

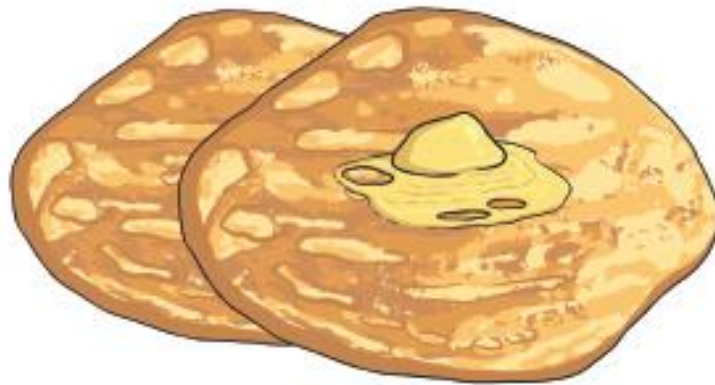
Wartime Recipes

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★ Pancakes ★

Ingredients

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



Method

Mix all the wet ingredients together.

Mix all the dry ingredients together.

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.

Add a little bit of margarine into the pan and wait until it is bubbling.

Pour in the batter and cook until both sides of the batter are brown.

Serve with either syrup, jam or sprinkle a little bit of sugar.

Enjoy.

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.

Serve and Enjoy!

★ Bubble & Squeek ★

Ingredients

Mashed potatoes

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

Mushrooms and onion (chopped)



Method

Grab a frying pan and add a tablespoon of margarine. Heat until it bubbles.

Drop in the onion and mushroom and fry for a few minutes.

Add the chopped veg and meat into the pan. Mix it for a minute or so.

Add in the mashed potatoes and mix in with the other ingredients in the pan.

Press down the mixture with a spatula to brown and heat through.

Keep turning it over and heating it through so the edges brown.

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

Rub the margarine or fat into the flour, salt and baking powder.

Add together the mixture, cocoa, sugar, milk and water. Mix it altogether.

Dissolve the soda in the vinegar to add into the cake mixture, with the essence.

Mix everything together and place it into a greased tin to bake.

Bake for 1 1/2 hours.

Serve and enjoy!

★ 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

Peel the potatoes.

Cook the potatoes in boiling salted water

Once the potatoes have boiled, set them aside for 10 minutes to drain in a colander.

Mash the potatoes.

Turn the heat low and add the mash potatoes into the saucepan. Add seasoning and herbs, mix well.

Add the cheese and eggs and mix well again until the potatoes firm up.

Once they have cooled a little, form them into 10 balls and add in the remainder of the cheese.

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.

Serve and Enjoy!