

# WARTIME RECIPES

## Soups, Snacks & Sandwich Fillings



## **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 Floddies**

*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**

$\frac{1}{2}$  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





## **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**

$\frac{1}{2}$  lb Self-Raising Flour

3 tbsp Honey

2 oz Candied Peel

3 oz Margarine

1 large Egg (or equivalent in reconstituted dried egg)

$\frac{1}{4}$  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  
 $\frac{1}{4}$  lb Mixed Fruit  
 $\frac{1}{4}$  lb Flour  
1  $\frac{1}{2}$  tsp Bicarbonate of Soda  
 $\frac{1}{2}$  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.

# WARTIME RECIPES

RECIPES NON-COOKED.



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## **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) Sausagemeat

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 33.5 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 425-450°F [225°C 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 375°F [200°C; 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:

2 cups of seeded raisins	1/2 tsp. Cinnamon
3 cups flour	1/4 tsp. cloves
1 tsp. baking soda	2 cups of cold water
1 tsp. baking powder	3 tbs. Butter
1/2 tsp. Salt	2 cups sugar
1/2 tsp. Allspice	3 tbs. cocoa

### 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.)