground pork mixture: Chop the onions finely and sauté them in a pot using a bit of oil. Once the onions become translucent add the minced meat and let it cook for about 20 minutes. When almost all the water is absorbed add the tomato puree.
4. At this point add the parsley, dried mint, salt, pepper and cinnamon to taste.
5. Pour the mixture evenly on top of the pasta and béchamel in the banking dish.
6. Then place the remaining pasta we left behind on top of the ground pork mixture.
7. To complete your dish mix the last batch of béchamel sauce and pour over the top covering the whole dish.
8. When complete sprinkle halloumi over the top.

# MACARONI

## DIRECTIONS

### **Preparation of the béchamel:**

1. Place all the ingredients needed for the béchamel (except the halloumi) in a pot and stir well with a whisk.
2. When there are no crumbs in the mixture left, place the pot on medium fire and keep stirring until the cream has thickened.
3. Once thickened add the grated halloumi in the béchamel and stir for another two minutes.
4. Bake at 180C for 35-40 minutes in a pre-heated fan oven until golden brown.
5. Let it cool down a bit before serving to allow you to cut.

# KOUPEPIA

 6-8 servings

 2 hrs 30 mins



## INGREDIENTS

60 brined vine leaves (or fresh) – if you can't find you can stuff courgette or bell peppers just scoop them out and fry them for a minute or two leave to cool and stuff and follow the rest of the directions

500g ground pork/vegetarian option use– courgette red /green peppers extra onion, celery and carrots cut into chunks and follow the rest of the recipe

⅓ cup olive oil (divided)

2 onions (finely chopped)

1 cup parsley (finely chopped)

4 tablespoons dried mint

2 cups fresh ripe tomatoes (pureed, divided or 1 cup concentrated tomato juice and 1 cup water)

½ cup short grain starchy rice

Salt

# KOUPEPIA

## INGREDIENTS CONTINUED

Black pepper (ground)

¼ teaspoon cinnamon

½ cup lemon juice

1 ½ cups water

Deep ovenproof dish

## DIRECTIONS

1. Wash the fresh vine leaves and blanch them for 5 minutes. Add cold water and drain. If using jarred brined grape leaves, wash, rinse and drain them.
2. In a skillet heat half of the olive oil and sauté the onion until translucent. Add the ground meat and sauté until it turns white. Add half of the tomato and half of the lemon juice and cook for 5 minutes stirring once in a while.
3. Mix in the remaining ingredients and set aside to cool.
4. Put a leaf on a plate, vein side facing up, remove stem and put about a tbsp of the mixture near the stem.
5. Neatly fold left edge and then right edge and then roll all the way.
6. Wrap up into a cigar shape (don't fold too tight as the rice will expand during cooking).
7. Repeat with the remaining grape leaves and filling.
8. Place neatly in the ovenproof dish seam side facing down, starting from the edge, moving in a circle towards the center. Second and third layers may be placed on top.
9. Finally add water to cover the vine leaves and place in the oven, cover with silver foil.
10. Cook at 180°C for 55 minutes check half way through as when the water has completely gone these are ready.
11. Allow to rest for a while before serving.
12. Serve with Greek yoghurt & roast potatoes for a great meal

# MEAT LOVERS' CORNER

“It’s a popular dish in my house with it being my husband’s favourite recipe.”

‘Crispy Honey Chilli Chicken’— Chrissie  
McLoughlin

# CRISPY HONEY CHILLI CHICKEN

CHINESE TAKEAWAY STYLE HONEY CHILLI CHICKEN RECIPE  
MADE WITH COATED CRISPY CHICKEN

 2-4 servings

 40 mins



## INGREDIENTS

350g chicken breast cut into thin strips

1 egg white

1 small bowl of corn starch (add more if needed)

3 cloves garlic, finely chopped

2 tsp oil for frying vegetables

Chicken Marinade:

