

## **What did people cook and eat during WW2 and WHY?**

We have already learnt about rationing during WW2 – this week we would like you to cook!

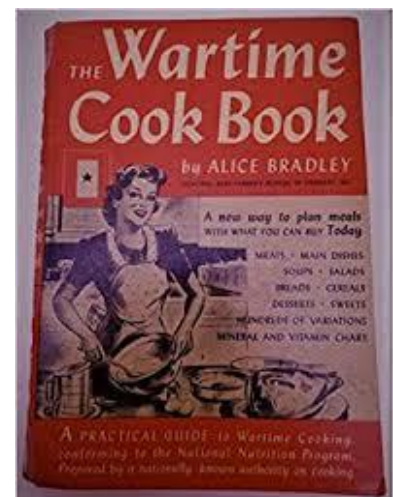
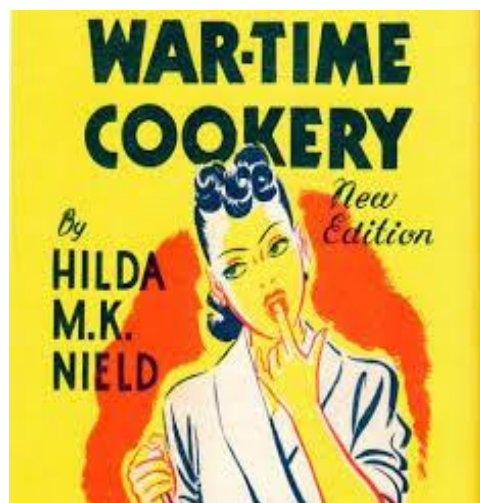
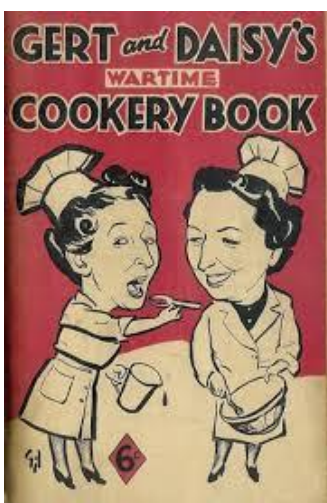
Here are a variety of wartime recipes for you to choose from.

**How did people get their ingredients?**

**How are their recipes different from ones we would use today?**

We would like you to record your cooking, this could be in the form of:

- A photo story
  - A video
  - A handwritten recipe with evaluation
  - A drawn comic strip of the steps to cook your dish.
- Be creative and have fun and don't forget to post your work on your Dojo page!



After you have done your cooking, we would like you to **evaluate**.

# Cooking and Baking - Food Evaluation

**I have made:**

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**The skills I have used:**

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**Evaluation:**

Do you like the way it looks? Yes/No? Why/Why not?

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Do you like the way it tastes? Why/Why not?

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How could it be improved?

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Did you face any problems? How did you overcome them?

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## Pancakes



### Ingredients

1 egg

4oz of wholewheat flour

pinch of salt

1/2 pint of milk and  
water mixed

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**Makes 6-10 pancakes**

### Method

1. Mix all of the wet ingredients together.
2. Mix all of 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 to 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.



## Bread Pudding



### Ingredients

10oz of stale bread

2oz of margarine or butter

1oz of sugar

2oz of dried raisins or  
sultanas

1 egg (fresh or dried)

milk to mix

cinnamon

extra sugar for topping

### Method

1. Put bread and a little bit of water into the basin and leave for 10 minutes.
2. Squeeze the bread until it is fairly dry.
3. After, add the bread and all the ingredients (minus the spice) into the empty basin. Add a little bit of milk to give the bread a sticky consistency.
4. Gradually add the cinnamon a little bit at a time until you like the taste.
5. Place all the mixture into a greased pan (like a lasagna pan).
6. Cook at 160°C for an hour until you see that the edges have become brown and the centre is hot.
7. 10 minutes before the end of cooking, sprinkle some sugar on.
8. Allow it to cool. Finally, serve and enjoy.

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**Serves 8 to 10**



## Bubble & Squeak



### Ingredients

Mashed potatoes

Left over boiled cabbage,  
carrots, parsnips, sausages  
or vegan alternative  
(chopped)

Mushrooms and onion  
(chopped)

### Method

1. Grab a frying pan and add a tablespoon of margarine. Heat until it bubbles.
2. Drop in the onion and mushroom and fry for a few minutes.
3. Add the chopped veg and meat into the pan. Mix it for a minute or so.
4. Add in the mashed potatoes and mix in with the other ingredients in the pan.
5. Press down the mixture with a spatula to brown and heat through.
6. Keep turning it over and heating it through so the edges brown.
7. Serve and enjoy!

