

Lord Woolton's Vegetable Pie: *(named after the Earl of Woolton – Minister for Food 1940-1943)*

This recipe required:

2 lb of potatoes

1 lb of cauliflower

1 lb of carrots

½ lb of suede

½ lb of parsnips

3 or 4 spring onions

Water for cooking

1 teaspoon vegetable extract

1 tablespoon of oatmeal

Chopped parsley

2 oz grated cheese.

“Cook half the potatoes, the vegetables, the vegetable extract and oatmeal for 10 minutes in enough water to cover them. Stir occasionally to prevent sticking. Cool and place in a pie dish. Sprinkle with chopped parsley. Boil, then mash the rest of the potatoes; spread then over the vegetables to make a crust. Sprinkle the cheese on top. Bake at 190C, 375F, gas mark 5 until lightly browned. Serve with gravy and vegetables. Serves 6 to 8.”

Bread Pudding

Ingredients:

- 225g (8oz) stale bread
- 50g (2 oz) grated suet
- 25g (1 oz) sugar
- 1 tablespoon marmalade
- 50g (2oz) dried fruit
- 1 reconstituted dried egg
- milk to mix
- ground cinnamon

Method:

- Pre-heat the oven, Gas 4, 180C, 350F
- Put the bread into a basin, add cold water and leave for 15 minutes then squeeze dry with your fingers
- Crumble the bread to the basin
- Add all the other ingredients and enough milk to make a sticky consistency
- Add a pinch of cinnamon
- Spoon into a greased tin (20cm, 8") and bake in the centre of the oven for 1 hour (or steam in a greased basin for 2 hours)
- Remove from the steamer or oven and allow to cool for 10 minutes
- Serve warm or cold

Carrot Cookies

Ingredients:

- 1 tablespoon margarine
- 2 tablespoons sugar
- A few drops of vanilla or almond for flavouring
- 4 tablespoons grated raw carrot
- 6 tablespoons self-raising flour or plain flour mixed with ½ teaspoon of baking powder
- Extra sugar to sprinkle on top of the cookies.

Method:

- Cream the margarine and sugar together until light and fluffy.
- Beat in the flavouring and grated carrot.
- Fold in the flour, or flour mixed with baking powder.
- Drop spoonfuls of the mixture into small greased patty pans.
- Sprinkle the tops with the extra sugar and bake at 220C, 425F, gas mark 7 for about 20 minutes.

Egg-free sponge cake

This simple sponge is inspired by a World War II ration recipe. Serve with a cup of tea for an afternoon treat.

Ingredients

- 175g/6oz [plain flour](#)
- 3 tsp [baking powder](#)
- 70g/2½oz [margarine](#)
- 60g/2¼oz [sugar](#)
- 1 tbsp [golden syrup](#)
- 150ml/¼ pint [milk](#)
- 2-3 tbsp [jam](#)

Preparation method

1. Preheat the oven to 190C/375F/Gas 5. Grease and line two 18cm/7in sandwich tins.
2. Sift the flour and baking powder into a bowl.
3. Cream the margarine, sugar and golden syrup together in a bowl until light and fluffy. Add a little flour then a little milk and repeat until all of the flour and milk has been added and the mixture is smooth and well combined. (Add a little extra milk or water if the mixture is too stiff.)
4. Divide the mixture between the two sandwich tins. Bake in the oven for 20-25 minutes, or until risen and golden-brown.
5. Remove the cakes from the oven and set aside to cool slightly. Remove the cakes from the tins and set aside to cool completely.
6. To serve, sandwich the cakes together with the jam.

Potato Scones

- 6 oz flour.
- 4 oz mashed potato.
- 1 teaspoonful baking powder.
- ½ teaspoonful salt.
- 1 oz fat.
- 4-5 tablespoonfuls milk.

Method-Mix the flour and salt. Add the baking powder and work into the mashed potato. Rub in the fat. Blend to a soft dough with milk. Roll out to ¼ inch thickness. Cut into rounds. Brush the tops with milk. Bake on greased baking sheets for 15 minutes in a hot oven. For a sweet scone add 1 oz sugar.

Cole Slaw

- 4 oz. shredded cabbage heart
- 1½ tablespoons chopped spring onions.
- 4-5 tablespoons salad dressing (about 1/8 pint).

Mix well together and turn into a salad bowl to serve.

Mixed Vegetable Salad

- 4 tablespoons finely shredded cabbage.
- 2 tablespoons grated carrot.
- 1 tablespoon swede or turnip.
- ½ tablespoon sultanas or raisins.
- 1 teaspoon finely chopped onion (optional).
- a little salad dressing or vinegar.
- salt and pepper.
- 2 tablespoons diced or grated beetroot.
- 1 tablespoon chopped parsley.

Mix together the cabbage, carrot, swede, sultanas, and onion, if used. Moisten with a little salad dressing or vinegar, and season to taste. Pile in a dish, and garnish with the beetroot and parsley.

Beetroot and Watercress Salad

- 4 oz. cooked beetroot diced.
- ½ teaspoon salt.
- pinch of pepper.
- 2 tablespoons vinegar.
- 2 tablespoons water.
- 4 oz. watercress.