1 tbsp light soy sauce

1 tsp garlic paste or finely grated garlic

1 tsp sesame oil

2 tsp sugar

½ tsp white pepper or black pepper

### Chilli Sauce Mixture

3 tbsp sriracha sauce

2 tbsp tomato ketchup

2 tbsp honey or sugar

1 tbsp lime

¼ tsp chilli flakes optional

### Garnish

1 red chilli pepper cut thin slices

2 spring onions cut thin slices

# CRISPY HONEY CHILLI CHICKEN

## DIRECTIONS

1. Chop the chicken breast into thin strips. Place the chicken strips in a bowl, marinate with soy sauce, sesame oil, garlic paste, sugar, and pepper for 10-15 minutes.
2. Mix all the sauce ingredients in a small bowl and set it aside.
3. When marinating is finished, add egg white into the chicken and mix it well. Then add the chicken to the corn starch and coat each chicken piece individually. Toss the excess flour out before frying.
4. Deep fry the coated chicken pieces with hot oil at 180 °C. Cook for 1-2 minutes until light brown. Remove from oil and set it aside for 4-5 minutes.
5. Then place the fried chicken back in hot oil and fry it again for another 2-3 minutes or until golden and crispy.
6. Remove from oil and place it over the wire rack. (You can work in batches also if cooking lots of chicken).



First batch of chicken before  
second fry

# CRISPY HONEY CHILLI CHICKEN

## CONTINUED

6. Heat the wok/pan into medium-low heat, drizzle 2 tsp of oil and sauté the chopped garlic for few seconds. Then pour the sauce mixture in and stir for few seconds, place the fried chicken strips back in the wok.
7. Combine the sauce and chicken pieces well. Turn off the heat and sprinkle fresh chilli slices and spring onions.
8. Transfer to serving plate and serve immediately.
9. You can pair it with plain rice, egg fried rice or stir fry noodles.



### Tips

Dip each chicken strip in the corn starch, one by one.

Make sure the oil is very hot.

Double fry chicken to make it crispy but juicy on inside.

If you want the chicken to be more sauce-based you can double the ingredients to make it more saucy.

If you like it saucy, add in 2 tbsp of sweet chilli sauce .

Pairs well with with egg noodles mixed with bean sprouts and plenty of soy sauce.

# CRISPY CHICKEN

 4 servings

 40 minutes



## INGREDIENTS

2 pieces of chicken breast  
cut into strips  
300g corn flakes;  
200g flour  
4 eggs  
1 teaspoon salt  
½ tsp pepper  
spices to taste  
(paprika, garlic powder  
cumin)

## DIRECTIONS

1. For preparation you need 3 bowls. In one you will put the flour, in the second you will beat the eggs with salt, pepper and other spices. In the third you will put the corn flakes, crushed or whole, as preferred.
2. Dip the chicken strips in the flour, then in the egg and, finally, in the corn flakes, after which let them sit for 5 minutes.
3. Then place them in the oven or in hot oil, at a temperature of 180°C, until they are golden brown.

# MOLDOVIAN FRIED MEAT



4/6 servings



1 hour



## INGREDIENTS

- 500 grams of minced meat (mixture, pork and beef)
- 2 medium-sized eggs
- 1 large potato (mine weighed 240 grams, unpeeled)
- 1 large onion (mine weighed 80 grams)
- 2-3 cloves of garlic
- 1 small carrot (40-50 grams)
- 80 grams of white bread (2 slices, drier)
- 100 milliliters of milk
- 1 bunch of green dill
- 1 bunch of fresh parsley
- salt and pepper to taste
- 150 grams of breadcrumbs (or a mixture of flour and breadcrumbs , as you prefer) for frying

# MOLDOVIAN FRIED MEAT



## DIRECTIONS

1. In a deep plate, I soaked the bread in milk, then I started with the vegetables. I washed and peeled the carrot and potato. I peeled the onion and chopped it finely. I peeled the potato and grated on a large-hole grater.
2. I grated the carrot on a small-hole grater and finely chopped the greens, both parsley and dill. I also crushed the garlic.
3. I squeezed the bread well to remove excess milk and crushed it in a large bowl, in which I will prepare the composition. I added the minced meat, eggs, onion, potato, carrot, chopped greens and crushed garlic. I added salt and ground black pepper, to taste, then I blended everything.
4. Finally, I obtained the homogeneous composition for Moldovan patties.
5. We made them round and pressed them a little in our hands, then we fried them in a pan with oil for 5 minutes on each side.

