

Recipes from
the Heart of
Merchants Quay



MQI

Merchants Quay Ireland
Homeless & Drugs Services



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WELCOME FROM OUR CEO EDDIE MULLINS

At Merchants Quay, every meal is meaningful.

For the men and women who come into Riverbank, a hot breakfast and cup of tea may be the only relief they get from the streets all day.

In our addiction recovery services, High Park and St. Francis Farm, our clients are given the chance to learn how to cook and prepare nutritious meals. It's a vital life skill that a lot of men and women would not have before coming to MQI.

I want to share with you some recipes created and inspired by our clients and staff. We believe that every meal is an opportunity for kindness and compassion.



Thank you for being part of our MQI family.

Take care,

A handwritten signature in cursive script that reads "Eddie Mullins".

Eddie Mullins

CEO, Merchants Quay Ireland

ABOUT MERCHANTS QUAY IRELAND

Merchants Quay Ireland supports people who are experiencing homelessness and addiction. Our aim is to reduce harm and help people move towards healthier, more stable lives. We offer services that are easy to access, practical, and delivered with care and respect.

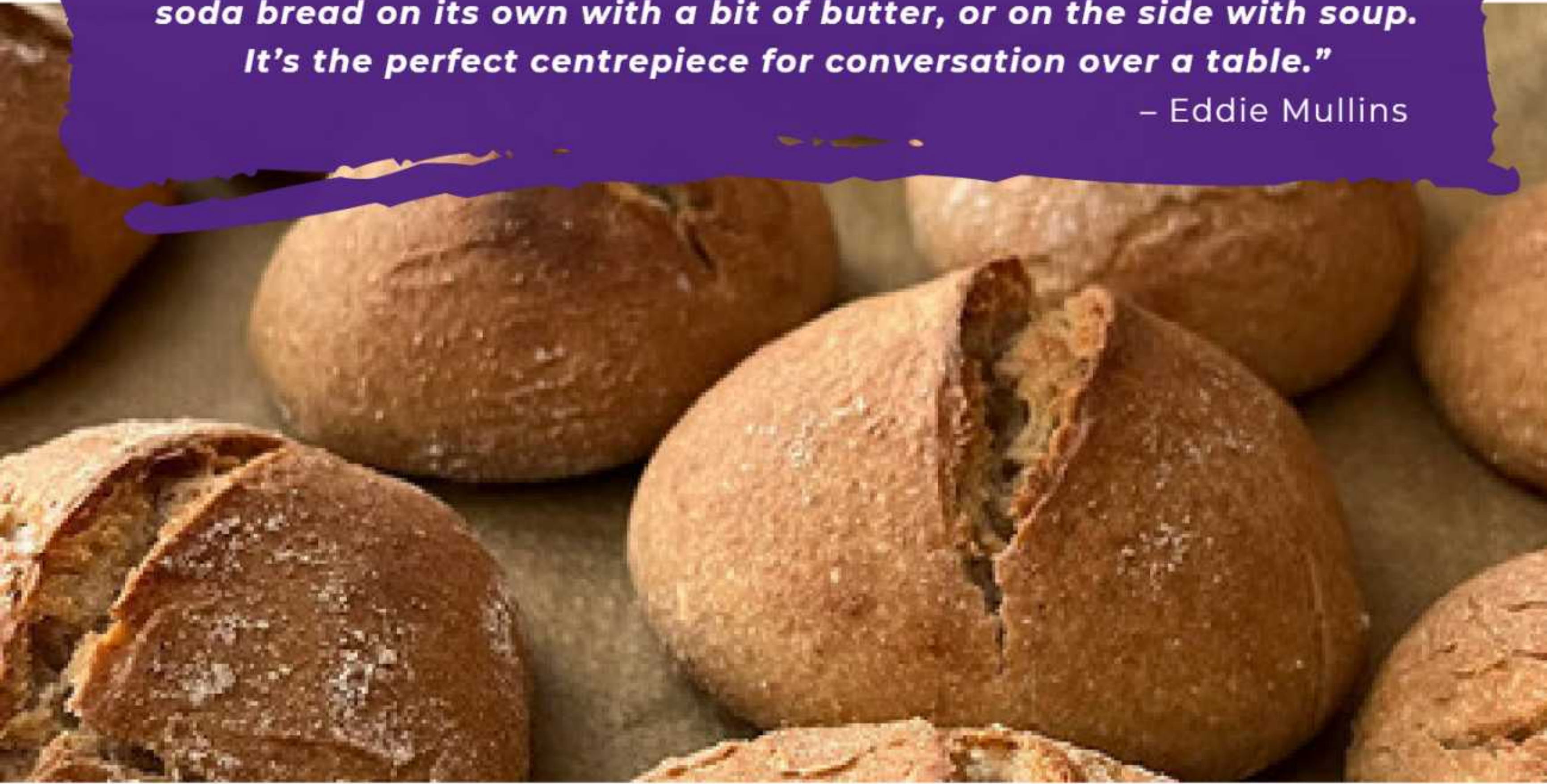
Our work began in Dublin in 1969, when two Franciscan brothers started offering tea and sandwiches to anyone seeking shelter in the church here. That simple act sparked hope in those who were hungry and lonely, outcast and invisible.

