

## On the Kitchen Front - Wartime Recipes

### Crunchies

4 oz margarine, lard or dripping  
2 oz sugar  
2 oz golden syrup  
5 oz plain flour  
4 oz medium oatmeal  
1 teaspoon baking powder  
vanilla flavouring

Cream together the fat, sugar and syrup. Add the flour, oatmeal, baking powder and a few drops of vanilla flavouring. Knead the mixture until it binds. Roll the dough out on a floured surface to about quarter of an inch thick. Cut into rounds or fingers. Place on a greased baking tray and bake in a moderate oven (gas regulo 4) for about 20 minutes, or until golden brown. Makes about 20 crunchies. They keep well stored in an air-tight tin.

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### Uncooked Chocolate Cake

2 oz margarine  
2 oz sugar  
2 tablespoons golden syrup  
2 oz cocoa powder  
vanilla essence  
6 oz crisp breadcrumbs

To make the breadcrumbs, bake some stale pieces of bread in the oven until crispy. Let the bread cool, and then place it between two pieces of greaseproof paper and crush with a rolling pin.

Put the margarine, sugar and golden syrup into a saucepan. Heat gently until the margarine has melted, then remove from heat. Stir in the cocoa powder, a few drops of vanilla essence and the crisp breadcrumbs and mix well. Grease a seven inch cake tin with margarine paper, then pour in the mixture. Allow to stand for 4—5 hours, then turn out carefully.

For the icing, mix together 2 teaspoons of melted margarine, 1 tablespoon cocoa powder, 1 tablespoon golden syrup and a few drops of vanilla essence.

### Eggless Christmas Cake

4 oz carrot, finely grated  
2 tablespoons golden syrup  
3 oz sugar  
4 oz margarine  
1 teaspoon bicarbonate of soda  
vanilla essence  
almond essence  
4—6 oz dried fruit  
12 oz self raising flour  
1 teaspoon ground cinnamon  
1 small teacup milk, slightly warmed

Cook the grated carrot and syrup over a low heat for a few minutes. Cream the sugar and margarine until light and fluffy. Stir the bicarbonate of soda into the carrot and syrup mixture, then beat it into the sugar and margarine mixture, treating it as if it were an egg. Add a half a teaspoon each of vanilla and almond essence, and stir in with the dried fruit. Fold in the flour and cinnamon, and add the warmed milk to make a moist dough. Put the mixture into a greased cake tin. Smooth the top, and make a deep hole in the centre with a spoon, to stop the cake from rising too much during cooking. Put into a hot oven (gas regulo 7) then turn down to a very low heat (gas regulo 2) and bake for 3 hours

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### Date & Nut Loaf

6 oz stoneless dates  
2 oz margarine  
7 oz self raising flour  
½ teaspoon bicarbonate of soda  
1 fl oz boiling water  
1 tablespoon golden syrup or 2 oz sugar  
1 egg  
pinch of salt  
2 oz shelled walnuts

Grease and flour a cake tin. Chop the dates and mix them with the golden syrup or sugar, melted margarine and boiling water. Leave to cool, then add the beaten egg. Sift flour, salt and bicarbonate of soda together. Stir into the date mixture, add the walnuts, roughly chopped, and mix well. Put into prepared tin and bake for 50 mins in a moderate oven (gas regulo 4).

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### Trench Cake

6 oz margarine  
6 oz brown sugar  
4 oz mixed dried fruit  
12 oz flour  
1 1/2 teaspoons bicarbonate of soda  
nearly 10 fl oz milk

Cream the margarine and sugar. Warm the milk and pour on to the soda. Add the prepared fruit, the milk and the flour to the margarine mixture. Mix well. Bake in a seven inch cake tin in a moderate oven for about 2 hours.

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### Beehive Cake

8 oz self raising flour  
3 tablespoons honey  
2 oz candied peel  
3 oz margarine  
1 large egg, beaten in 5 fl oz milk  
pinch of salt

Grease and flour cake tin. Sieve flour and salt into a basin and rub in the margarine. Add the chopped peel, stir in the egg and milk, add the honey and beat well. Put into the prepared tin and bake in a moderate oven (gas regulo 4) for one hour.

