



## WW2 pack: Recipe worksheet

During WW2 people had to become very inventive with their cooking, substituting ingredients that were not available.

For example, sugar was heavily rationed, so people used grated carrots to sweeten cakes and biscuits.

Bananas were not available so recipes for 'mock banana' were invented, using mashed up parsnips and a little bit of sugar. Yummy!

Shops even sold carrots on sticks for children to eat instead of lollipops!

For this activity, have a go at making two wartime recipes – one savoury and one sweet.

For more recipes and waste-reducing ideas, check out these websites:

[lovefoodhatewaste.com/recipes](http://lovefoodhatewaste.com/recipes) and [Have Your Food and Eat It - Recycle Devon](#)

### Recipe one: savoury potato scones

Potatoes were sometimes used to make pastries and cakes due to a shortage of flour. Have a go at cooking these savoury potato scones from a WW2 recipe:

Ingredients:

- 150g flour
- 50g mashed potato
- 1 teaspoon baking powder
- ½ teaspoon salt
- 25g butter
- 4 tablespoons milk

Method:

- 1) Mix flour and salt
  - 2) Add potato and baking powder
  - 3) Rub in butter
  - 4) Add milk to make a soft dough
  - 5) Roll out to 2cm thickness and cut into rounds
  - 6) Bake for 15 minutes in a hot oven (about 200° C)
- **Ask an adult to help with the hot oven**

What did your scones taste like? Were they easy to bake? What kind of toppings could you spread on them? Try to choose things that would have been available during the war.



### Recipe two: sweet carrot biscuits (makes 12)

Now try baking these biscuits, sweetened with grated carrots!

#### Ingredients:

- 1 tablespoon margarine
- 2 tablespoon sugar
- 1 teaspoon vanilla essence
- 6 tablespoons self-raising flour
- 4 tablespoons grated raw carrot
- 1 tablespoon water

#### Method

- 1) Cream the margarine and sugar together with the vanilla essence
  - 2) Mix in the grated carrot
  - 3) Fold in the flour adding water as it gets dry
  - 4) Drop spoonfuls onto a greased baking tray and press down a little
  - 5) Pre-heat oven to 200° C
  - 6) Place in oven for 10- 15 minutes
- **Ask an adult to help with the hot oven**

What did your biscuits taste like? How did they compare to biscuits you buy in the shops? Notice how your home-made biscuits have no packaging, so there is less waste!