# MEAT SHASHLIK



4-6 servings



1 hour

and

4 hours

Marinating

## INGREDIENTS

Chicken wings – 1.5 kg

1.5 kg pork

Onions – 2 pcs.

Garlic – 5 cloves

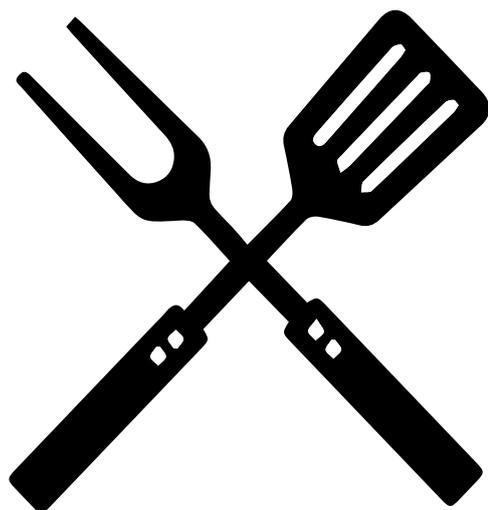
Soy sauce – 150 ml

Mustard – 2 tbsp.

Freshly ground pepper

Salt

White wine



# MEAT SHASHLIK

## DIRECTIONS



1. Cut 2 onions into medium-sized cubes and place in a deep bowl where we will marinate the wings. Finely chop 5 cloves of garlic and place there. Add salt to the vegetables and mix them together with your hands, kneading the onion as actively as possible so that it releases its juice.
2. Then add 150ml of soy sauce, 2 tbsp. mustard and freshly ground pepper and wine to the marinating container. Mix everything together and set aside. Transfer the meat to the container with the marinade. Mix so that the marinade completely covers each piece of meat. Leave the marinade for 4 hours in a cool place.
3. Light the coals in the grill and let them cool down a little. While this is happening, you have enough time to put the meat on skewers. To make the shashlik look as impressive as possible, try to put only identical pieces on one skewer. Then after cooking, such a shashlik will look neat and appetising.
4. Put the shashlik on the grill and make sure that they do not start to burn. When frying any shashlik, it is better to turn the skewers more often so that the skin does not start to burn. Then in the end you will get a ruddy, very beautiful and appetising shashlik.

# STUFFED PEPPERS

 5/6 Servings

 3 Hours



## INGREDIENTS

1kg peppers  
200g rice and wheat  
400g minced chicken  
or pork  
2 medium carrots  
100g tomato paste  
2 medium onions  
500g smoked pork  
ribs  
salt and pepper to  
taste  
1 bay leaf  
10/20 Grape Leaves

## DIRECTIONS

1. Peel, wash and finely chop the onion.
2. Then peel, wash and grate the carrots. Pour a little oil into a pan and sauté the onion and carrots (put them together).
3. When the vegetables are slightly softened (they don't have to be brown, just slightly browned), add the tomato paste (or a few tablespoons of homemade broth). Mix well, leave for another 2 minutes and turn off the heat.
4. Put the washed rice on top of the vegetables.
5. Then add the minced meat, pepper, salt, thyme, other favourite spices and mix well to make a homogeneous composition.

# STUFFED PEPPERS

6. Prepare the peppers: wash and carefully remove the stem (in winter I use frozen peppers). Wash the grape leaves and scald them with boiling water (in winter I buy grape leaves in brine and wash them well).
7. Stuff the peppers with the rice, meat and vegetable mixture - arrange them carefully in a cast iron pan or cauldron. Place the pieces of smoked pork ribs and grape leaves among the peppers.
8. After you have stuffed all the peppers, fill the empty spaces between them and the top layer with grape leaves - they will cook better, the filling will not come out of the peppers. If you do not want to complicate things with grape leaves, you can leave them out.
9. Pour diced tomatoes over the grape leaves, arrange the green (or dried) dill sprigs.
10. Pour boiling water, just enough to cover the stuffed peppers and grape leaves and cook for 1 hour on medium heat and 1 hour on very low heat (they cook and are much better).
11. After they are well cooked, let them cool a little, serve them warm with sour cream.



