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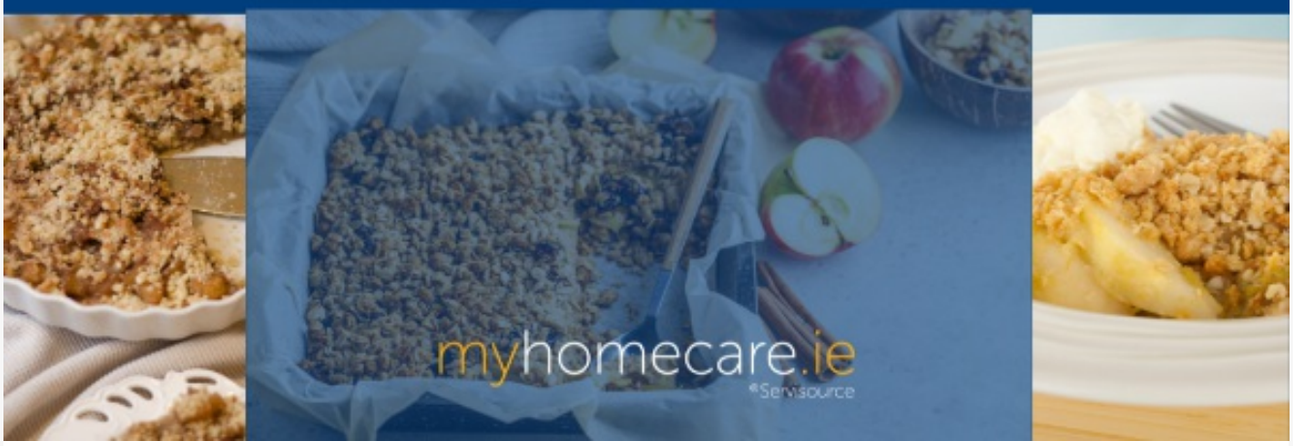
Quarterly Newsletter

Autumn

Apple Crumble



Autumn Apples

Something about the rainy summer and dry autumn has culminated in a better than usual apple crop, at least in this little corner of Ireland. If you happen to be fortunate enough to have a great crop of apples, here are some delicious recipes to make the most of your harvest:

Apple Crumble: Ingredients

For the filling

- 575g Bramley apple (3 medium apples), peeled, cored and sliced to 1cm thick

- 2 tbsp golden caster sugar

For the crumble

- 175g plain flour

- 110g golden caster sugar

- 110g cold butter

- For the topping (optional)

- 1 tbsp rolled oats

- 1 tbsp demerara sugar

- double cream, clotted cream or custard, to serve

Method

STEP 1

Heat the oven to 190C/170 fan/gas 5.

STEP 2

Toss 575g peeled, cored and sliced Bramley apples with 2 tbsp golden caster sugar and put in a 23cm round baking dish at least 5cm deep, or a 20cm square dish. Flatten down with your hand to prevent too much crumble falling through.

STEP 3

Put 175g plain flour and 110g golden caster sugar in a bowl with a good pinch of salt.

STEP 4

Slice in 110g cold butter and rub it in with your fingertips until the mixture looks like moist breadcrumbs. Shake the bowl and any big bits will come to the surface – rub them in. Alternatively, pulse in a processor until sandy (don't over-process).

STEP 5

Pour the crumb mix over the apples to form a pile in the centre, then use a fork to even out.

STEP 6

Gently press the surface with the back of the fork so the crumble holds together and goes crisp, then lightly drag the fork over the top for a decorative finish.

STEP 7

Sprinkle 1 tbsp rolled oats and 1 tbsp demerara sugar over evenly, if you wish.

STEP 8

Set on a baking tray and put in the preheated oven for 35-40 minutes, until the top is golden and the apples feel very soft when you insert a small, sharp knife. Leave to cool for 10 minutes before serving.

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Fruit and Nut Stuffing:

Ingredients

170g sage & onion stuffing mix

3 pork sausages

200g dried fruit & nut snack mix, chopped

1 apple, peeled and grated

vegetable oil, for the tin

Method

STEP 1

Heat the oven to 200C/180C fan/ gas 6. Put the stuffing mix in a large heatproof bowl, and pour over 400ml boiling water from the kettle. Stir and leave to stand for a few minutes until the mixture has absorbed all the liquid and cooled slightly. Squeeze the sausagemeat from the skins into the bowl of stuffing, then add the fruit & nut mix and grated apple. Scrunch everything together using your hands until it is evenly mixed.

STEP 2

Oil a shallow roasting tin and spread the stuffing into the base. Rough up the surface using a fork, then bake for 30-35 mins until golden on top. Serve straightaway or leave to cool until needed and reheat in a hot oven for 20 mins.

