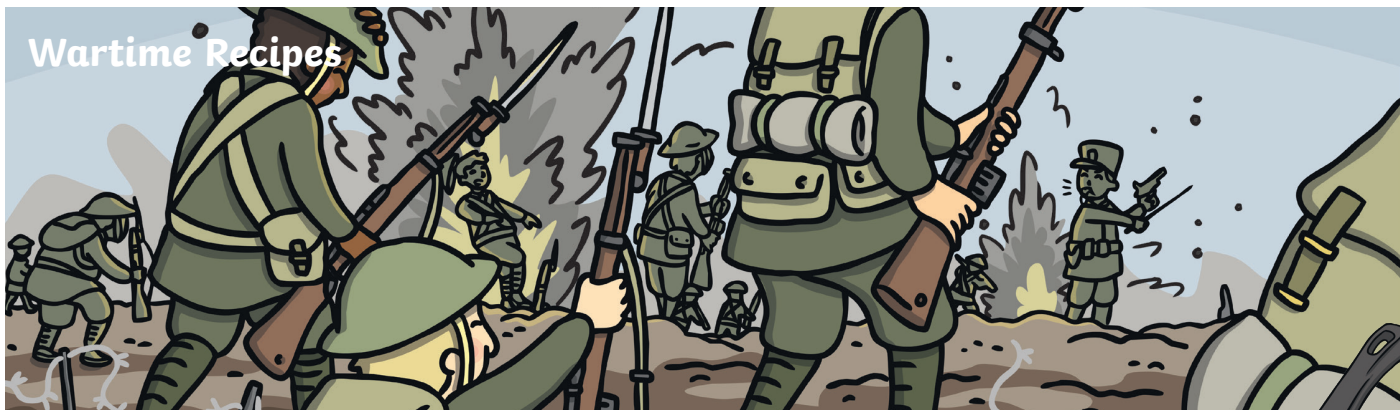


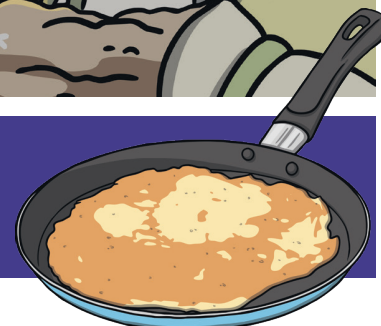
# Wartime Recipes Booklet



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# Pancakes

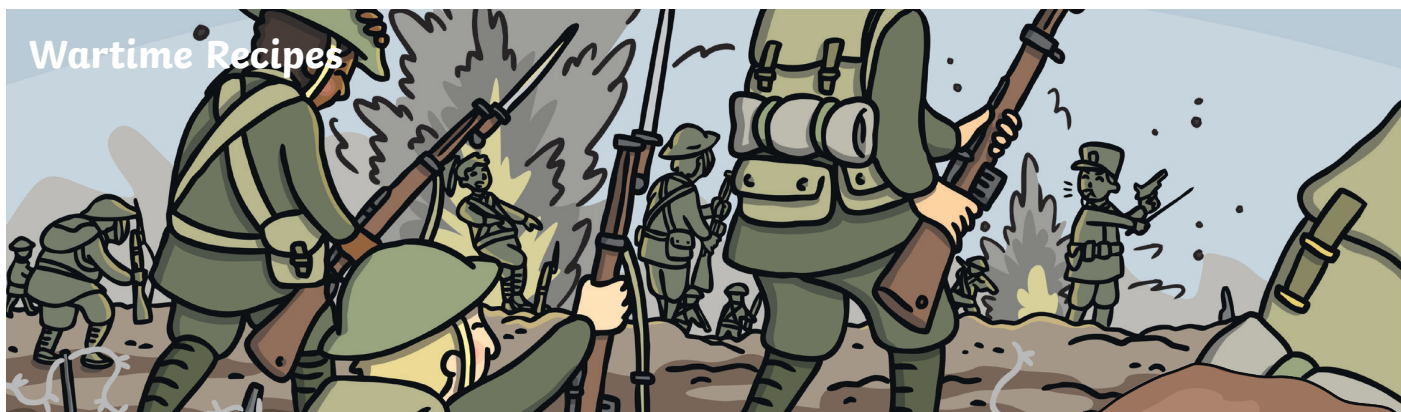


## Ingredients

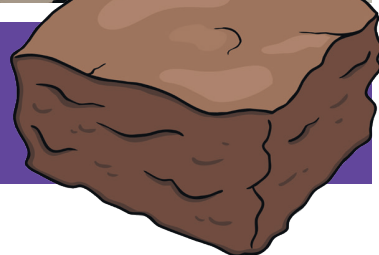
1 egg  
4oz of wholewheat flour  
pinch salt  
1/2 pint of milk and  
water mixed

## 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

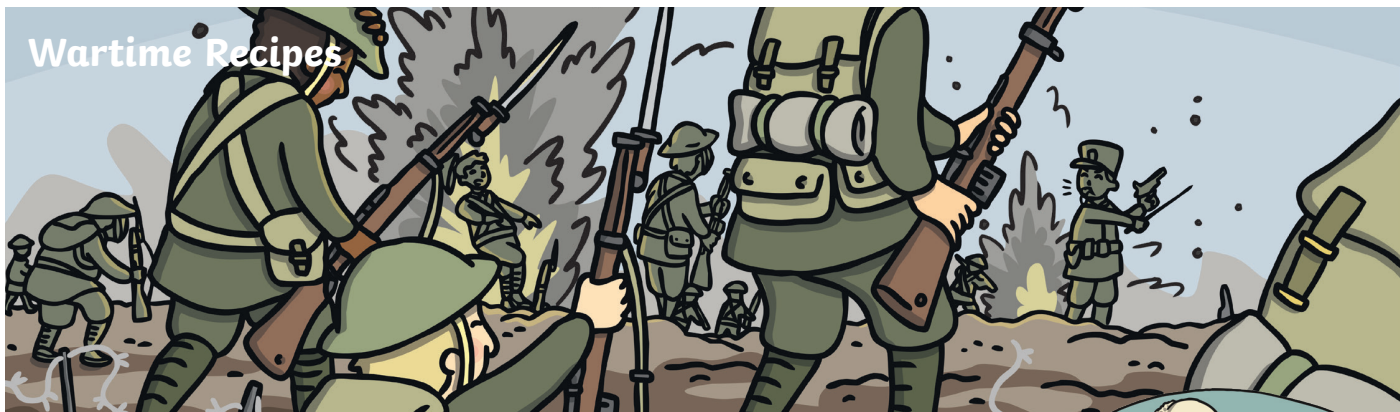
3 oz sultanas

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

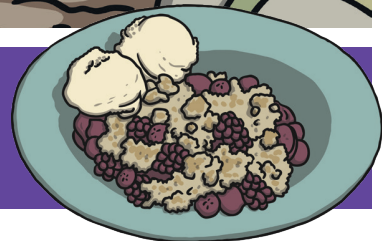
1 teaspoon all spice (mixed spice) extra cinnamon if required

### Method

1. Add the tea, sugar, butter and sultanas into a saucepan. Heat gently until the butter has melted, leave it to cool.
2. Mix all the dry ingredients together.
3. Add and mix the dry ingredients into the cooled liquid. Give it a beat and mix it well.
4. Grab a 7 inch cake tin and grease it. Put the mixture into it.
5. 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