# POLISH MEATBALLS

 4 servings

 35 minutes



## INGREDIENTS

500g chicken or turkey mincemeat  
100g rice  
1 carrot  
1 finely chopped onion  
1 egg  
1 clove garlic, crushed  
Salt & pepper (to taste)  
Oregano, parsley (dry or fresh), and  
your favourite spices  
Oil for frying  
Breadcrumbs (optional, for coating)

## DIRECTIONS

### **Prepare the rice and carrot**

1. In a pot, bring salted water to a boil.
2. Add the rice and peeled carrot.
3. Cook until both are half-soft (about 8–10 minutes).
4. Drain and let them cool.
5. Grate or finely chop the carrot once cooled.

# POLISH MEATBALLS

## Make the meatball mixture

1. In a large mixing bowl, add the mincemeat.
2. Add the cooled rice and chopped carrot.
3. Add the finely chopped onion, crushed garlic, and cracked egg.
4. Season with salt, pepper, oregano, parsley, and any other favourite spices.
5. Mix everything thoroughly until well combined.

## Shape the meatballs

1. With clean hands, form small meatballs from the mixture.
2. (Optional) Roll each meatball in breadcrumbs for a crispy coating.

## Fry the meatballs

1. Heat oil in a frying pan over medium heat.
2. Place the meatballs in the pan and fry until golden brown on both sides (about 3–4 minutes per side).
3. Ensure they are cooked through before serving.



Healthier option: Skip the breadcrumbs and fry the meatballs directly for a lighter version.



## INGREDIENTS

Chicken fillet - 400 g

Champignon mushrooms - 300 g

Onions - 100 g

Cream (20-30%) - 200 ml

Hard cheese - 150 g

Vegetable oil - 2 tbsp

Salt - to taste

Ground black pepper - to taste

Herbs (basil or lettuce) - for garnish

# JULIEN



## DIRECTIONS

1. Cut the chicken fillet into small pieces.
2. Fry the chicken in vegetable oil for a few minutes until half-cooked.
3. Finely chop the onion, add it to the chicken, and fry the chicken and onion for another 3-4 minutes.
4. Coarsely chop the mushrooms and add them to the pan. After the mushrooms have evaporated, season with salt and pepper and cook the chicken, onions, and mushrooms for another 5-7 minutes, until golden brown.
5. Pour the cream over the meat and mushrooms and warm everything together briefly.
6. Grate the cheese on a coarse grater and spread it on top.
7. Turn off the heat and cover the pan with a lid.
8. After 3-5 minutes, when the cheese has melted, the julien with mushrooms and chicken is ready to serve.

# CHICKEN & LEEK PIE

 4 servings

 30 minutes



## INGREDIENTS

4 chicken breasts  
4 leeks  
1 onion  
1 teaspoon of garlic  
1 chicken stock cube  
250 ml of cooking cream  
5 medium size potatoes  
A pinch of salt

### TIPS

Ground Black pepper to taste

## DIRECTIONS

1. Wash and slice the leeks, peel and cube the potatoes, and dice the chicken breasts.
2. In a large frying pan, heat a little oil. Add the onion and garlic, and sauté until soft and fragrant.
3. Add the diced chicken to the pan and cook until browned on all sides. While this is happening boil the potatoes.
4. Stir in the sliced leeks and cook for about 5 minutes until softened.
5. Crumble the stock cube, pour in the cream and stir well. Simmer gently for 5- 10 mins until thick, then season with salt and pepper.
6. Mash the boiled potatoes and place it on top of the mixture in an oven safe dish.
7. Place in a preheated oven at 180°C for 15-20 minutes. Serve.

# SPAGHETTI BOLOGNESE



6 servings



1 hour 30 minutes



## INGREDIENTS

1 tbsp olive oil

4 rashers smoked streaky bacon, finely chopped

2 medium onions, finely chopped

2 carrots, trimmed and finely chopped

2 celery sticks, finely chopped

2 garlic cloves, finely chopped

2-3 sprigs rosemary leaves, picked and finely chopped

500g beef mince

2 x 400g tins plum tomatoes

Small pack basil leaves picked,  $\frac{3}{4}$  finely chopped and the rest left whole for garnish

1 tsp dried oregano

2 fresh bay leaves

2 tbsp tomato purée

1 beef stock cube

1 red chilli, deseeded and finely chopped (optional)

