WARTIME RECIPES

Soups, Snacks & Sandwich Fillings

I'm an Energy Food!
Says 'POTATO PETE'
Mock Oysters

Ingredients
6 Sardines, boned and skinned
6 large Artichokes, boiled and rubbed through a sieve
2 Tbsp Cream
Salt and Pepper
Breadcrumbs

Method

Mix all the ingredients together thoroughly and use to fill oyster or scallop shells. Sprinkle with breadcrumbs and brown in an oven. Should be served very hot.
Fish Paste

Ingredients

- 6 oz Cooked Salted Cod
- 4 oz Cooked, Mashed Potatoes
- 2 oz Softened Margarine
- 4 tsp Worcestershire Sauce
- Pepper

Method

Flake the fish with a fork or put through a mincer. Beat in the potatoes until a smooth paste is formed. Beat in the Margarine, Worcestershire Sauce and the pepper.

Spread between thin slices of fresh or toasted bread and serve for supper or as a nutritious picnic treat.
Quick Soup
Cooking time: 30 minutes. Quantity: 6 helpings

Ingredients
4 breakfast cupfuls of stock or water
1 tablespoon of household milk
chopped parsley, or watercress or sliced cabbage 1lb mixed vegetables
1-1½ teaspoons salt
2 tablespoons wheat meal flour

Method:
Put 3 breakfast cupfuls of stock or water on to boil.
Wash and grate or shred the vegetables.
Add salt and vegetables to stock, cook until tender and season.
Blend flour and household milk with 1 breakfast cupful of water and pour into the soup
Stir and cook for 3-5 minutes.
Serve with parsley, watercress or cabbage.
**Lettuce, parsley and potato soup**

**Ingredients**
- 1 medium onion
- 2 medium potatoes
- 2 cos lettuces
- 1 large bunch parsley
- 1.5 pints vegetable stock
- Salt and pepper
- 2tsb vegetable oil or butter if available

**Method**
Chop the onion, sweat in butter or oil until soft. Add the potato and cook gently for a further 3 minutes. Add the stock and simmer for 10 minutes. Add the chopped lettuce and parsley and continue simmering until all ingredients are completely cooked. Liquidise and season to taste with salt and pepper.
Potato Flodgies

*These are real energy givers.*

**Method**

Scrub 2 potatoes and grate with a coarse grater over a bowl.
Then add sufficient flour to form a batter.
Season with salt and pepper.
Melt a little dripping and make very hot in a frying pan.
Drop the mixture into it.
When brown on one side turn and brown the other.
Serve with jam if you want it as a sweet dish or, if you prefer it as a
savoury, add a pinch of mixed herbs and a dash of cayenne pepper.
Sour Milk Pancakes

Ingredients
½ lb flour
1 level tsp Salt
1 small tsp Bicarbonate of Soda
Sour Milk to mix

Method
Mix together the dry ingredients and then sift. Add the sour milk gradually to make a batter that will drop from the spoon. Ensure that the batter is smooth and without lumps. Drop a large tablespoon of the mixture onto a well-greased griddle or stout frying pan and cook until the edges are cooked, then turn over to brown. Serve with jam, or marmalade.
WARTIME RECIPES

Main Courses

USE SPADES NOT SHIPS

GROW YOUR OWN FOOD
AND SUPPLY YOUR OWN COOKHOUSE
Mock Duck

Ingredients

2 lb Sausage meat
1 lb Cooking Apples, peeled and grated
1 lb Onions grated
1 tsp dry Sage

Method

Spread half the sausage meat into a well-greased baking tray or casserole dish.

Top with the grated apple, onion and sage.

Add the rest of the sausage meat and shape the top layer to look like a Duck.

Cover with well-greased baking paper and bake in the centre of a moderate oven for 45 minutes.
Trench Meat Pudding

Ingredients
$\frac{1}{2}$ lb Steak
2 oz Shredded Suet
Salt and Pepper to taste
2 cups Oatmeal
2 small Peeled Onions (if available)
Cold water

Method
Chop the steak and the onion finely and mix with the suet and the oatmeal. Season to taste with the salt and pepper and then mix into thick dough with cold water. Grease a pudding basin and fill it to three quarters full. Cover with greased paper. Tie down securely and steam for 3 $\frac{1}{2}$ hours. Ideal if served with mashed potatoes and gravy.
Woolton Pie

Ingredients
1 lb Potato, diced
1 lb Swede, diced
1 lb Cauliflower, diced
1 lb Carrot, diced
3 or 4 Spring Onions (if possible)
1 tsp vegetable extract
1 tbsp Oatmeal
Chopped parsley
Pastry (for the crust)

Method
Mix together the vegetables, vegetable extract and oatmeal and cook together for around 10 minutes in just enough water to cover. Stir occasionally to prevent the mixture from sticking.
Allow to cool and place into a pie dish. Sprinkle with the parsley before covering with a pastry crust. Bake in a moderate oven until the pastry is nicely browned and serve with hot gravy. This pie should serve 4 to 5 people.
WARTIME RECIPES

Cakes, Puddings, and Celebration Food
Carrot Cookies

Ingredients

2 Tbsp Margarine
4 Tbsp Sugar
A few drops of vanilla or almond essence
8 Tbsp Grated raw carrot
12 Tbsp Self Raising Flour or Plain Flour with 1 tsp Baking Powder

Method

Cream the margarine and sugar together until light and fluffy.