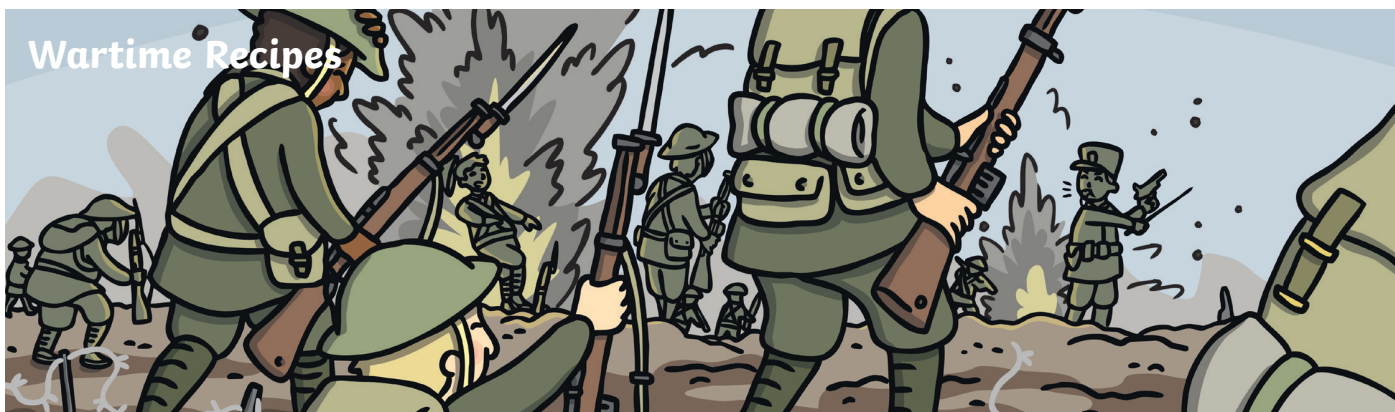
1/2 cup of wholewheat flour

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





## Spam Hash

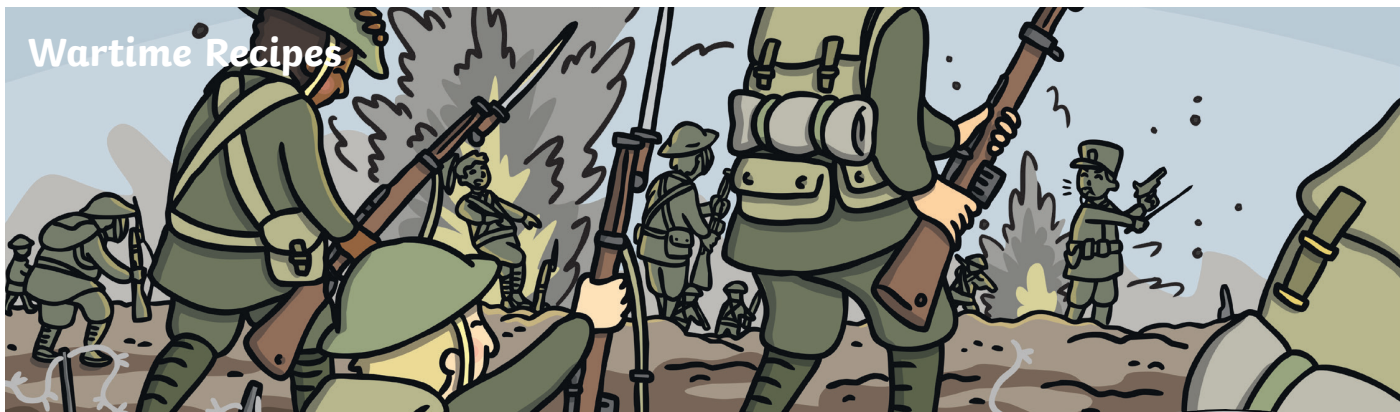


### Ingredients

2 large potatoes  
1/2 onion  
1/4 can of spam  
tablespoon of butter/  
margarine

