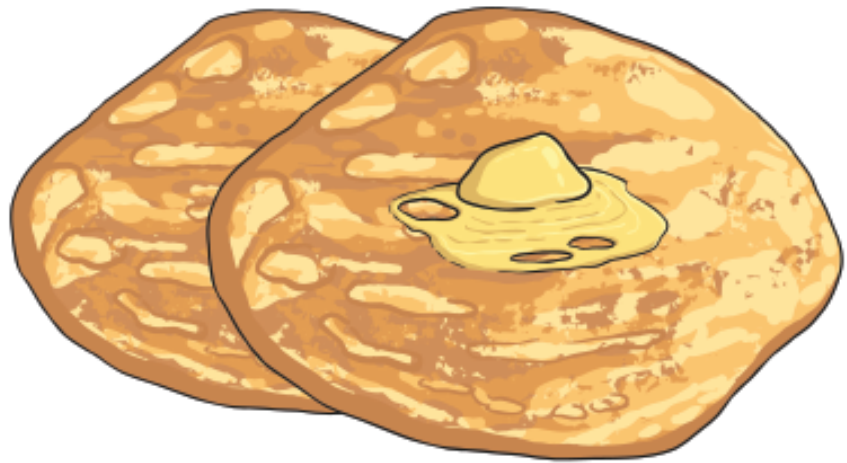


WARTIME RECIPES

★ 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.

WARTIME RECIPES

★ 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!

WARTIME RECIPES

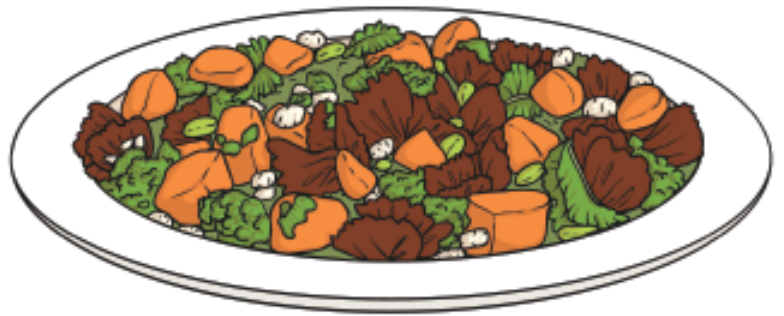
★ Bubble & Squeek ★

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!

WARTIME RECIPES

★ 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!

WARTIME RECIPES

★ 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

Chop up the carrots into small pieces.

Chop up the other vegetables into larger pieces.

Add the vegetables and the 1/2 stock cube to a pint of boiling water.

Stir the vegetables until they become tender.

Add in the 1/2 can of corned beef (you can leave this out if you are vegetarian)

Crumble in the stale bread or biscuits.

Leave and simmer for a few minutes.

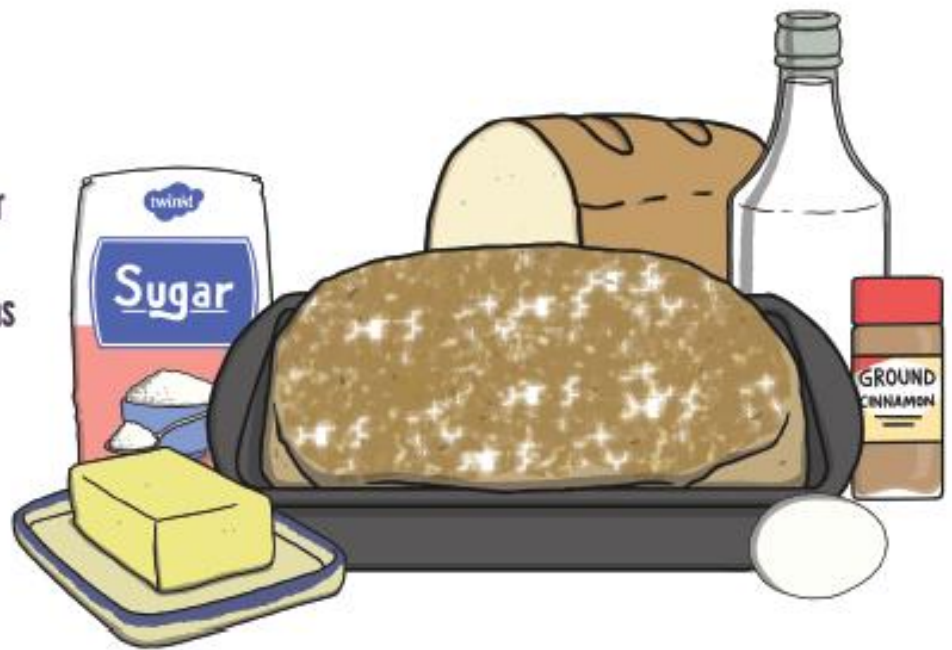
Serve and Enjoy!

WARTIME RECIPES

★ 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

Put bread and a little bit of water into the basin and leave for 10 minutes.

Squeeze the bread until it is fairly dry.

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.

Gradually add the cinnamon a little bit at a time until you like the taste.

Place all the mixture into a greased pan (like a lasagna pan).

Cook at 160 degrees C for an hour until you see that the edges have become brown and the centre is hot.

10 minutes before the end of cooking, sprinkle some sugar on.

Allow it to cool. Finally, serve and enjoy.

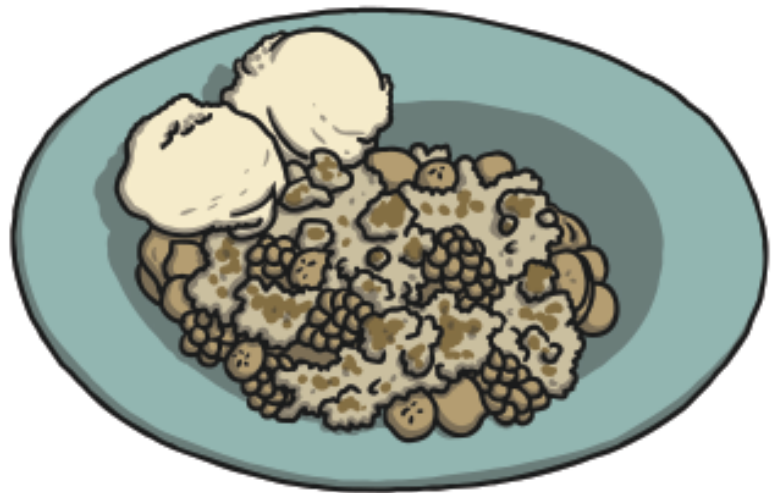
Serves 8 to 10

WARTIME RECIPES

★ 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

Take the pears and core them and chop them whilst leaving the skins on.

Squirt some of the lemon juice and zest if available.

Add together the sultanas with the pears and lemon juice and place in a 7 inch greased cooking pan.

Mix all the spice and sugar together and sprinkle it over the top of the pears in the pan.

Mix 1/2 cup rolled oats and 1/2 cup wholewheat flour together in a bowl.

Add in the margarine and mix until the mixture resembles bread crumbs.

Sprinkle this mixture over the top evenly.

Place it in the oven, pre-heated at 200C, for 40 minutes.

Create the custard using the instructions on the can and serve it with the hot crumble.

Serve and enjoy!

Serves 4