Beat in the flavouring and carrot and fold in the flour.

Drop spoonfuls of the mixture into greased patty tins and sprinkle the tops with a little sugar.

Cook in a moderately hot oven for 20 minutes
Wartime Trifle

Ingredients
1 small ordinary tea bun per person (stale will do)
Fruit Juice (bottled)
OR Cooked Fruit
OR Very thin Apple Sauce
Thin Custard made with custard powder or potato flour and flavouring.

Method
Cut the buns across and put in a large dish. Heat the fruit juice and custard and pour over the buns, ensuring that each is well soaked. Top with a little fresh fruit for decoration if available.
Raisin Crisps

Ingredients

6 oz Self Raising Flour or Plain flour with 2 tsp Baking Powder
2 Tbsp Dried Egg
2 oz Sugar
2 oz Margarine
2 oz Raisins, chopped
A few drops of almond essence

Method

Mix the flour, dried egg and sugar. Rub in the margarine and add the raisins, essence and enough milk to bind into firm dough.

Roll out thinly and cut into 2-inch rounds.

Cook in the centre of a moderate oven for 20 minutes
Beehive Cake

Ingredients
½ lb Self-Raising Flour
3 tbsp Honey
2 oz Candied Peel
3 oz Margarine
1 large Egg (or equivalent in reconstituted dried egg)
½ pt Milk
Pinch of Salt.

Method
Beat together the egg and milk and allow to stand. Brush a cake tin with the margarine and dust with flour. Sieve the flour and salt into a basin and rub in the margarine. Add the chopped peel and stir in the egg and milk mixture. Add the honey and beat well. Put the mixture into the prepared tin and bake for 1 hour in a moderate oven.
Trench Cake

Ingredients
6 oz Margarine
6 oz Brown or Granulated Sugar
2 oz Chopped Peel
¼ lb Mixed Fruit
½ lb Flour
1 ½ tsp Bicarbonate of Soda
½ pt Milk

Method
Cream together the margarine and sugar. Warm the milk and pour onto the bicarbonate of soda. Add to the creamed mixture and then add the fruit, milk and flour. Mix well and place in a 7-inch cake tin. Bake in a moderate oven for about 2 hours. This cake should keep well for at least 10 weeks.
Anzac Biscuits

These biscuits are named after the Australian and New Zealand Army. Instead of using eggs golden syrup was used. These biscuit would keep fresh for a couple of months which is often how long they took to reach the army in the far away countries they were based.

Ingredients:
1 cup plain flour
1 cup rolled oats
1 cup desiccated coconut
1 cup brown sugar
1/2 cup butter
2 1/2 tbsp Golden Syrup (or honey)
1 tsp bicarb soda
2 1/2 tbsp boiling water

Method:
1. Combine flour, oats, sugar and coconut into a bowl.
2. Melt the butter and golden syrup (honey) in a pot over low heat.
3. Mix the bicarb soda with the water and then add to the butter and Golden Syrup (or honey).
4. Pour the liquid mixture into the dry mixture and mix well.
5. Teaspoon dollops of the mixture onto a greased tray (leave space for spreading).
6. Bake in a 180°C (or 350°F) for 15-20mins.
WARcIME RECIPES

RECIPES NON-COOKED.
Carrot Fudge

Ingredients:
Carrots
Gelatin
Orange essence

Method:
Finely grate carrots and cook four tablespoons full in just enough water to cover for 10 minutes.
Add flavouring with orange essence, grated orange rind or orange squash/cordial.
Melt a leaf of gelatin.
Add gelatin to mixture.
Cook quickly for a few minutes stirring all the time.
Spoon into a flat dish.
Leave to set.
Cut into cubes.
Sugarless Apple Dessert

Ingredients:
Cooking apples
Condensed milk
Orange juice
Nuts or grated chocolate

Method:
Grate raw cooking apple.
Whip together with the condensed milk.
Add a little orange juice.
Arrange in dishes with nuts or grated chocolate on top.
**Egg-less Mayonnaise**

**Ingredients**
1 small potato mashed  
1 tsp mustard  
1 tsp vinegar  
125ml vegetable oil  
Salt and pepper

**Method**
Mash the potato until very smooth. Add the mustard and mix well. Add the vinegar and mix well. Very gradually add the oil mixing all the time, season with salt and pepper.
Carrot Sandwich Fillings.