### Method

1. Wash the potatoes.
2. Cut them into quarters and boil until they are firm. Remove from the water and let them cool.
3. Chop up the onion.
4. Chop the spam up into chunks.
5. Add the butter to a large frying pan.
6. Add the onions and cook gently until nice and soft.
7. Take the potatoes and chop them into even smaller chunks.
8. Add the potatoes and spam chunks into the pan with the onions and continue to fry and stir them.
9. Turn down the heat and cover the frying pan if possible. Continue to cook for a further 5-10 minutes. If the texture is too sticky add a little bit of water and stir.
10. Once cooked, serve with your favourite vegetables.
11. Serve and Enjoy.
12. Serves 1



## Pumpkin Soup



### Ingredients

2lbs pumpkin

1 onion

1 oz margarine

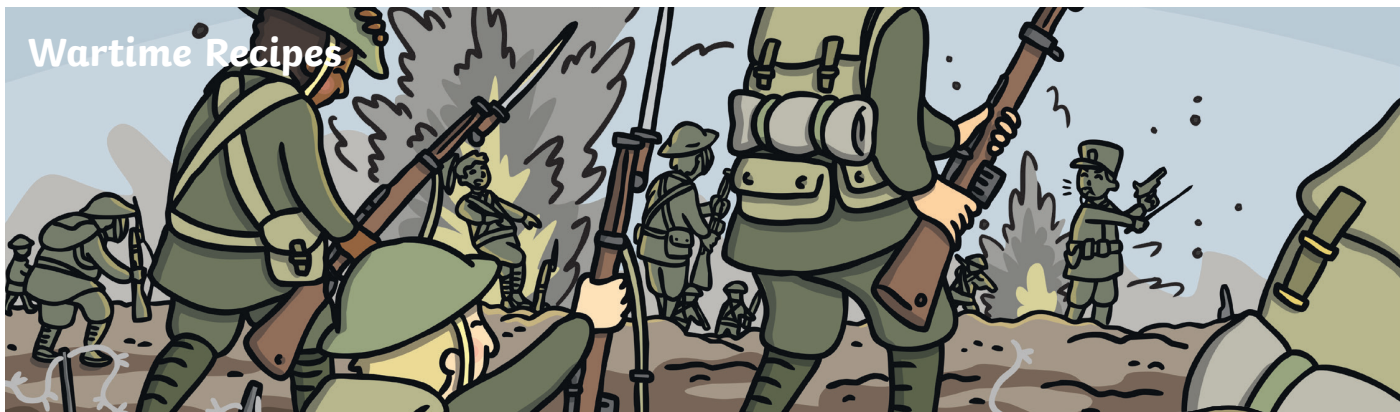
salt and pepper

milk

1 litre of vegetable stock

### 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/marg over the top of them. You can also add 1 or 2 cloves of garlic on the tray to roast also.
3. Let it roast for around 45 minutes, only turning it over once or twice.
4. Meanwhile, chop an onion and place them into a large saucepan along with 1 oz of margarine and cook until they are 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 simmer and continue cooking for roughly 20 minutes. Stir occasionally.
8. Place all 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 whilst adding milk for consistency.
10. Serve and Enjoy!
11. Makes about 8 bowls.



## Cheese and Potato Dumplings



### Ingredients

2 lbs of potatoes

2 reconstituted dried eggs  
(or 2 fresh)