Place the beetroot in a dish, sprinkle with the seasoning, and pour over the vinegar and water. Garnish with watercress.

Vinaigrette Dressing

Mix together 1 tablespoon salad oil and 2-3 tablespoons vinegar with salt and pepper to taste and a little mustard, if liked.

Ginger Beer

- 1 gallon of boiled water.
- 1 lb sugar.
- ½ oz yeast.
- 1 level teaspoon ground ginger.
- 1 level teaspoon cream of tartar.

Put yeast in a basin with a teacup full of sweetened water almost cold. Let stand till yeast rises. Put boiled water, sugar, ginger and cream of tartar into a large jug and stir in the yeast when the water is luke warm. Stand till cool, then skim well and bottle carefully, it will be ready for use in two days.

Lemonade

- 1½ lb sugar.
- 4 lemons.
- 1 oz citric acid.

Pour a quart of boiling water over the sugar and citric acid. Squeeze in the juice of lemon and also put in the rind. On cooling pour off the liquid, bottle it and use a tablespoon full to a glass of water.

Bubble and Squeak

- Mashed potatoes
- Left over boiled cabbage, carrots, parsnips, sausages or vegan alternative (chopped)
- Mushrooms and onion (chopped)

Method

1. Put a large knob of margarine (dairy free margarine for vegans) in a frying pan and heat until it bubbles
2. Drop in the onion and mushroom and saute for a few minutes
3. Add the leftover chopped veg and meat and mix for a minute or so
4. Drop in the mashed potatoes and mix with veggie mixture already in pan
5. Press down the mixture with a spatula to brown and heat through
6. Turn over and keep heating through and until the edges brown
- 7.

Corned Beef Fritters

8. 2 oz self raising flour or plain flour (I used wholemeal/wholewheat)
9. pinch salt
10. 1 egg (fresh or dried)
11. dash of milk
12. pinch of herbs (I used Thyme)
13. 2 teaspoons grated onion
14. 6 oz corned beef finely flaked
15. a little dripping or margarine (or cooking oil)

Method

Mix and blend the flour with the salt, beaten egg and dash of milk.

Beat until a smooth batter is achieved

Add corned beef, onions and herbs

Melt the dripping or fat in a frying pan

Drop in a spoonful of the mixture and press down to form a small patty (mixture should be enough to make 8)

Fry on either side until crisp and brown and serve with veggies or salad while warm.

Makes enough for 4 people

called for 2 tablespoons of gravy or water- again not needed. Using this amount of liquid just doesn't work...

Cold meat pasties

- Shortcrust pastry made with 8 oz flour, 4 oz fat and cold water to bind
- 8 oz cold meat minced (whatever you have spare- I use a mixture of sausage, bacon, minced beef or corned beef)
- 1 small onion chopped
- 8 tablespoons of cooked chopped vegetables
- 2 tablespoons of Worcestershire sauce
- 2 chopped tomatoes
- salt and pepper
- milk or egg to glaze

Method

1. Pre-heat the oven to 200 C
2. Divide pastry into 4 pieces and roll out each piece into a circular shape a little larger than a saucer
3. Mix the vegetables, onion and minced meat, Worcestershire sauce and seasoning together in a bowl
4. Spoon the mixture into the middle or onto one side (depending on how you like your pastie to look)
5. Apply water to edges before bringing together, flute the edges or use a fork to press together
6. Prick a couple of times with knife or fork
7. Apply some milk or beaten egg to pastie
8. Place on baking tray and cook for around 30 minutes until golden brown

Serve with salad or gravy and mash

Makes 4 pasties

Wartime Vegetable Turnover

Pastry

- 12 oz of plain (wholewheat) flour with 3 teaspoons baking powder
- large pinch of salt
- 3 oz margarine (or dripping)
- water

Filling

- 10 oz scrubbed diced cooked potatoes (never remove the skins!)
- 4 medium carrots diced
- 1 large onion or 1 leek finely chopped (saute)
- herbs, salt, pepper

Method

Sift the flour, salt and rub in the margarine

Bind with water

Cook carrots and potatoes until medium soft and then mix gently together in bowl with a little margarine, salt, pepper and herbs

Mix in the onions or leeks

Divide the pastry into 4 pieces and roll out each one into a round

Put mixture into centre of each round

Wet the edges of pastry with water

Pull over one side to the other and press down edges

Prick top of pastry

Brush with a little milk

Bake in hot oven (220 C) for 25-30 mins until crisp and brown

Serve hot or cold.

Potato floddies

- 2 large potatoes, scrubbed with skins on
- a little flour
- salt & pepper
- pinch of mixed herbs
- butter, margarine or dripping for frying

Method

1. Grate your scrubbed potatoes into a large bowl (coarse)

2. Add in salt and pepper and herbs

3. Sprinkle in flour and stir, keep adding until a batter begins to form and starts to bind together the grated potato

4. Non-stick pans work best, place fat into pan and heat on medium/hot

5. Drop in a large spoonful of the floddie mix and press down to flatten out

6. Fry until browned on one side (a few minutes or so) and turn. Fry the other side

7. Remove from heat. Eat!!!

Each potato makes about 3 floddies so this recipe makes 6 or more floddies!