Method
Add two parts of grated raw carrot to one part of finely shredded white heart cabbage and bind with chutney or sweet pickle. Pepper and salt to taste.

or
Bind some grated raw carrot with mustard sauce flavoured with a dash of vinegar.
Wartime Cooking

Some Wartime Recipes use terms that are not familiar today.
Here are a few of the most common ones.

Oven Temperatures

Very Slow = 90 to 120 C, 200 to 250 F or Gas Mark 1
Slow = 140 to 150C, 275-300 F or Gas Mark 2
Very Moderate = 160 C, 325 F or Gas Mark 3
Moderate = 180 C, 350 F or Gas Mark 4
Moderately Hot = 190 to 200 C, 375 to 400 F or Gas Mark 5 to 6
Hot = 220 C, 425 F or Gas Mark 7
Very Hot = 230 to 240 C, 450 to 475 F or Gas Mark 8 to 9

Weights & Measures

1 pt (pint) = 568 ml
1 lb (pound) = 454 g
1 oz (ounce) = 28 g
TYPICAL STREET PARTY RECIPES

Sandwiches
Victory Scotch Eggs
Sausage Rolls
Cakes Tarts and Biscuits
Jelly
Ice cream
Celebration Trifle
Lemon and Orange Squash
Beer & Cider
Milk and Tea
Sandwiches

Typical Sandwiches were:

- Jam and mock Lemon Curd
- Mock Banana (made with boiled parsnips, banana essence and sugar)
- Cheese and Carrot (with a little mayonnaise)
- Egg (blended with margarine and served on lettuce)
- Potted meat
- Fish Paste
- Tomato and lettuce
- Pilchard and cucumber
- Spam
- Marmite
Fish Paste for Sandwiches

Ingredients

6 oz Cooked Salted Cod
4 oz Cooked, Mashed Potatoes
2 oz Softened Margarine
4 tsp Worcestershire Sauce
Pepper

Method

 Flake the fish with a fork or put through a mincer. Beat in the potatoes until a smooth paste is formed. Beat in the Margarine, Worcestershire Sauce and the pepper.

Spread between thin slices of fresh or toasted bread and serve for supper or as a nutritious picnic treat
Mock Lemon Curd

Method
Blend 1 teaspoon of cornflour with 4 tablespoons of lemon squash and 3 tablespoons of cold water. Pour into saucepan, add 1oz (25g) margarine, 1oz (25g) sugar and a pinch of tartaric or citric acid. Stir over low heat until mixture thickens and becomes clear. This should take abt. 10 mins. Remove curd from heat and allow to cool. Stir occasionally to prevent skin forming.
**Victory Scotch Eggs**

*Preparation Time: 20 min  
Cooking Time: 40 min  
Quantity makes 8 halves*

**Ingredients**
- 4 eggs
- 2oz (50g) cheese, grated
- 1 Tablespoon Mayonnaise
- 1 lb (450g) Sausage meat

**To coat:**
- Little dried egg or fresh egg or milk
- 2oz (50g) Crisp Breadcrumbs

**Method**
Boil eggs for 10 mins then shell and cut into halves across egg. Cool enough to handle them and remove the yolks. Mash yolks in basin adding cheese and mayonnaise. Spoon into the whites of eggs and press halves firmly together.
Divide sausagemeat into 4 portions and wrap around each egg seals joins firmly. Brush with egg or milk and coat with breadcrumbs.
Preheat oven to 190c (375F) or Gas Mark 5. Cook eggs on baking tray for 30 mins.
Serve as halves or quarters on lettuce.
**Sausage Rolls**

*Preparation Time: 20 mins  
Cooking time: 20 mins  
Quantity 6-14 depending on size*

**Ingredients**

8oz Shortcrust Pastry (*no ready made would have been available during the war however for ease ready made can be used for this recipe*)

8oz Sausagemeat

Little Milk to glaze

Preheat oven to 200C (400F), Gas Mark 6.

**Method**

Roll out pastry and cut into two strips about 13cm wide and 335.5 cm long. Moisten edges with a little water.

Separate sausagemeat into two equal section and roll into sausage shape slightly shorter than length of pastry

Place sausagemeat in the center of each strip of pastry

Fold the pastry around the sausagemeat and seal the edges firmly.

For small sausage rolls cut the each strip into 6-7 portions.

Piece a small slit in each sausage roll and brush with milk.

Cook for about 20 mins.
Rock Cakes
These are always popular, particularly as they are so easy to make.