French Apple Tart:

Ingredients

For the pastry

125g cold butter, cubed

200g plain flour, plus extra for dusting

1 tbsp golden caster sugar

1 egg, beaten

For the filling and topping

1 ¾ kg (about 12) Lidl Gala apples,

50g golden caster sugar

1 tbsp calvados, cognac or brandy (optional)

25g butter, melted

3 tbsp apricot jam

icing sugar, to serve (optional)

Method

STEP 1

For the pastry, rub the butter into the flour, sugar and a pinch of salt in a bowl until crumbly. Mix in the egg until it forms a dough, then form into a puck shape. Cover and chill for at least 30 mins. Will keep chilled for two days.

STEP 2

Heat the oven to 200C/180C fan/ gas 6. Roll the pastry out on a lightly floured surface to roughly the thickness of a €1 coin and use to line a 23 cm fluted tart tin, leaving some overhanging. Line with a disc of baking parchment big enough to cover the edges and fill with some baking beans to weigh it down (use dried rice or lentils if you don't have baking beans). Bake for 15 mins, then remove the parchment and beans and bake for 10-15 mins more until the pastry is biscuity. Trim away any overhanging pastry with a serrated knife. Set aside to cool.

STEP 3

Meanwhile, set aside four of the apples, then peel, core and roughly chop the rest. Put them in a shallow saucepan with 2 tbsp water, all but 1 tbsp of the sugar and the alcohol, if using. Cover and cook over a low heat for 25-30 mins, stirring occasionally and adding more water if needed, until the apples have collapsed into a purée. Taste the mixture and sweeten with more sugar, if needed.

STEP 4

Turn the oven up to 210C/190C fan/gas 8. Peel, core and halve the reserved apples, then cut into even-sized slices. Spread the apple purée over the base of the tart case, then arrange the apple slices in neat, concentric circles, starting from the outside. Brush the apples with butter, then scatter over the reserved sugar and bake for another 20-25 mins until golden.

STEP 5

Mix the jam with 1 tbsp hot water from a freshly boiled kettle. When the tart has finished baking, glaze generously with the jam, then leave to cool a little. Serve warm or cold, dusted with icing sugar, if you like.

Recipes from Good Food magazine, September 2022

August Friends of the Elderly Trip to Carlingford!

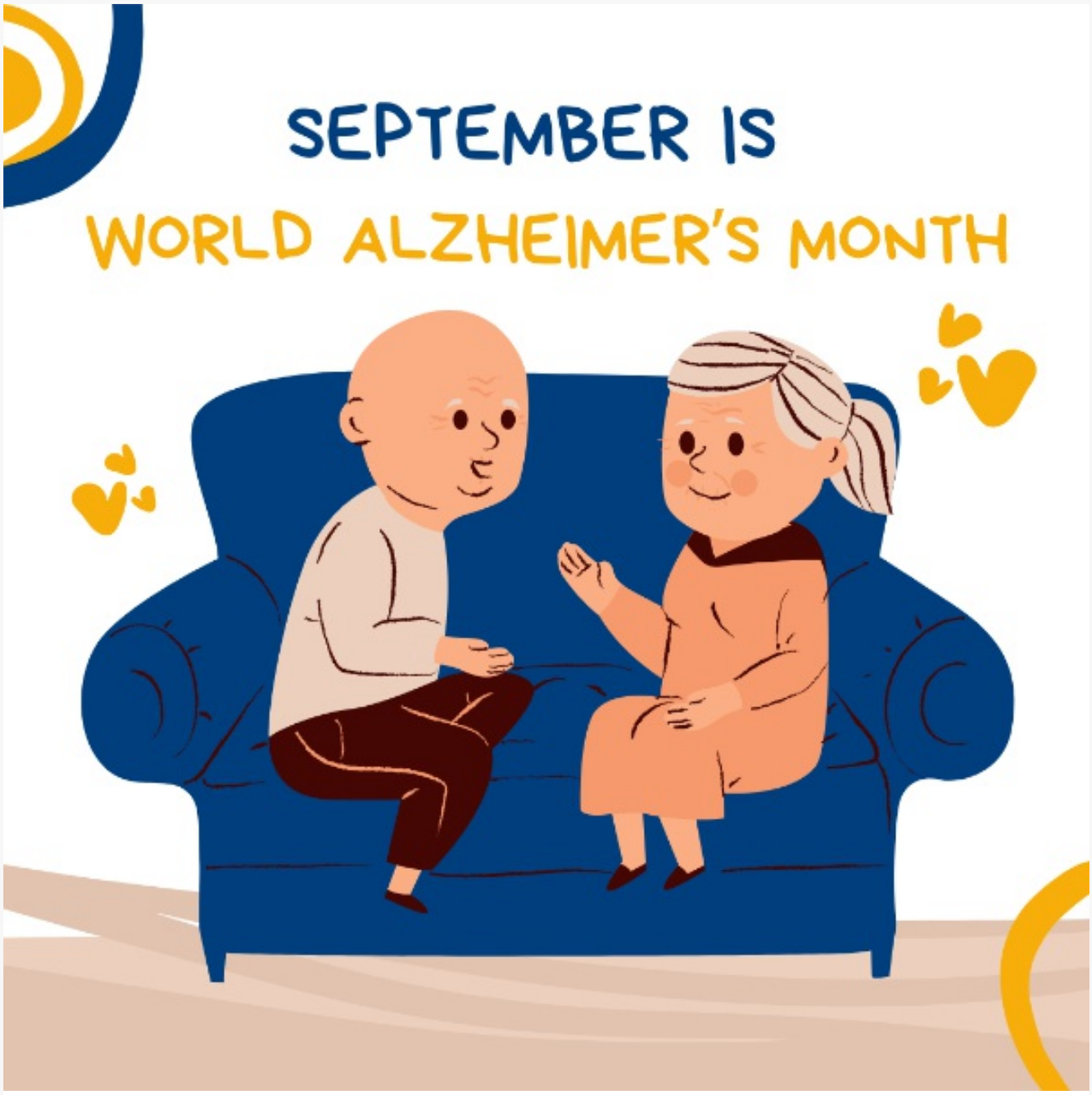
On August 15th, Myhomecare joined Friends of the Elderly for a lovely day out in Carlingford, we made a few other stops on the day!