125ml red wine

6 cherry tomatoes, sliced in half

# SPAGHETTI BOLOGNESE



To season and serve, 75g parmesan grated, plus extra to serve, 400g spaghetti

1. Put a large saucepan on a medium heat and add 1 tbsp olive oil.
2. Add 4 finely chopped bacon rashers and fry for 10 mins until golden and crisp.
3. Reduce the heat and add the 2 onions, 2 carrots, 2 celery sticks, 2 garlic cloves and the leaves from 2-3 sprigs rosemary, all finely chopped, then fry for 10 mins. Stir the veg often until it softens.
4. Increase the heat to medium-high, add 500g beef mince and cook stirring for 3-4 mins until the meat is browned all over.
5. Add 2 tins plum tomatoes, the finely chopped leaves from  $\frac{3}{4}$  small pack basil, 1 tsp dried oregano, 2 bay leaves, 2 tbsp tomato purée, 1 beef stock, 1 deseeded and finely chopped red chilli (if using), 125ml red wine and 6 halved cherry tomatoes. Stir with a wooden spoon, breaking up the plum tomatoes.
6. Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce.
7. Add the 75g grated parmesan, check the seasoning and stir.
8. When the bolognese is nearly finished, cook 400g spaghetti following the pack instructions.
9. Drain the spaghetti and either stir into the bolognese sauce or serve the sauce on top. Serve with more grated parmesan, the remaining basil leaves and crusty bread, if you like.

# VEGETARIAN & VEGAN DELIGHTS

“As a little child, I watched my mother cook in the kitchen. My mother is a skilled chef who cooked at weddings and holidays. My father always said that he fell in love all over again when he tasted her dishes.

It was a tradition that during the holidays we would all get involved in preparing the meal, at least 15 dishes.

Under the leadership of the head chef, Dusea, we would prepare everything with a lot of dedication, love and passion.

This is how we grew up in a house where it always smelled delicious. That's how we like it to be in our family, what tasty and special thing should we prepare today?

We put on our kitchen apron, together with our husband, and get to work, to prepare something new and delicious.”

- Diana Neghina

# TOFU TIKKA MASALA

 4 servings

 50 minutes

## INGREDIENTS



### For the curry

2 tbsp olive oil  
1 large onion, diced  
5 cloves of garlic, minced  
(or finely chopped)  
1 tbsp fresh ginger, grated  
2 tsp garam masala  
2 tsp ground cumin  
1 tsp ground turmeric  
1 tsp ground coriander  
1/4 - 1/2 tsp cayenne pepper  
1 tsp salt  
400g chopped tomatoes (one tin)  
1 tin full fat coconut milk  
1 tbsp tomato purée

### For the Tofu

2 blocks of firm - extra firm tofu  
2 tbsp olive oil  
2 tbsp cornflour  
1/2 tsp salt

### For serving:

2 cups basmati or long grain rice  
(cook following instructions)  
Fresh coriander leaves  
Spinach

# TOFU TIKKA MASALA



1. Wrap the tofu in paper towels to take off excess moisture. You can cook the tofu in the oven or in an air fryer. If using the oven, preheat to 200°C and line a baking sheet with baking paper.
2. Slice the tofu into bite-sized cubes and put them into a bowl along with the olive oil, cornflour and salt. Use your hands or a rubber spatula to coat the tofu.
3. If using an air fryer, preheat it for 3 minutes then place the tofu in the basket and cook at 200 °C for 15 minutes shaking the basket regularly to prevent the tofu from sticking. If using the oven, arrange the tofu pieces evenly across the baking sheet and bake for 25-30 mins until golden.
4. While the tofu cooks, prepare the curry. Add 2tbsp of oil into a large pan or wok over a medium - high heat. Sauté the onions for 3-4minutes, then add the ginger and garlic and cook for 1 minute.
5. Add the spices, salt, chopped tomatoes and coconut milk. Stir until smooth and combined, then simmer for 10 minutes, stirring frequently. If the curry gets too thick add a 1/4 cup of water.
6. When the tofu is done, add it to the sauce and coat the pieces.
7. Serve hot with rice or naan, chopped fresh coriander, and a handful of spinach.

