

Wartime Recipes Booklet

Pancakes

Ingredients 1 egg- 4oz of
wholewheat flour-pinch salt -1/2 pint of
milk and water mixed

Method

1. Mix all the wet ingredients together
2. Mix all the dry ingredients together
3. Once you have mixed the ingredients, slowly add the wet ingredients to the dry ingredients to create a stiff batter then continue add the rest. Beat it well until it's smooth.
4. Add a little bit of margarine into the pan and wait until it is bubbling.
5. Pour in the batter and cook until both sides of the batter are brown.
6. Serve with either syrup, jam or sprinkle a little bit of sugar.
7. Enjoy.
8. Makes 6-10 pancakes.

Eggless Sponge

Ingredients 1/2 pint of tea (without any milk or tea
leaves/ bags)

3 oz butter/margarine 3 oz sugar
3 oz sultanas

10 oz wholewheat flour (add 3-4 teaspoons of baking powder)

1 teaspoon all spice (mixed spice) extra cinnamon if required

Method

Add the tea, sugar, butter and sultanas into a saucepan. Heat gently until the butter has melted, leave it to cool.

Mix all the dry ingredients together.

Add and mix the dry ingredients into the cooled liquid. Give it a beat and mix it well.

. Grab a 7-inch cake tin and grease it. Put the mixture into it.

Cook on 180 degrees for around 45 minutes or more.
6. Serve and Enjoy!

Pear Crumble

Ingredients 6-8 pears (Ripe and with the skins left on)-2 tablespoons margarine handful of sultanas - lemon juice/zest if available -1/2 cup of rolled oats -1/2 cup of wholewheat flour -1/2 teaspoon all spice/ mixed spice custard powder, sugar and milk (for custard)

Method

1. Take the pears and core them and chop them whilst leaving the skins on.
2. Squirt some of the lemon juice and zest if available.
3. Add together the sultanas with the pears and lemon juice and place in a 7 inch greased cooking pan.
4. Mix all the spice and sugar together and sprinkle it over the top of the pears in the pan.
5. Mix 1/2 cup rolled oats and 1/2 cup wholewheat flour together in a bowl.
6. Add in the margarine and mix until the mixture resembles bread crumbs.
7. Sprinkle this mixture over the top evenly.
8. Place it in the oven, pre-heated at 200C, for 40 minutes.
9. Create the custard using the instructions on the can and serve it with the hot crumble.
10. Serve and enjoy!
11. Serves 4

Cheese and Potato Dumplings

Ingredients 2 lbs of potatoes -2 reconstituted dried eggs (or 2 fresh) -3 to 4 oz grated cheese salt and pepper - dried herbs such as thyme (optional)

Method

1. Peel the potatoes.
2. Cook the potatoes in boiling salted water
3. Once the potatoes have boiled, set them aside for 10 minutes to drain in a colander.
4. Mash the potatoes.
5. Turn the heat low and add the mash potatoes into the saucepan. Add seasoning and herbs, mix well.
6. Add the cheese and eggs and mix well again until the potatoes firm up.
7. Once they have cooled a little, form them into 10 balls and add in the remainder of the cheese.
8. Place them on a greased baking tray and bake in a hot oven for 20 minutes or so until they have become brown and crusty.
9. Serve and Enjoy!

Pumpkin Soup

Ingredients 2lbs pumpkin-1 onion-1 oz margarine-salt and pepper-milk-1 litre of vegetable stock

Method

Cut open the pumpkin and scoop out the seeds inside, then slice and chop into medium/large chunks.

Place the chunks on the baking tray and put the butter/marg over the top of them. You can also add 1 or 2 cloves of garlic on the tray to roast also.

Let it roast for around 45 minutes, only turning it over once or twice.

Meanwhile, chop an onion and place them into a large saucepan along with 1 oz of margarine and cook until they are soft.

When the pumpkin chunks have cooked, remove the skin and place them into the saucepan.

Add vegetable stock.