There was fantastic entertainment the entire day, from sing-songs, ferry-rides, and tasty food & music!

Thank you to Friends of the Elderly for including us on this special day yet again. We are already counting down the days to next year!

Check out our Instagram page for more photos and videos of this wonderful day:

Myhomecare.ie (@myhomecare_ie) • Instagram photos and videos



September is World Alzheimer's Month

Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.

During World Alzheimer's Month, we call on everyone, from individuals to large organisations, including every Alzheimer and dementia association globally, to support World Alzheimer's Month by getting involved.

In 2024 we are once again shining a light on attitudes to dementia around the world. The 2024 campaign and World Alzheimer Report, which will be launched on the eve of World Alzheimer's Day, 20 September, will again challenge why so many people still wrongly believe that dementia is a part of normal ageing. This reason alone highlights how important public awareness campaigns, like World Alzheimer's Month, are for changing perceptions and increasing existing public knowledge around Alzheimer's disease and dementia.

The 2024 World Alzheimer's Month campaign will centre around the taglines '**Time to act on dementia**, **Time to act on Alzheimer's'**. The global awareness raising campaign focuses on attitudes toward dementia and seeks to redress stigma and discrimination which still exists around the condition, while highlighting the positive steps being undertaken by organisations and governments globally to develop a more dementia friendly society.

Cold and Flu Season

Getting ready for cold and flu season involves more than just buying packs of tissues and Lemsip! Now is the time to book your flu vaccine, remind yourself and your family of the importance of hand washing, and stock up on immune boosting supplements- with the guidance of your GP and pharmacist.

With the addition of Covid 19 to the mix of common viruses in our community, it has become even more important to stay vigilant and think prevention. When you book your appointment with your GP or local pharmacy for the flu vaccine this autumn, be sure to ask for a list of recommended supplements to keep your immune system in top form for the colder months ahead.

Myhomecare Partnership with Isaac Care

Myhomecare is a HSE recognised national supplier of high quality homecare services with a strong focus on delivering person-centred care to each individual in their own home. We are committed to delivering the right people with the right skills to support our clients to live independently and with dignity.

Myhomecare are proudly partnering with Isaac Care, to bring innovative and easy-to-use assistive technology to our clients nationwide. Isaac

Care's technology allows us to provide wraparound 24/7 support to our clients and provides comfort and peace of mind when our dedicated homecare staff and family members can't be present.

Comfort Plan

The Comfort Plan allows you to choose two pieces of Isaac Care assistive technologies as an introductory offer with expert advice from our team who are there to assist you with selecting the most appropriate technology for your loved one.

Visit Our Website

OR

Contact one our Myhomecare Expert Advisors on

1800 400 900

Employee of the Quarter

Employee of the Quarter

The Employee of the Quarter Program recognizes the outstanding qualities and contributions of employees, we are delighted to announce the winners for Autumn 2024.

All the little things you do every day make a huge difference. Thank you for your dedication and willingness to go the extra mile.

DNE: Tracey McAleer

DML: Eduardo Soares

SOUTH: Tracey Shine

Limerick: Deirdre Lawless

Galway: Trevor Doherty

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