

A wartime Afternoon Tea



Typical Sandwiches were: Jam and mock Lemon Curd, Mock Banana (made with boiled parsnips, banana essence and sugar), Cheese and Carrot, Egg (blended with margarine and served on lettuce), Potted meat, Fish Paste, Tomato and lettuce, Pilchard and cucumber, Spam and Marmite.

Typical cakes were: Carrot cookies, Rock Buns, victory cake, carrot cake and shortbread.

Mock banana sandwich youtube recipe:

https://www.youtube.com/watch?v=lygB3ycXkd4&list=PLnuq3mvZIBJsN3VtL8-7hByw_DxFKRiMr&index=1

Link below to different recipes for you to try

<https://the1940sexperiment.com/100-wartime-recipes/>



Recipes

Carrot Cookies

Ingredients:

2 Tbsp Margarine

4 Tbsp Sugar

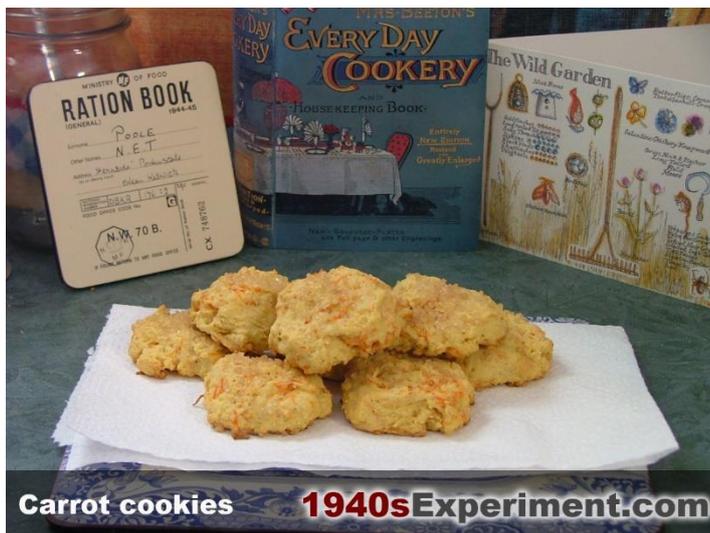
A few drops of vanilla or almond essence

8 Tbsp Grated raw carrot

12 Tbsp Self Raising Flour or Plain Flour with 1 tsp Baking Powder

Method:

Cream the margarine and sugar together until light and fluffy. Beat in the flavouring and carrot and fold in the flour. Drop spoonful's of the mixture into greased patty tins and sprinkle the tops with a little sugar. Cook on 200C for 10/15 minutes.



Rock Buns

Ingredients:

8ozs [250g] flour

3ozs [75g] sugar

1/2 teaspoon spice

a little milk

1 reconstituted egg

4ozs [125g] mixed dripping, cooking fat and margarine

3 or 4ozs [75-125g] fruit

1 teaspoon [1x15ml spoon] baking powder

and a pinch of salt.

Method:

Sieve all dry ingredients together and then rub in the fat until the mixture is like very fine breadcrumbs. Then add the egg blended with the milk and not with water, so as to make a very stiff mixture. Lastly the fruit. Put in rough heaps on a greased baking tin and cook in a rather quick oven for 20-25 minutes with the dial at 6 or 425-450°F [225°C gas mark 7].



Victory Cake

There were many different types of Victory Cake this one uses no eggs or milk and only uses a small amount of butter. It was used during the war to save on rationed food.

Ingredients:

2 cups of seeded raisins

3 cups flour

1 tsp. baking soda

1 tsp. baking powder

1/2 tsp. Salt

1/2 tsp. Allspice

1/2 tsp. Cinnamon

1/4 tsp. cloves

2 cups of cold water

3 tbs. Butter

2 cups sugar

3 tbs. cocoa

Method:

Boil together the butter, seeded raisins, sugar, and cold water. for 5 mins.: Let cool.

Sift together flour and all other [dry] ingredients [including the cocoa.]

Mix the boiled ingredients and the flour mixture together until blended.

Grease and dust with flour a 10" tin Place the batter in tin Bake at 350F for 1

1/2 hours. In the last

1/2 hour, cover with foil to prevent burning. (Candied Cherries may be added, if desired.)



Wartime Scotch Shortbread

Ingredients:

4oz Margarine

8oz plain flour

2oz sugar

Method:

Melt 4 oz. margarine, add 8 oz. plain flour and 2 oz. sugar.

mix well and knead until the mixture binds together. If it is a little dry crumble it again and add a splash of milk and re knead.

Put in an ungreased baking tin and press mixture down firmly so it is about 1/2 inch thick.

Prick the surface and then cut into 10-12 portions.

Bake in centre of moderate oven for 30 + minutes. (Moderate = 180 C, 350 F or Gas Mark 4)

Remove, sprinkle lightly with sugar and serve.



Victory Scotch Eggs

Preparation Time: 20 min Cooking Time: 40 min Quantity makes 8 halves

Ingredients:

4 eggs

2oz (50g) cheese, grated

1 Tablespoon Mayonnaise

1 lb (450g) Sausage meat

To coat: Little dried egg or fresh egg or milk 2oz

(50g) Crisp Breadcrumbs

Method:

Boil eggs for 10 mins then shell and cut into halves across egg. Cool enough to handle them and remove the yolks. Mash yolks in basin adding cheese and mayonnaise.

Spoon into the whites of eggs and press halves firmly together.

Divide sausage meat into 4 portions and wrap around each egg seals joins firmly.

Brush with egg or milk and coat with breadcrumbs.

Preheat oven to 190c (375F) or Gas Mark 5. Cook eggs on baking tray for 30 mins.

Serve as halves or quarters on lettuce.