# BREAD & BAKING

“Cooking and baking is something that I love. I want to keep my Polish food traditions alive and kids healthy and happy.

Every cake I bake is top celebrate a birthday and I use candles on them always.

Cooking also is time to myself, my relaxing time. Sometimes my children help me and that is very messy time but happy time!

The kitchen is a place where the family spends the most time together sharing our news from work and school . Without the kitchen and cooking there would be no family.

” — Dorota Kowalewska

# HOME BREAD

## INGREDIENTS

 2 Loaves

 3 hours

1kg of flour- 650g  
white and brown  
25g fresh yeast  
20g non-iodized salt,  
650ml water  
2 eggs,  
About 50ml oil.



# HOME BREAD

## DIRECTIONS

1. In a bowl, crumble the fresh yeast and pour slightly warm water over it (about 35°C).
2. After the yeast has dissolved, add the eggs and gradually pour in the flour until you get a thicker mixture (compared to the pancake mixture). Cover the mixture with a layer of flour and leave to rise for about 10 minutes, covered with a towel.
3. Separately, in a glass, put the salt and 50ml of lukewarm water, mix until dissolved.
4. Pour the salted water over the yeast mixture and start gradually mixing in the remaining flour. Knead a little, remove the dough from the bowl and continue on the work surface, from time to time adding a little sunflower oil. Knead for about 10 minutes. Fold it, like a handkerchief, and let it rise for 1 hour (covered, at room temperature).
5. At the next kneading, pull the dough. Let it rise for 30 minutes, covered at room temperature.
6. During this time, heat the oven to 280°C, add the tray with water placed on the top drawer (I mention that we are using an electric oven with a ventilation system).
7. Prepare the tray with baking paper. Gently stretch the risen dough with your hand so that we fold it twice from the corners (like in the movie) and give it the desired shape.
8. Score the dough once, or several times depending on the shape chosen and put it in the oven. We leave it for about 20-25 minutes at 280°C, then we remove the tray with water from the oven, lower the temperature to 200°C, move the oven to ventilation, and leave it for another 30 minutes. We watch it brown nicely.
9. You have taken out the bread, leave it to cool or until you can stand it next to it.

# SWEET BREAD

WITH NUTS AND FRUITS

 2 Large Loaves

 4.5 hours



## INGREDIENTS

For the filling:

- 6 egg whites
- a pinch of salt
- 12 tablespoons of sugar
- 3 tablespoons of cocoa
- 600g ground walnuts
- 100g candied orange
- 30/40ml sunflower oil

For the dough:

- 1kg of white wheat flour for Băneasa cozonac
- 50g fresh yeast
- 6 egg yolks
- a pinch of salt
- 270g sugar
- 2 sachets of vanilla sugar
- the juice of one lemon
- 550ml lukewarm milk
- 80g melted butter
- 60ml sunflower oil

# SWEET BREAD

WITH NUTS AND FRUITS

## DIRECTIONS

1. In a bowl, add the fresh yeast, a tablespoon of sugar, a tablespoon of flour and 50ml of lukewarm milk. Mix everything and let the yeast activate for a few minutes.
2. Meanwhile, sift 1kg of flour to obtain a more airy dough. Separately beat the 6 egg yolks with a pinch of salt.
3. Over the flour, add the active yeast mixture, 250g of sugar, the egg yolks with salt, vanilla sugar, lemon juice and 500ml of lukewarm milk (added gradually).
4. Start kneading. At this point, add 80g of very hot melted butter.
5. Place the dough on the table, prepare 60ml of sunflower oil and start adding it to the composition.
6. Important step: Beat the dough for 15 minutes. After you have finished this process, leave it to rise for two hours.
7. Meanwhile, prepare the filling. Start by beating the egg whites with the salt powder and the 12 tablespoons of sugar. After that, add 3 tablespoons of cocoa, 600g of ground walnuts and 100g of candied orange. Mix everything very well!
8. After the dough has risen, add 30/40 ml of sunflower oil to the work surface and divide the dough into two equal parts, then divide it once more into two other equal parts, resulting in 4 doughs of equal size.
9. Start rolling the dough into a rectangle. Roll it out with your hands and less with a rolling pin, so as not to lose the accumulated air.
10. At this point, add the composition to each dough separately. After you have added the filling composition, gently roll each dough separately, so that you have 4 rolls.
11. Take two rolls, braid them, and you have a cake. Do the same with the second walnut cake.

