

Nettle Soup

Ingredients

2l (3½ pints) young nettles
2 blades of chives, or a little onion
90ml (6 tbs) barley or oat flour
2l (3½ pt) stock
Small piece of fat (lard)
Salt and pepper

Utensils

Method

- Clean the nettles and plunge them in boiling water
- Boil for about 15min
- Pour off all the water and wash the nettles again in fresh running water
- Cut them up finely with the chives or onion
- Sprinkle with flour, then frizzle in a little fat
- Add the stock and then simmer for $\frac{3}{4}$ hour in a covered pan
- Skim, season to taste, and serve

Vegetable and Oatmeal Goulash

Ingredients

450g (1lb) mixed root vegetables
Knob of dripping (lard)
50g (2oz) coarse or medium oatmeal
Sprinkling of paprika
Chopped parsley and herbs to flavour
Salt and pepper to flavour
5ml (1 tsp) meat extract or stock cube
Vegetable stock

Utensils

Method

- Prepare and dice the vegetables
- Fry in dripping until slightly cooked
- Add oatmeal and stir over heat until fat is absorbed
- Season with paprika, herbs, salt and pepper
- Add meat extract
- Cover with vegetable stock and simmer gently for 1 hour

Potato Scones

Ingredients

225g ($\frac{1}{2}$ lb) mashed potato

225g ($\frac{1}{2}$ lb) flour

Pinch of salt

2.5ml ($\frac{1}{2}$ tsp) baking powder

Milk

15ml (1 tbs) dripping (lard)

Utensils

Method

- Mix the potato, flour, salt and baking powder together with enough milk to make a stiff paste
- Roll out about 5mm ($\frac{1}{4}$ in) thick
- Fry the first cake in a little dripping, the others will do without
- Butter and serve hot, in a pile

Savoury Scones

Ingredients

100g (4oz) flour
100g (4oz) medium oatmeal
1 tsp baking powder
 $\frac{1}{2}$ tsp salt
50g (2oz) shredded cheese
25g (1oz) fat (lard)
Milk or milk and water

Utensils

Method

- Mix dry ingredients and cheese
- Rub in fat
- Work enough milk (or milk and water) to make a really soft dough
- Flatten out on floured surface
- Cut in triangles and place on a greased sheet
- Bake in a hot oven until brown (220° C)

Carrot Buns

Ingredients

225g (8oz) self-raising flour
75g (3oz) margarine or cooking fat
75g (3oz) sugar
4 tablespoons finely grated raw carrot
2 tbs sultanas (optional)
1 egg
Little milk or water

Utensils

Method

- Preheat the oven to 220°C (425°F) Gas Mark 7
- Grease two baking trays
- Sift the flour into a mixing bowl
- Rub in the margarine or cooking fat
- Add the sugar, carrots, sultanas and egg
- Mix well then add enough milk or water to make a sticky consistency
- Put 12 small heaps on the baking trays
- Cook for 12-15 min or until firm and golden in colour

Moderate oven 180C 350F, Gas mark 4

Chocolate Oat Cakes

Ingredients

25g (1 oz) margarine
25g (1 oz) cooking fat (lard)
225g (8 oz) self-raising flour
1 breakfast cup of rolled oats
50g (2 oz) sugar
Salt
1 $\frac{1}{2}$ oz Bournville cocoa
Milk and water

Utensils

Method

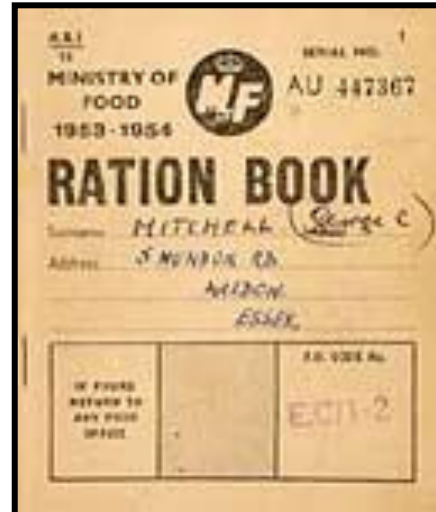
- Rub fats into flour
- Add oats, sugar, salt and cocoa
- Mix well adding a little milk and water to moisten
- Roll out very thinly, cut into rounds and prick all over with a fork
- Bake in a moderate oven for about 15 min or until golden brown

