



# Wartime Recipe Cards

## Wartime Loaf

### What you will need

600 ml (1 pint) of warm water  
5 teaspoons of quick rise yeast  
A couple pinches of sugar  
2 lb of wholewheat (wholemeal) flour  
1.5 teaspoons salt  
1 tablespoon rolled oats (for top)  
A spoonful of butter or margarine

### Instructions

Place flour in large bowl and add all dry ingredients except the rolled oats.

Add the butter or margarine and warm water then mix thoroughly.

Knead the dough for 10 minutes until silky and then place back in bowl and cover.

Let dough rise somewhere warm until doubled in size and then knead dough briefly again.

Place dough into 4 x 1/2 lb tins that have been floured.

Brush top with a little water and sprinkle on some rolled oats.

Leave to rise for around 20 minutes.

Place in oven at 180 °C for around 30-40 mins





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## Apple Crumble

### What you will need

8 apples (2 per person)  
4 dessert spoons of brown sugar  
Cinnamon  
2 oz margarine/butter  
4 oz wholewheat flour  
4 dessert spoons of white sugar  
A pinch of salt

### Instructions

Peel and chop apples into thin slices.

Place in saucepan, sprinkle a little water over, brown sugar and cinnamon.

Simmer gently for 5 minutes.

Drain a little and place in greased cooking dish.

Mix together flour, salt and white sugar.

Add in the margarine/butter in small pieces and rub together with fingertips until a breadcrumb look is achieved.

Sprinkle over the softened apples.

Place in oven at 220 c for about 30 minutes.



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## Ration Scones

### What you will need

5 oz of white self-raising flour.

2 oz of butter or hard margarine.

1 egg and a little milk.

1 oz grated cheese.

Several wild garlic leaves chopped very finely.

Large pinch of salt.

### Instructions

Sift flour and large pinch of salt into a bowl.

Dot in the butter and then rub into the flour

Add the grated cheese and chopped wild garlic leaves.

Add the eggs and milk mixture leaving a spoonful to brush tops of scones before baking.

Form a dough that is not too sticky and can be handled.

On a floured surface roll out to about 1/2 inch thick and use cutter or end of glass to create 6 scones.

Place on baking tray, brush with egg mixture and sprinkle a little more salt on the top of each scone.

Place in pre-heated (200 C) oven for about 20 minutes until a nice mid golden colour.



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## Dry Chocolate Cake

### What you will need

2oz margarine.

2oz sugar.

2 tablespoons of golden syrup.

2 oz cocoa.

6 oz crispy breadcrumbs.

A few drops of vanilla essence.

### Instructions

Put the margarine, syrup and sugar in a pan and melt gently over a low heat until the margarine is fully dissolved.

Mix well.

Remove from heat and add the vanilla essence and the cocoa and mix thoroughly.

Pour in breadcrumbs and mix until all coated with the mixture.

Press down into 7 inch square greased tin.

Place somewhere cool for at least a few hours until firm.

A topping can be added such as chocolate icing.

Once set, cut into squares (makes 16 squares).