# SWEET BREAD

WITH FRUIT AND NUTS

## DIRECTIONS

11. After braiding the cakes, leave them to rise for another hour. Then, after they have risen, brush them with egg yolk beaten with a little salt.

Optionally, you can sprinkle almond flakes on top!

12. Preheat the oven to 180°C and bake the cakes for 50 minutes.

The result is wonderful: a perfect, fluffy and delicious walnut cake!



## TRICKS FOR A DELICIOUS WALNUT CAKE

For the dough to rise, all the ingredients must be at room temperature, even lukewarm.

For a perfect taste, you can put the walnuts in the oven for a few minutes to ripen, before introducing them into the walnut cake recipe. This way, your cake will have a much more intense taste.

For a fluffy walnut cake dough, it is best to use fresh yeast. It will rise faster and be more aerated.

Also, the cake dough must be kneaded very well.

Very important, after baking, leave the walnut cake in its pan for 10-15 minutes, and set it aside, so that it doesn't lose volume and flatten. Then remove it to a wire rack, and keep in mind that the room must be warm, so that it doesn't get damp.

# HONEY CAKE

 6/8 servings

 2.5 Hours

## INGREDIENTS

For the dough:

125 g margarine or butter

1 cup granulated sugar

2-3 tbsp honey

1 tsp unslaked soda

2 eggs

3.5-4 cups flour



For the cream:

0.5 kg sour cream 15-20%

1 cup granulated sugar



# HONEY CAKE



## DIRECTIONS

1. Melt margarine in a water bath.
2. Add sugar and honey.
3. Heat, stirring, until smooth.
4. Add soda and stir until the mass increases in size and turns white. Remove from the water bath and cool.
5. Then add eggs and mix well.
6. Add flour and knead the dough.
7. Divide into 8-10 parts. Roll out very thin cakes directly on a baking sheet. Make several punctures with a fork and bake one at a time for 2-3 minutes in a preheated oven until brown.
8. Trim the edges while hot to any suitable shape. Place on a towel until cool (do not stack one on top of the other while hot, they may stick).
9. Cream: beat cold sour cream with sugar with a mixer.
10. Grease the cakes (do not skimp on the cream), pressing down on top.
11. Decorate the top of the honey cake with crumbs from the remaining cake layers. You can also use nuts and chocolate

# TRADITIONAL GREEK GALAKTOBOUREKO

(GREEK CUSTARD PIE WITH SYRUP)

 14 servings

 3 hours



## INGREDIENTS

### Base Ingredients

450g phyllo pastry (14 oz./ 12 sheets)

230g butter (8 oz.)

### For the Syrup

325g water (11.4 ounces)

575g sugar (20.2 ounces)

1 large tbsp honey

peel of 1 lemon

1 cinnamon stick

10 drops of the lemon juice

### For the Custard

160g finely ground (thin) semolina (6 oz.)

220g sugar (7.5 oz.)

500g milk (17.6 oz.)

4 eggs (separated into whites and yolks)

30g butter (1 oz.)

1 tsp vanilla extract

500g double (heavy) cream (17.6 oz)

# GALAKTOBOUREKO CONTINUED

## DIRECTIONS

### SYRUP

1. Into a small pan add the sugar, the water and lemon peel, cinnamon stick and lemon and bring to the boil.
2. Let it boil just until the sugar has dissolved.
3. Remove the pan from the stove, add the honey and stir. Leave the syrup aside to cool completely.

