



WWII RECIPE

BBC
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HISTORY

CHOCOLATE CAKE (without eggs)

Rationing of basic foods meant that war time cooks had to be very creative to make dishes with limited ingredients. Each person had an allowance of just one egg a week, so they couldn't be wasted in a cake!

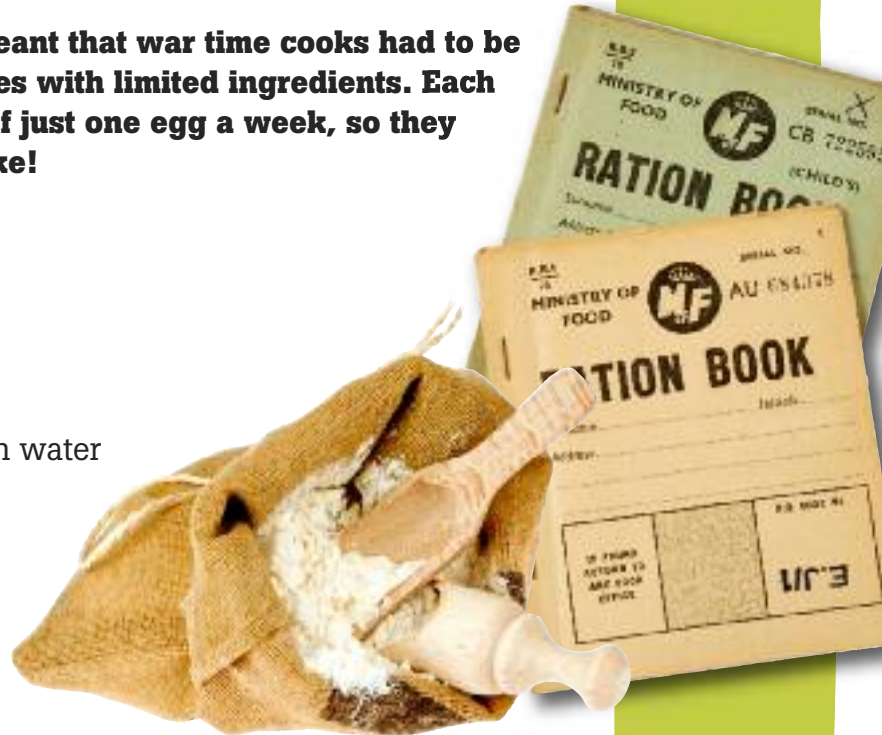
Ingredients:

- 100g margarine or fat
- 200g plain flour
- 50g cocoa
- 100g sugar
- ¼ pint warm milk mixed with water
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp bicarbonate of soda
- 1 tbls vinegar
- ½ tsp vanilla essence

Method:

- Rub the margarine or fat into the flour, baking powder and salt.
- Add the cocoa and sugar and mix with the milk and water.
- Dissolve the soda in the vinegar and add to the cake mixture, along with the vanilla essence.
- Mix, then turn into a greased 6" tin and bake in a moderate oven (Gas Mark 4 / 180 C) for approximately 45 mins (or until a knife comes out clean when removed from the centre of the cake).

Based on a recipe from BBC WWII People's War collection (cornwallcsv)



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MOCK APRICOT FLAN WITH CARROT

The public were encouraged to eat vegetables like carrots as they could be grown at home. The government even started a rumour that carrots were helping famous RAF pilots like 'Cat's Eyes' Cunningham to see in the dark. As carrots are naturally sweet they could also be used in deserts to replace exotic, imported fruits.

Ingredients:

- Short crust pastry (enough to line a 9" tin)
- 1lb young carrots
- Few drops of almond essence
- 4 tablespoons of water
- 1 tablespoon plum jam

Method:

- Line a 9" tin with the short crust pastry and bake for 20-26 minutes (Gas mark 5 / 190 C) until firm and golden.
- While the pastry is cooking, grate the carrots and put them in a saucepan along with the water and almond essence.
- Cook gently until a soft pulp is formed.
- When the pastry is cooked, spoon the carrot mixture into the case.
- Spread plum jam over the top and serve.

Based on a recipe courtesy of BBC WWII People's War collection
(P.E. Ridsdale through actiondesksheffield)



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