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### Eggless, Fatless Walnut Cake

4 cups flour  
1 cup chopped walnuts  
1 good cup milk  
1 cup sugar  
4 teaspoons baking powder  
1 good pinch salt

Mix flour, sugar and chopped walnuts together. Add salt and baking powder, and then the milk. It should be slightly wetter than an ordinary cake mixture. Pour into a greased cake tin and leave to rise for 10 minutes. Bake in a slow oven until risen and brown

### Siege Cake

4 oz dripping or lard  
2 oz moist sugar  
6 oz golden syrup  
1 1/2 teacupsful buttermilk\*  
lemon flavouring  
1 level teaspoon bicarbonate of soda  
12 oz flour

\* If buttermilk is not available use ordinary milk, 1 level teaspoon cream of tartar and half a teaspoon bicarbonate of soda.

Grease a cake tin measuring about 7 inches in diameter. Beat fat, sugar and golden syrup until the consistency of whipped cream, gradually work in the buttermilk. Sift the flour with the bicarbonate of soda, and work it lightly into the mixture. Add the lemon flavouring. Bake in a moderate oven for about one and a quarter hours.

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### Rolled Oat Macaroons

4 oz self raising flour  
2 oz sugar  
3 oz margarine  
1 tablespoon golden syrup  
1 teaspoon almond essence  
4 oz rolled oats  
milk to mix

Cream margarine, sugar, almond essence and golden syrup. Sift the flour and add to the creamed ingredients with the rolled oats. Mix thoroughly then add just enough milk to bind the mixture together. Roll into small balls and place on greased baking tray, leaving plenty of room for spreading. Bake in a moderately hot oven (gas regulo 5) for 15—20 minutes, or until golden brown.

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### Whisked Sponge Slab

*3 oz self-raising flour  
4 oz sugar (use caster if possible)  
3 reconstituted dried or fresh eggs*

Line a swiss roll tin, about 12 x 8 inches with well greased margarine or greaseproof paper. Sift the flour, and leave on a plate whilst whisking the eggs; this will help lighten the sponge. Put eggs and sugar in a mixing bowl and whisk hard until mixture thickens. Fold in flour, then pour into tin and bake for 20 minutes or until firm to the touch in a moderately hot oven (gas regulo 5)

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### Crumbed Sponge

As above, but replace the flour with 3 oz fine crisp crumbs, and add one small teaspoon of baking powder into the whisked egg and sugar before adding the crumbs. Flavour with a few drops of almond essence.

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### Ginger Honey Buns

*8 oz self raising flour  
1 teaspoon ground ginger  
2 oz sugar  
2 oz margarine  
7 1/2 fl oz hot water  
2 tablespoons clear honey  
2 oz sultanas or other dried fruit  
1 fresh or reconstituted dried egg  
a little milk, or milk and water*

Grease 2 baking trays. Sift flour with ginger. Rub in the margarine, add the sugar, honey, dried fruit and egg. Mix well, gradually adding enough milk to make a sticky dough that stands up in peaks. Put spoonfuls on baking trays and bake for 15 —20 minutes in a hot oven (gas regulo 6) until firm and golden.

### Carrot Buns

*8 oz self-raising flour  
3 oz margarine or cooking fat  
3 oz sugar  
4 tablespoons finely grated raw carrot  
2 tablespoons sultanas or chopped dates  
1 reconstituted dried or fresh egg  
a little milk or water*

Grease 2 baking trays. Sift the flour into a mixing bowl. Rub in the margarine or cooking fat. Add the sugar, carrot, sultanas and egg. Mix well, then add sufficient milk or water to make a sticky consistency. Divide mixture into 12 small heaps on baking tray and bake in a hot oven (gas regulo 7) for 12— 15 minutes until firm and golden.

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### Sardine Pancakes

Make some thin pancakes with a slightly salted batter. Roll each around some mashed sardines, and cut into slices about one and a half inches wide.

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### Sausages En Surprise

Grill some sausages, skin them, and let them get cold. Beat an egg into some mashed potato. Cut the sausages in half and wrap in potato mixture. When cold and set, egg and breadcrumb them and fry until golden

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### Suggestions For Sandwich Fillings

*Nasturtium leaves*

*Sardine with dandelion leaves*

*Marmite and celery*

*Grated raw carrot*