Ingredients:
8ozs [250g] flour,
3ozs [75g] sugar,
1/2 teaspoon spice, a little milk,
1 reconstituted egg,
4ozs [125g] mixed dripping,
cooking fat and margarine,
3 or 4ozs [75-125g] fruit,
1 teaspoon [1x15ml spoon] baking powder and a pinch of salt.

Method
Sieve all dry ingredients together and then rub in the fat until the mixture is like very fine breadcrumbs. Then add the egg blended with the milk and not with water, so as to make a very stiff mixture. Lastly the fruit. Put in rough heaps on a greased baking tin and cook in a rather quick oven for 20-25 minutes with the dial at 6 or 425-450ºF [225ºC gas mark 7].
Syrup Biscuits

**Ingredients:**
4oz [125g] flour,
2ozs [50g] fine oatmeal,
2 ozs cooking fat,
2 tablespoons golden syrup,
[3x15ml spoons]
1 reconstituted dried egg [1 egg] and a bare 1/2 teaspoon baking powder.

**Method**
Mix flour and oatmeal and rub in the fat, then add the baking powder and mix well. Warm the golden syrup with a very little milk and then blend with the egg, which is better for being reconstituted with milk and not water. Stir all to a stiff paste and roll out on a floured board to about 1/8 inch (3mm) thickness, stamp into rounds, prick as directed and bake for about 15 minutes with the dial at 3 or 4 or 375ºF [200ºC; gas mark 6].

These recipes are taken from a wartime catering manual *Recipes of the 1940s* by Irene Veal.

Sugarless Sponge Cake

**Ingredients**
1 oz Cornflour         4 ozs Flour
½ teaspoon Baking Powder  Pinch of Salt
2 ozs Margarine      1 Egg
1 small tin sweetened skimmed milk
1 teaspoon lemon juice
A little lemon rind

**Method**
Sift the flour, baking powder and salt together. Rub in the margarine. Add the egg well beaten. Lastly add the milk, lemon juice and rind. Bake in the greased tin or tins which should be warm for 20 to 25 minutes at Reg mark 5. When cool spread with jam and sandwich together. This sandwich is not quite as moist as a Victoria Sandwich.
Treacle tart

Ingredients
2lb golden syrup
1/2 lb fresh breadcrumbs
2 tbs lemon juice
8oz short crust pastry

Yield
1x12" flan ring (12 portions per tart)

Method
Line shallow loose bottom flan rings with sweet or short crust pastry. Mix together the syrup and breadcrumbs and add the lemon juice. Pour the mixture into the pastry cases and cook for about 25 mins in oven gas mark 5.
**Carrot cake**

**Ingredients**
5 egg whites
5oz sugar
5 yolks
8oz grated carrot
2oz plain flour
6oz sweet crumbs
1tsp baking powder
pinch cinnamon

**Yield**
1x12" round cake (12 slices)

**Method**
Whisk the egg whites, fold in the sugar slowly add the egg yolks. Fold in the rest of the ingredients by hand and mix well. Cook in oven 375f for approx. 45 minutes.
Wartime Trifle

Ingredients
1 small ordinary teabun per person (stale will do)
Fruit Juice (bottled)
OR Cooked Fruit
OR Very thin Apple Sauce
Thin Custard made with custard powder or potato flour and flavouring.

Method
Cut the buns across and put in a large dish. Heat the fruit juice and custard and pour over the buns, ensuring that each is well soaked. Top with a little fresh fruit for decoration if available.
Victory Cake

There were many different types of Victory Cake this one uses no eggs or milk and only uses a small amount of butter. It was used during the war to save on rationed food.

Ingredients:

<table>
<thead>
<tr>
<th>2 cups of seeded raisins</th>
<th>1/2 tsp. Cinnamon</th>
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<tbody>
<tr>
<td>3 cups flour</td>
<td>1/4 tsp. cloves</td>
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<tr>
<td>1 tsp. baking soda</td>
<td>2 cups of cold water</td>
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<tr>
<td>1 tsp. baking powder</td>
<td>3 tbs. Butter</td>
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<tr>
<td>1/2 tsp. Salt</td>
<td>2 cups sugar</td>
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<tr>
<td>1/2 tsp. Allspice</td>
<td>3 tbs. cocoa</td>
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Instructions

Boil together the butter, seeded raisins, sugar, and cold water. for 5 mins.: Let cool.

Sift together flour and all other [dry] ingredients [including the cocoa.]

Mix the boiled ingredients and the flour mixture together until blended.

Grease and dust with flour a 10" tin

Place the batter in tin

Bake at 350F for 1 1/2 hours. In the last 1/2 hour, cover with foil to prevent burning.

(Candied Cherries may be added, if desired.)