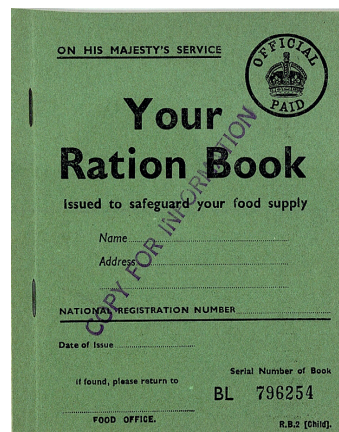


WARTIME RECIPES

When food is hard to come by it can mean always eating the same kind of thing. That quickly gets boring. Keeping people both fed and happy was very important; people who are happy and healthy can do more to win the war!

The Ministry of Food was aware of this and came up with ideas to make rationed food taste or look more varied. This would help with morale by cheering people up.

Although the war ended in 1945, rationing didn't end until 1954, and in fact got worse after the war ended! So much damage had been done all over the world that it took almost ten years for things to get back to normal.



RATIONING

Everyone - adults and children - was given a ration book. Inside were tickets that you would give to a shopkeeper. You would only be allowed to buy as much as you had tickets for, so if you had used all your tickets up, you could not buy any more of that item.

Food was rationed, but so were many other things. At various times, both during the war and afterwards. Between 1939 and 1954 all these things were rationed at some point:

- Bacon
- Ham
- Sugar
- Tea
- Meat
- Cheese
- Eggs
- Milk
- Marmalade
- Butter
- Margarine
- Lard
- Sausages
- Sweets
- Preserves (Jam/Syrup etc.)
- Tins & Dried food
- Bread (after 1945)
- Potatoes (after 1945)
- Clothes
- Petrol
- Coal
- Soap
- Paper



This picture shows the amount of rationed food allowed for one adult per week. It doesn't include things like fresh vegetables as those were not rationed and could be added to your weekly meals. People were encouraged to "Dig for Victory" and grow vegetables and fruit in their gardens

Bacon/Ham	113g	Milk	3 pints/1.7 litres
Other meat	225g mince or equivalent	Sugar	225g
Butter	56g	Preserves	454g every 2 months
Cheese	56g	Tea leaves	56g
Margarine	113g	Eggs	1 fresh egg (plus dried egg)
Cooking fat	113g	Sweets	340g every 4 weeks

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TRY SOME TASTY RECIPES!

With so many foods in short supply, you couldn't afford to be picky over what you ate, or you could end up starving!

Here are some of the things you might have to eat during the war:

Head cheese - also called Brawn, this was made from the meat off the head of a pig or calf (cheeks, lips, tongue etc.) as well as the feet, chopped up and made into a loaf with gelatine.

Tripe - the stomach lining of a cow or sheep, often served with vinegar

Powdered egg - fresh eggs were in short supply so they were dehydrated and powdered

Brains - nothing was wasted, you ate the whole animal!



Tripe



Brawn



Brains



HERE ARE SOME LESS STRANGE RECIPES YOU CAN TRY IN CLASS!

CORNERED BEEF BALLS

- 1 small tin corned beef
- 2oz breadcrumbs
- 1 oz (2 tbsp) sweet pickle
- 2 tsp curry powder
- 1 small leek or onion, chopped
- 1 tbsp gravy

Method

1. Chop the corned beef finely and mix with all other ingredients.
2. Form into four balls.
3. Roll in breadcrumbs and shallow fry in a pan until browned all over.
4. Serve hot with gravy or cold with salad.



CREAMED SARDINE PIE

- 1 tbsp flour
- ½ pint of milk
- 1 tsp salt
- A pinch of pepper
- A pinch of nutmeg
- 1 tsp vinegar
- 1 can of sardines in oil
- 6 oz short crust pastry



Method:

1. Blend the flour with the milk in a small saucepan
2. Bring to the boil, stirring all the time.
3. Simmer for 5 minutes.
4. Add the seasoning, nutmeg and vinegar.
5. Mix in the mashed sardines with the oil.
6. Line a 6 inch flan tin with pastry and add the mixture.
7. Cover with the remaining pastry. Brush with milk and cook in a hot oven for 30 minutes.

SAVOURY POTATO BISCUITS

This makes 24 biscuits.

- 2 oz margarine
- 3 oz plain flour
- 3 oz mashed potato
- 6 tbsp grated cheese
- 1 ½ tsp salt
- A pinch of pepper

1. Rub the margarine into the flour into it looks like breadcrumbs
2. Add the other ingredients and work into a stiff dough.
3. Roll out thinly and cut into shapes.
4. Bake in a moderate oven for 15 to 20 minutes until golden brown.
5. Allow to cool on a cooling rack before eating