Food Rationing

During the 1940s food was rationed.
One person's allowance for the week

was:

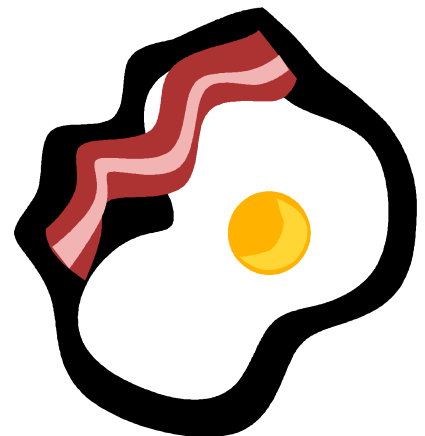
- 50-75g of meat
- 25g of cheese
- 100g of bacon or ham
- 1 or 2 eggs
- 50g of tea
- 200g of sugar
- 200g of butter



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<http://www.bbc.co.uk/ww2peopleswar/stories/76/a7153076.shtml> for larger image
<http://gallery.e2bn.org/image652487.html> to see inside a ration book

There were also foods available that were not rationed these included:

- Fruit - any fruit that was available in this country and in season
- Vegetables - any vegetables that were grown in the UK and in season
- Milk - supplies of milk were often interrupted by air raids though



What did you eat yesterday?

In the circles provided, write down everything that you ate yesterday. Using the ration allowance decide what meals you would have had in the 1940s and compare them. **Remember** not to use up the whole week's allowance at once!

Breakfast

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Dinner

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Lunch

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Breakfast

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Dinner

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Lunch

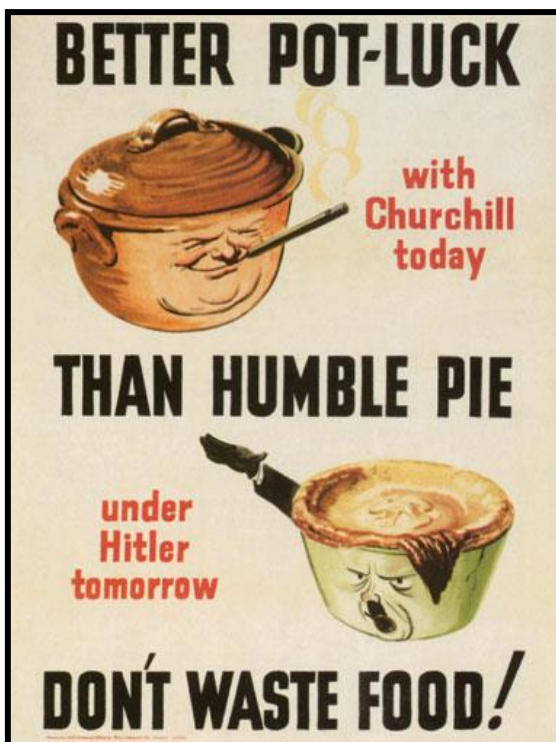
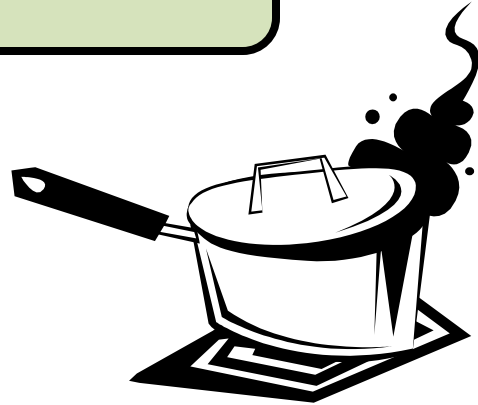
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Then

Now

Can cook, will cook!

Split the class into groups, each group will choose a dish to cook for everyone to taste, from the books or recipes provided.



Book Suggestions

Feeding the Nation: Nostalgic Recipes & Facts from 1940-1954 by Marguerite Patten, ISBN: 978-0600614722

Eating for Victory: Healthy Home Front Cooking on War Rations Foreword by Jill Norman, ISBN: 978-1843172642

Ration Book Cookery: Recipes & History (Cooking Through the Ages) by Gill Corbishley, ISBN: 978-1850748717

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