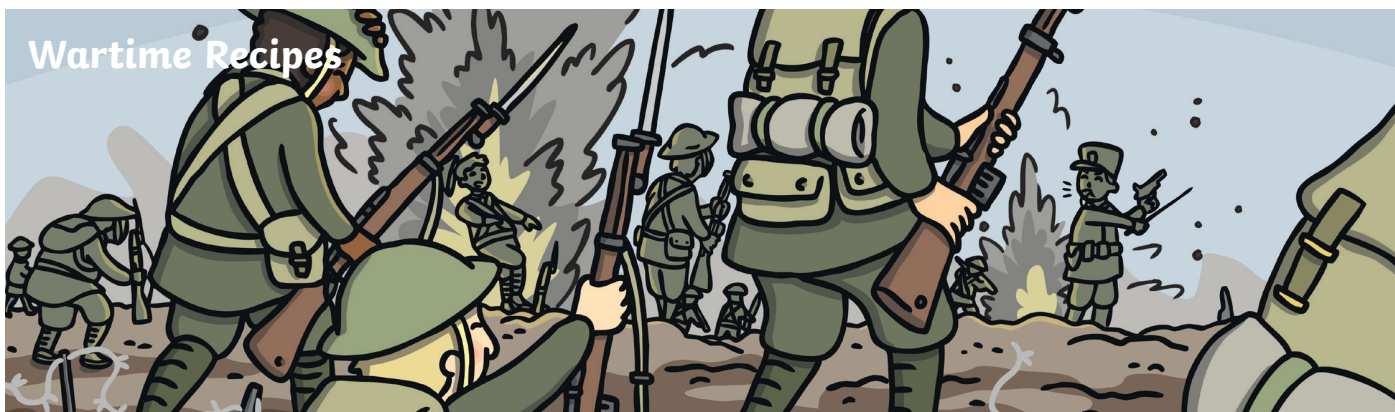
3 to 4 oz grated cheese

salt and pepper

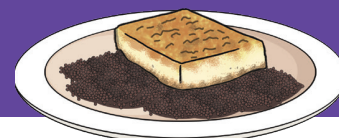
dried herbs such as thyme  
(optional)

### 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!



# Cottage Pie



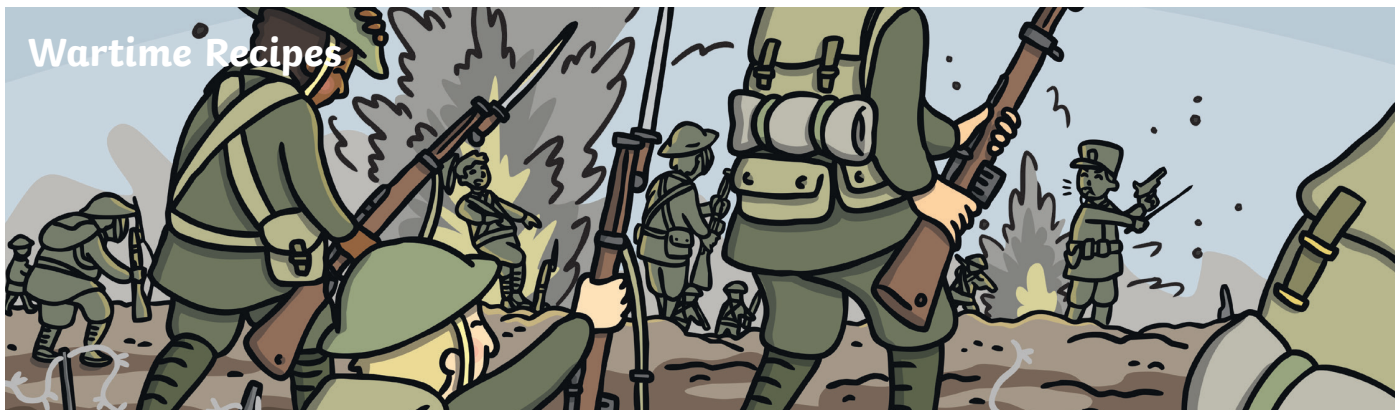
## Ingredients

1 lb mince beef  
several large potatoes  
dried herbs  
salt and pepper  
2 oz cheese  
beef stock( 1 pint or more)  
bisto gravy powder  
peas and finely chopped  
carrots  
chopped onions (optional)  
blob butter or margarine

## Method

1. Brown the mince and add the chopped vegetables, herbs and salt and pepper
2. Add beef stock, stir and simmer for 15 minutes. Add bisto powder towards the end to thicken it up.
3. Meanwhile, chop up the potatoes into small chunks and place in hot salted water and bring to boil, then drain.
4. Add the butter or margarine and mash together. Then add the milk so the mash is spreadable.
5. Place the beef sauce in a small tray or casserole dish and then spread the mashed potato on top.
6. Sprinkle grated cheese and herbs on the top and place in the oven for 20 minutes at 200C.
7. Finish off by placing it under the grill to brown.
8. Serve and Enjoy! Serve and Enjoy!





