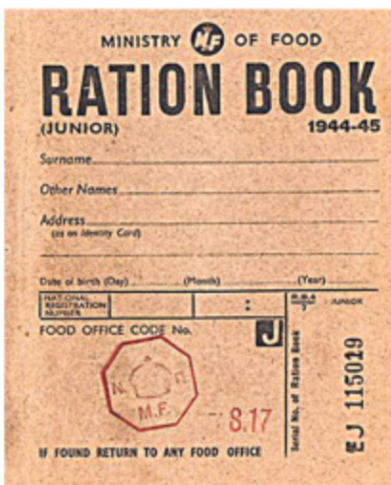


# Second World War Recipes



This is a practical hands-on session in which students will learn about preparing and cooking a variety of dishes. They will learn about measurements, and a brief history of rationing in the Second World War.

Suitable for Ages 5 +

**Curriculum links** History: Changes within living memory, significant historical events and people and places in their own locality.  
Design & Technology - Cooking & Nutrition: Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.

## Rationing

During the Second World War, the UK government put a practice into place called rationing. Rationing meant that there was a limit on how much of something you were able to buy. It also meant that the things you liked the most, like chocolate, were not allowed to be purchased and eaten whenever you liked. Every person would be given a ration book, which had tokens inside to use when purchasing items. Once the tokens had been used up, you would have to wait until the next ration books were issued!

Rationing was brought in during the War to ensure that the country didn't run out of food. It also meant we could divert more

food to the front line and to those fighting the war (as they would require more food and energy than those at home).

As you can imagine, this made cooking and baking very difficult, as the products and ingredients used before the War may no longer have been available. The below recipes are some of the things that people used to cook and bake in the Second World War.

You have most likely heard of chocolate chip cookies, but have you ever heard of... carrot cookies? Don't judge them until you have tried them, who knows, you may prefer them!

Here are a range of wartime recipes from the Second World War for you to try at home. There are sweet and savoury recipes, to enable the practice of both.

## Pathfinder Pudding

**Cooking time** 2 hours **Quantity** 4 - 6 helpings

### Suet pastry

170g flour  
½ teaspoon salt  
¾ teaspoon baking powder  
30g suet (chopped or grated)  
45g potato (uncooked and shredded)  
water

### Filling

900g parsnips (cooked and diced)  
115g cheese (grated)  
1 whole leek (uncooked and sliced)  
½ teaspoon mustard powder  
1 teaspoon pepper  
1 teaspoon salt

- 1 Mix the flour, salt and baking powder and add the suet, potato and water to bind.
- 2 Roll out three-quarters of the pastry to line a 2-pint greased basin.
- 3 Mix the parsnips, cheese, leek, mustard, pepper and salt together.
- 4 Empty the mix into the lined basin.
- 5 Roll out the remaining pastry to form a lid. Put this onto the pudding.
- 6 Cover the pudding and steam for 2 hours.

## Corned Beef Risssoles

**Cooking time** 20 minutes **Quantity** 2 - 3 helpings

115g corned beef  
225g potato (mashed)  
225g mixed vegetables (cooked)  
115g wheatmeal breadcrumbs

4 tablespoons brown sauce or vegetable water  
1 pinch mixed herbs  
seasoning (salt and pepper)

- 1 Flake the corned beef and mix with the potatoes, vegetables and breadcrumbs.
- 2 Season and add the mixed herbs.
- 3 Bind the mixture with the brown sauce or vegetable water and form into desired shapes.
- 4 Bake in the oven for 20 minutes.

## Carrot Cookies

**Cooking time** 20 minutes **Quantity** 12 - 15 cookies

1 tablespoon margarine	6 tablespoons self-raising flour
2 tablespoons sugar	1 teaspoon vanilla flavouring
4 tablespoons carrot (uncooked and grated)	1 tablespoon water

- 1 Cream the margarine and sugar together until it is light and fluffy.
- 2 Beat in the flavouring and carrot.
- 3 Fold in the flour, adding water as it gets dry.
- 4 Drop spoonfuls of the mixture onto a greased pan.
- 5 Sprinkle the tops with sugar.
- 6 Bake in a brisk oven for around 20 minutes.

## Banana Cream

**Preparation time** 20 minutes **Quantity** 4 helpings

3 bananas	145ml custard
2 tablespoons cold water	285ml evaporated milk, whipped
15g gelatine	1 tablespoon sugar

- 1 Mash the bananas until a pulp.
- 2 Pour the water into a pan, add the gelatine and allow to stand for 2 minutes.
- 3 Warm the custard on a low-medium heat.
- 4 Dissolve the gelatine over hot, but not boiling water.
- 5 Add the bananas and the dissolved gelatine to the warm custard and blend together.
- 6 Leave in a cool dark place until the mixture begins to stiffen then fold in the whipped evaporated milk and sugar.
- 7 Spoon into glasses and chill well.

Once you've made a recipe, share it with us on social media.



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