Today, Merchants Quay Ireland provides recovery services, mental health support, onsite nursing and meals to men and women in addiction. Everyone who comes through our doors is welcomed without judgement and treated with dignity, compassion, and understanding.

EDDIE'S SODA BREAD

“What I love about this recipe is that it is so simple, but so hearty. I still say a prayer every time I bake brown bread! You can serve soda bread on its own with a bit of butter, or on the side with soup. It’s the perfect centrepiece for conversation over a table.”

– Eddie Mullins



Ingredients

350g wholemeal flour
100g plain white flour
1 tsp baking soda
1 tsp salt
1 tsp brown sugar
1 tsp treacle (optional)
A few teaspoons of
mixed seeds
(optional)
500ml buttermilk
1 2lb loaf tin

Directions

1. Grease a loaf tin and line the base with greaseproof paper.
2. Combine all ingredients in a large mixing bowl, make a well in the middle and add buttermilk. Use your fingers to bring all ingredients together.
3. Pour mixture into a loaf tin, sprinkle with porridge oats and bake for 45 minutes at 190 degrees.

VEGETABLE SOUP

Ingredients

500g carrots	Large onion	50g flour
500g leeks	Bay leaf	Vegetable stock
500g celery	50g butter	100ml single cream (optional)

Directions

1. Chop all vegetables roughly the same size.
2. Melt butter in a large pot, throw in vegetables and bay leaves for 10 minutes on medium heat, stir occasionally until softened.
3. Stir in the flour and cook for a further 5 minutes.
4. Gradually add the vegetable stock, stirring well. Bring to the boil, then reduce the heat and simmer for 30 minutes.
5. Remove bay leaves and blend with a food processor.
6. Season with salt and pepper, and add cream.

“I think of the men and women who come into Riverbank, often from the cold and rain, and how something as simple as a hot bowl of soup makes a difference to their day. It’s comforting, and it nourishes you.”

– Eddie Mullins



SOFIA'S CHICKEN POCKETS

Jane's Place offers comfort, safety and dignity for vulnerable women. Often, these women are living on the streets and surviving abuse. ***In the Jane's Place kitchen, women like Sofia can take a breath...***



The kitchen in Jane's Place is a space where friendships are made and independence is regained.

For women who are living on the streets, coming in and making themselves a meal and a cup of tea feels like a gift. ***A chance to feel like themselves again.***

Ingredients

500g lean mince
1 can of sweetcorn
1 bag of shredded cheddar cheese
1 large onion
2 garlic cloves
1 green bell pepper
1 red bell pepper
3 eggs
White bread
Smoked paprika
Coriander
Mild chili spice

Instructions

Filling:

1. Add mince to the pan with oil and turn until browned
2. Finely dice vegetables and drain sweetcorn, add to the pan and sauté
3. Add seasoning spices and sprinkle cheddar cheese, stir
4. Allow ingredients to simmer in the pan on a low heat

Pockets

1. Flatten the bread slices with a rolling pin and cut into circles using a circular cutter.
2. Break the remaining crusts into small pieces and bake in the oven until golden (about 10 minutes), then blend into breadcrumbs.
3. Beat the eggs in a bowl and heat a shallow layer of oil in a pan over medium heat.
4. Dip each bread circle in the egg, then coat in the breadcrumbs.
5. Shallow fry for 1–2 minutes on each side until golden. Place on a paper towel to drain.
6. Cut each circle in half and gently open to form pockets.
7. Add filling to pockets and enjoy!



“This recipe is close to my heart. It reminds me of being around my family. I love to cook, so I’m really happy that I got to make these for the other women in Jane’s Place as part of our cooking classes. Sharing them again meant a lot.”

– Sofia, Jane’s Place client

CATHERIONA'S LAMB ROAST

Ingredients

2kg leg of lamb

1.5kg potatoes

1 lemon

1 Bulb Garlic

6 Carrots

Olive Oil

½ bunch of Rosemary

4 Parsnips

Mint sauce

“This is much loved by the clients here at St. Francis Farm. What really makes it is the sides – all of the vegetables are grown here by clients at the farm, they’re so fresh and really add to the dish.”