## Bubble & Squeek



### Ingredients

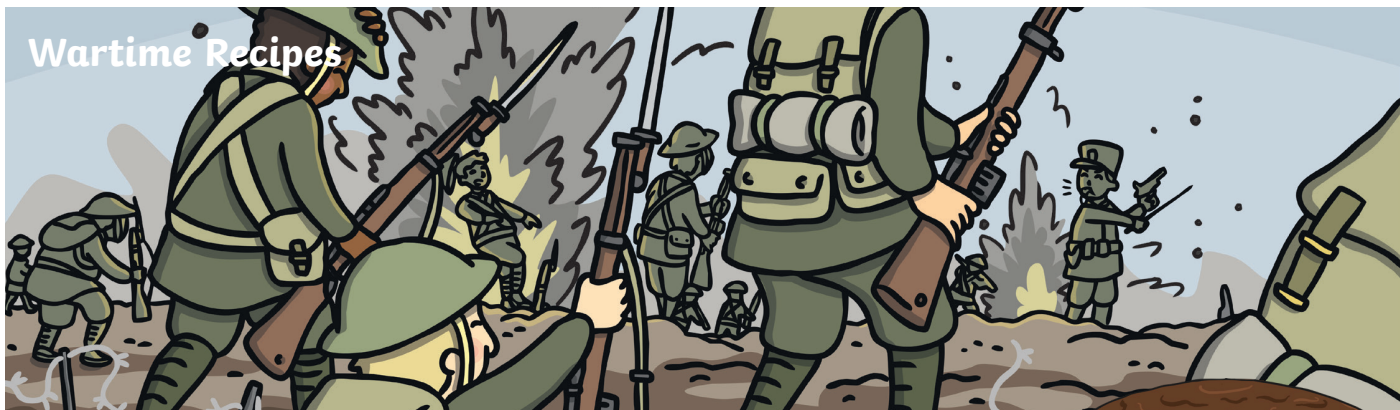
Mashed potatoes

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!