### CUSTARD

1. Pour into a saucepan the milk, the cream and 120g of the sugar, and bring to the boil. (Don't whisk the mixture. The sugar at the bottom of the pan protects the milk from burning.) As soon as it comes to the boil and heats up slowly add the semolina and the vanilla extract, whilst whisking. Turn the heat down to medium heat and whisk constantly until the mixture becomes creamy. Remove the pan from the stove, add a knob of butter and fold. Let it cool down while you are preparing the remaining steps, until warm (50c / 120F), or else your mix will curdle when you fold in the eggs. Just remember to whisk it once in a while.
2. Divide the eggs into yolks and whites. In most traditional Greek recipes, the eggs are added whole towards the end, but with this Galaktoboureko recipe the eggs are beaten into meringues and combined in the semolina-based cream. This is the secret to a more fluffy and creamy custard and to avoid the eggy smell, which can ruin the flavour of your Galaktoboureko.
3. Place the egg whites and 50g sugar in a mixing bowl. Make sure your egg whites, bowl and whisk attachment/s are free of any water. Use an electric mixer or electric hand beaters to whisk the egg whites and sugar until the mixture is very thick and glossy, all the sugar has dissolved and a long trailing peak forms when the whisk is lifted (meringues). Set aside.
4. In another bowl, whisk the yolks and 50g of sugar, until the mixture is thick and foamy. This should take about 5 minutes.

# GALAKTOBOUREO CONTINUED

## DIRECTIONS

### CUSTARD CONTINUED

5. With a spatula add 1/4 of the meringues into the egg yolks-sugar mixture and blend with light circular movement from the bottom up. Gradually add all the meringues into the mixture and fold.
6. Fold together the two mixtures, from step 1 and step 5 and set aside.

### FINAL STEPS

1. For this Galaktoboureko recipe, you need a large baking tray, approx. 25x32cm. Melt 230g of butter (low heat) and butter the bottom and sides of the tray. Remove the phyllo roll from the plastic sleeve. You will use 6 sheets of phyllo for the bottom of the Galaktoboureko.
2. Begin by layering the sheets one by one on the bottom of the tray, making sure to sprinkle each one thoroughly with melted butter. Layer four sheets of phyllo so that they extend half in the pan and half out of the pan horizontally and vertically and two more in the middle.
3. Tip in the custard, smoothing the surface with a spatula and fold the phyllo sheet flaps over the custard. Sprinkle with melted butter.
4. Add 6 sheets on top, sprinkling each sheet with melted butter. With a knife trim some of the excessive phyllo and use your pastry brush to help you turn the phyllo inwards, towards the bottom of the pan to seal the galaktoboureko.
5. Scar the top of the Galaktoboureko in pieces with a sharp knife. Cut down until the knife reaches the cream.
6. Pour over the remaining butter. Sprinkle with a little bit of water.
7. Bake in a preheated oven at 160C for 60 to 75 minutes until the phyllo is crisp and golden.
8. As soon as the Galaktoboureko is ready, ladle slowly the cold syrup over the pastry. (Hot galaktoboureko, cold syrup)
9. Serve after the syrup is absorbed. Enjoy

# CONNECTING WITH CO-OPERATIVE HOUSING IRELAND

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If you need to contact Co-operative Housing Ireland regarding your home or your tenancy you can contact our **Member Services Hub:**

By phone: 01 6403074

By Email: [info@cooperativehousing.ie](mailto:info@cooperativehousing.ie)

If you are interested in getting involved in your community you can contact the **Community Engagement Team:**

By Email: [members@cooperativehousing.ie](mailto:members@cooperativehousing.ie)

**Check out the Co-operative Housing Ireland Community Engagement Facebook Group:**

- Share upcoming events and activities that you can get involved in across communities.
- Provide creative ideas and inspiration for fun, engaging activities you and your community can do.
- Create a space for communities to share their own experiences of member engagement and learn from one another over time

Follow this link to join the group:

<https://www.facebook.com/groups/564836524284775/>

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# THANK YOU

This recipe book is more than a collection of dishes - it's a reflection of the creativity and generosity within our Co-operative Housing Ireland community. Every recipe shared tells a story, and together, they create a tapestry of flavours that connect us all.

We are deeply grateful to each member tenant who took the time to contribute. Your willingness to share your family favourites and culinary traditions has made Flavours of Home truly special.

Congratulations again to our five raffle winners.

Thank you for helping us celebrate diversity, inclusion, and the simple joy of cooking. Here's to many shared meals and moments of connection in the future.

## HAVE A RECIPE TO SHARE?

If you have a recipe you would like to share in this recipe book:

email [members@cooperativehousing.ie](mailto:members@cooperativehousing.ie)

Subject: Flavours of Home

Submit the:

List of ingredients

Method/Directions

Three Photographs



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