– Catheriona, Catering Supervisor at St. Francis Farm

Directions

1. Have the lamb out of the fridge for 1 hour before cooking.
2. Crush garlic into a bowl, chop the rosemary and add it to the bowl of garlic. Grate some lemon zest into the bowl, finally add some olive oil and mix.
3. Season the lamb with salt and black pepper, then drizzle over the contents from the bowl.
4. Place the lamb into a preheated oven at 200 degrees for 1.5 hours.
5. Prep your potatoes, carrots and parsnips. Prepare an oven tray with a generous amount of oil and place it into the oven to heat.
6. Parboil your potatoes, carrots and parsnips for 10 minutes, let them steam dry. Remove the oven tray from the oven and place the prepared potatoes, carrots and parsnips onto the tray. Place the tray back into the oven under the lamb leg so that the juices from the meat will flavour the vegetables.
7. Plate it up and serve with a side of mint sauce.



CHEF DAVE'S BROWNIES

Ingredients

450g butter

650g caster sugar

200g self-raising flour

150g cocoa powder

8 eggs

Directions

Pour sugar and butter into a mixing bowl. Whisk until the consistency and colour look like cream.

Add eggs and whisk.

In a separate bowl, sieve flour and cocoa powder

Add flour and cocoa mixture into the main bowl and mix.

Place the mixture in a lined tin and bake for 40 -45 minutes at 180 degrees Celsius.

“We serve these brownies almost every Sunday in Riverbank. A lot of the men & women who come in here don’t get the chance to treat themselves; they’re just focused on making it through the day. Little things like that can lift spirits.”

– Chef Dave, Riverbank



ADAM'S TOASTED BLT



“Before I came to High Park, I never really cooked for myself. I love to do it now, and it feels nice knowing that it’s a skill I now have for the future.”

– Adam, High Park Client

Ingredients

2 rashers
2 slices of bread (white, sourdough or wholemeal)
1 to 2 crisp lettuce leaves
2 slices ripe salad tomato
1 tablespoon mayonnaise
Butter (optional)
Salt and black pepper to taste

Directions

1. Heat frying pan over medium heat. Cook rashers for 3 to 4 minutes on each side until crisp. Transfer to plate lined with kitchen paper.
2. Toast bread until golden and spread butter
3. Spread mayonnaise on toast. Layer the lettuce, tomato slices and cooked bacon.
4. Add a pinch of salt and black pepper to the tomato. Slice in half and serve.

YOUR COMPASSION CREATES HOPE FOR NOELEEN



Noeleen sleeps wherever she can find shelter, most often in a doorway or in a tent. Sleep is light and broken. Most mornings, she wakes early to the sound of traffic, the city already moving on around her. On quieter days, it's just wind and rain and the cold that doesn't lift. There is nowhere to go to get warm, so she starts walking.

She walks to pass the time. People move past her on their way to work, to shops, to ordinary routines. Some don't see her. Others choose not to. Over time, it begins to feel like she isn't there at all.

It wasn't always like this. Noeleen shared her life with her husband, Liam. He was steady and kind, someone who made everything feel manageable. When he passed away, everything changed. The life they had built together began to fall apart, and over time, she lost her home.

Now her days are shaped by uncertainty. Finding somewhere safe to rest. Managing hunger. Getting through the hours. But it's the loneliness that is hardest.

YOUR SUPPORT MEANS SAFETY FOR MEN AND WOMEN LIKE NOELEEN



At MQI, that *changes*.

Noeleen can come inside and be met with a warm, practical response to what she needs that day. A hot meal, a shower, clean clothes, and a place to sit down safely.

She can speak to staff who listen and take the time to understand what she is going through. If she needs it, she can access healthcare and support from the wider team.

These supports are not one-off. They are there every day. That consistency matters. It gives Noeleen somewhere to return to, and people who will recognise her and check in with her.

For someone living on the streets, that can be the difference between coping and not coping.

For Noeleen, it means she is no longer invisible.



THANK YOU

Thank you for being part of our MQI family.

Food has always had a special place in our services. Every day, meals are prepared and shared in our kitchens. For some people, it's a chance to sit down somewhere warm.

For others, it's an opportunity to learn new skills, cook with others, and enjoy something they've made themselves.

For people like Noeleen, it can be the first moment in the day where they feel safe, seen, and cared for.

We hope you enjoy trying these recipes at home. Whether it's baking a loaf of soda bread, making a pot of soup on a cold day, or sharing brownies with friends, food has a way of bringing people together.

Your support helps make these moments possible. It helps us keep our doors open, our kitchens busy, and a warm welcome waiting for anyone who needs it.

Please consider becoming a monthly donor.

A regular gift helps us provide meals, care, and support every single day.

Even a small monthly amount helps ensure that people like Noeleen always have somewhere to turn.

Thank you for standing with people who need it most.
Learn more by scanning the QR Code below.