## Eggless Chocolate Cake



### Ingredients

3oz margarine or fat

7oz plain flour

1 tsp baking powder

1/2 tsp salt

1 1/2oz cocoa

3oz sugar

1/4 pint warm milk and  
water

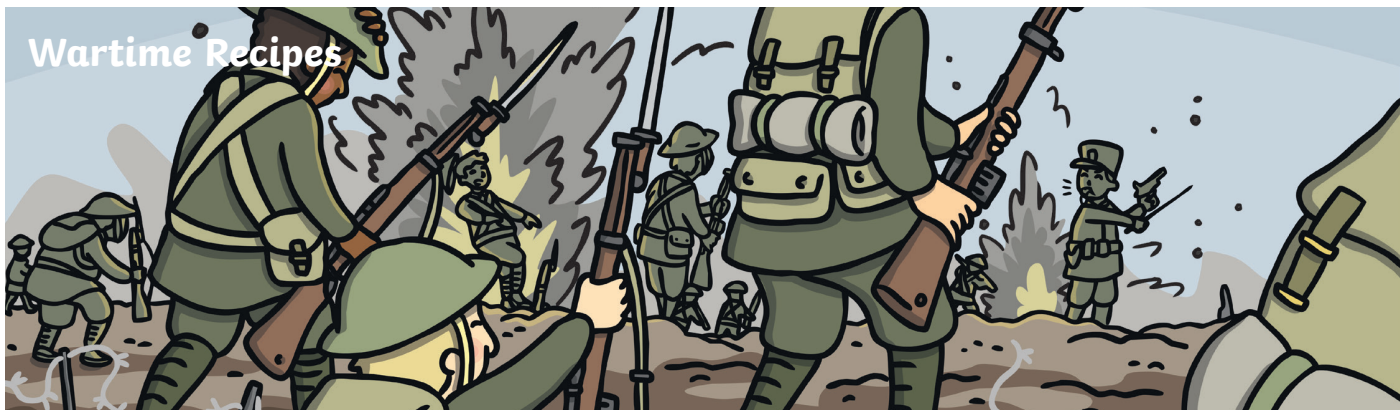
1 tsp bicarbonate of soda

1 tbs vinegar

1/2 tsp vanilla essence

### Method

1. Rub the margarine or fat into the flour, salt and baking powder.
2. Add together the mixture, cocoa, sugar, milk and water. Mix it altogether.
3. Dissolve the soda in the vinegar to add into the cake mixture, with the essence.
4. Mix everything together and place it into a greased tin to bake.
5. Bake for 1 1/2 hours.
6. Serve and enjoy!



## Trench Stew

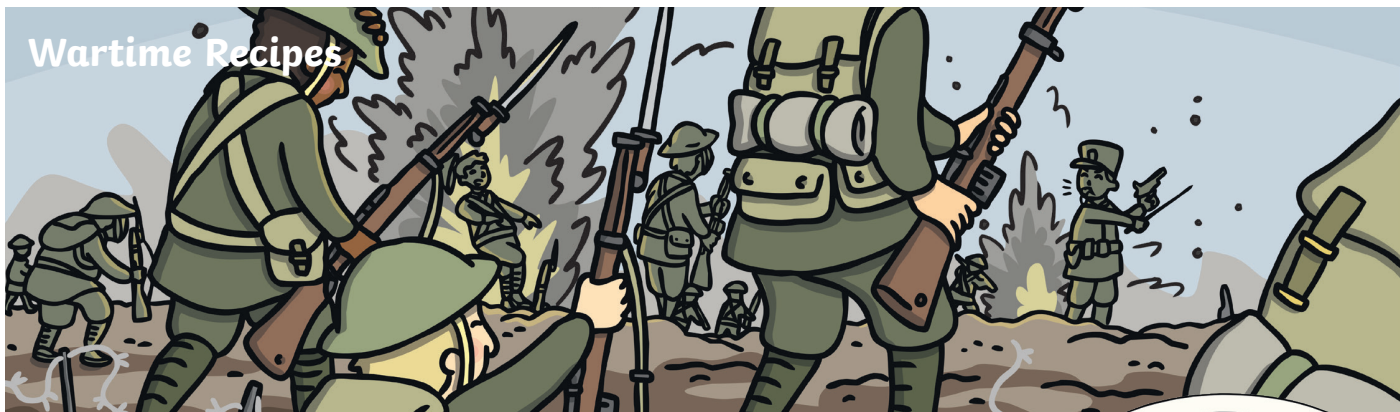


### Ingredients

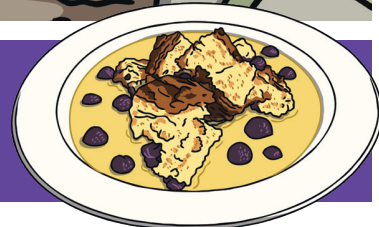
- 1 turnip or large potato
- 1 parsnip
- 1 pint of water
- 2 carrots
- 1/2 stock cube
- Stale bread or 1 biscuit
- 1/2 tin corned beef

### Method

1. Chop up the carrots into small pieces.
2. Chop up the other vegetables into larger pieces.
3. Add the vegetables and the 1/2 stock cube to a pint of boiling water.
4. Stir the vegetables until they become tender.
5. Add in the 1/2 can of corned beef (you can leave this out if you are vegetarian)
6. Crumble in the stale bread or biscuits.
7. Leave and simmer for a few minutes.
8. Serve and Enjoy!



## Bread Pudding



### Ingredients

10 ounces of stale bread  
2 ounces of margarine or butter  
1 ounce of sugar  
2 ounces of dried raisin 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 degrees 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.
9. Serves 8 to 10