# Pumpkin Soup



## Ingredients

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

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**Makes about 8 bowls**

## Method

1. Cut open the pumpkin and scoop out the seeds inside. Then slice and chop into medium/large chunks.
2. Place the chunks on the baking tray and put the butter/margarine over the top of them.
3. Let it roast for around 45 minutes, only turning it over once or twice.
4. Meanwhile, chop an onion and place it into a large saucepan along with 1 oz of margarine and cook until it is soft.
5. When the pumpkin chunks have cooked, remove the skin and place them into the saucepan.
6. Add vegetable stock.
7. Bring the heat to a simmer and continue cooking for roughly 20 minutes. Stir occasionally.
8. Place all of the contents from the saucepan into a liquidizer or rub it through a sieve. Pulse until it has turned into a thick puree.
9. Put the puree back into the saucepan, add salt and pepper and reheat while adding milk for consistency.
10. Serve and enjoy!



## Eggless Sponge



### Ingredients

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

3oz butter/margarine

3oz sugar

3oz sultanas

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

1 teaspoon of all spice (mixed spice) – extra cinnamon, if required

### Method

1. Add the tea, sugar, butter and sultanas into a saucepan. Heat gently until the butter has melted and then leave it to cool.
2. Mix all of the dry ingredients together.
3. Add and mix the dry ingredients into the cooled liquid. Beat the mixture well.
4. Grab a 7-inch cake tin and grease it. Put the mixture into it.
5. Cook on 180°C degrees for around 45 minutes.
6. Serve and enjoy!

**ANN PILLSBURY'S** *Old-Fashioned Oatmeal Cookies*

I'm in love with this wartime cookie recipe. These oaty, sweet, buttery, wartime biscuits really make you appreciate a 15 minute break with a hot cuppa tea in some old vintage china.

This recipe is super simple and quick.

## Ingredients

4 oz (115 g) margarine or butter. (I used half and half as butter really adds that extra flavour)

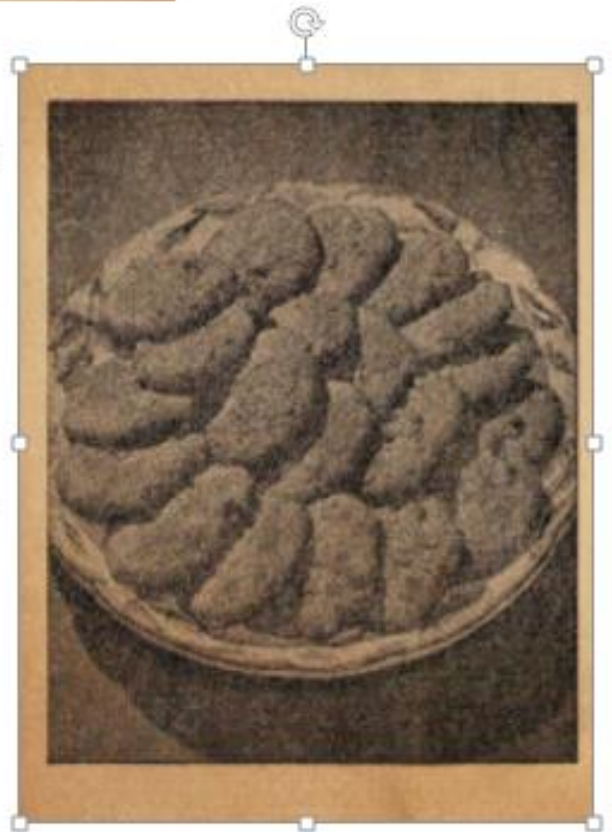
3 oz (85 g) of sugar (I use unrefined caster sugar)

7 oz (200 g) of rolled oats

5 oz (150 g) self-raising flour or plain flour sifted with 1 teaspoon of baking powder and a pinch of salt

1 reconstituted dried egg or fresh egg (I didn't use an egg at all and it was fine)

A little milk



## Method

- \* Pre-heat the oven to 180C (350F) or Gas Mark 4.
- \* Grease two baking trays well or use parchment/baking paper instead.
- \* Cream the margarine/butter with the sugar until soft and light.
- \* Add the rolled oats and mix.
- \* Sift the flour, baking powder and salt and add the egg (if used) into the \* mixture and mix well again before adding in a little milk to moisten. The dough should be stiff and quite dry but sticks together. Knead together.
- \* Divide out mixture into about 20 lumps the size of a walnut.
- \* Press between palms to flatten to about 1/4 inch thick and place on baking tray and press into shape.
- \* Bake for about 15 minutes until edges are golden.
- \* Leave on baking trays to cool.