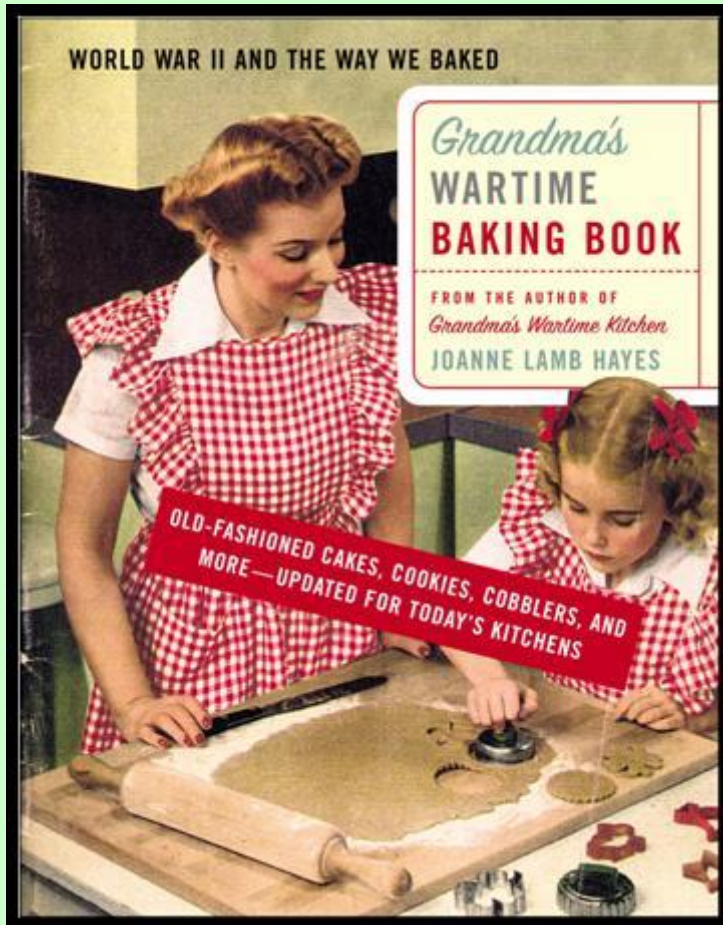


# The impact of rationing

## Food Rations



Why was food rationed?

How was food rationed?

What was the impact of rationing?

# War time recipes

There was little fruit, scarcely any sugar, few eggs, and meat, butter and nearly all foods were rationed. Families were encouraged to Dig For Victory, grow as much food as possible themselves. Consequently many a flower garden found itself turned over to potatoes, carrots and onions in a desperate attempt to fill up the ever hungry children's stomachs.

Women were told that food was their munition of war. The Ministry Of Food and women's magazines of the day gave basic nutritional advice and suggested substitutes such as mashed potato for flour, sour milk for cheese, grated vegetables for fruit and whipped margarine with vanilla instead of cream, but the housewife of the 1940's had to be very creative with what little food they had queued for with ration books in hand. Here are some of the meals they cooked up.

## Carrot Cookies

### Ingredients

2 dessert spoons **margarine**

4 dessert spoons **sugar**

A few drops of **vanilla flavouring**

8 dessert spoons **grated raw carrot**

12 dessert spoons **self raising flour**

½ teaspoon **baking powder**

### Method

1. Grate the carrots and set aside. Make sure you have enough for 8 dessert spoonfuls.
2. Cream the margarine and the sugar together in a bowl until it is light and fluffy.
3. Stir in the vanilla flavouring and carrot.
4. Stir in the flour.
5. Drop spoonfuls of the mixture onto a piece of baking paper. The mixture should make 12 cookies.
6. Bake in an oven at 200°C for 20 minutes.
7. Enjoy your cookies.

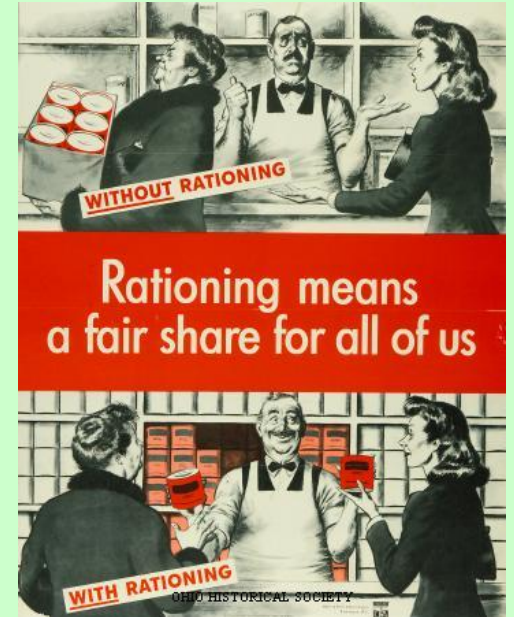
# Sausage and Sultana Casserole

- Ingredients:
  - 1lb sausages
  - 1 large onion
  - 2oz sultanas
  - 1 sour apple
  - Pinch of mixed herbs
  - Stock
  - Salt
- Method:
  1. Chop up and fry the onion.
  2. Fry the sausages.
  3. Cover with stock.
  4. Add sultanas, herbs, salt.
  5. Place in oven and cook slowly for 35-40 minutes.



# Health Bread

- Ingredients:
  - 1 1/2 lb self-raising flour
  - 1 teacup sugar
  - 1 breakfast cup syrup
  - 1 egg
  - 1 breakfast cup of raisins with stones removed.
  - 1 breakfast cup of milk.
  - Pinch of salt.
- Method:
  1. Mix together the sugar, flour, salt and raisins.
  2. Beat the egg and add it to the milk and syrup.
  3. Mix all the ingredients together. Bake in two well greased loaf tins in a moderate oven for approx. 1 1/2 hours.
  4. Slice thinly after a couple of days and serve with butter or margarine.



# Sugarless Apple Dessert

- Ingredients:
  - Cooking apples
  - Condensed milk
  - Orange juice
  - Nuts or grated chocolate
- Method:
  1. Grate raw cooking apple.
  2. Whip together with the condensed milk.
  3. Add a little orange juice.
  4. Arrange in dishes with nuts or grated chocolate on top.



# Cheese Soup

## Ingredients:

- 2 tablespoons of chopped leek or onion ,or both mixed together.
- 2 tablespoons of flour
- 1 cup of grated cheese
- 2 cups of milk (powdered if necessary).
- 2 cups of water
- 2 tablespoons of chopped parsley
- 1 1/2 oz of margarine
- Pinch of salt and pepper.



## Method:

- Add the onion or leeks and margarine to milk and water
- Bring to the boil, cook at a simmer for 15 minutes, stirring gently.
- Blend the flour with a little milk stir in and cook for a few minutes to thicken mixture.
- Add cheese and seasoning. Stir until the cheese is melted, do not allow to boil.
- Add parsley and serve hot.

# Now it is your turn...

- Your task is to create your own WW2 recipe.
- What ingredients will you need?
- Would these ingredients have been available during World War 2?
- What items are on the rations list