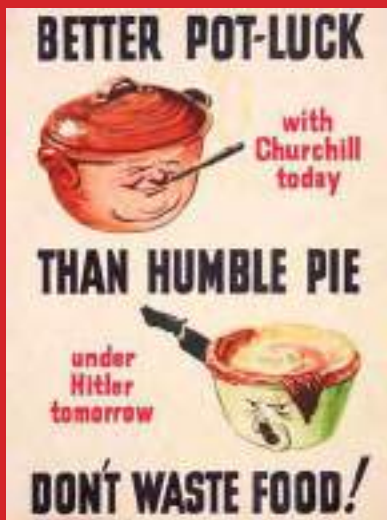


NORTHERN IRELAND 
WAR MEMORIAL
MUSEUM

**SWEET
TREATS**
FOR A
Wartime
Christmas



WARTIME CHRISTMAS CAKE
MOCK MARZIPAN
MOCK ICING
CHOCOLATE SPONGE PUDDING
CARROT FUDGE
SPICED FRUIT PUNCH
THRIFTY CHRISTMAS PUDDING
SPICED BISCUITS
BREAD PUDDING
ORANGE AND DATE CAKE
GINGERBREAD MEN
CELEBRATION TRIFLE

RECIPES TAKEN FROM



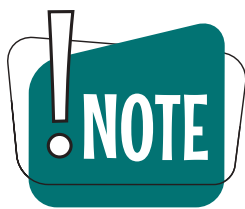


FOOD RATIONING was introduced in January 1940. At Christmas time, fresh ingredients were much more available in the countryside, particularly for farmers. Shop ingredients were much more

available to people who lived in the towns and cities and harder to come by if you lived in the country.

Many Christmas meals were affected by shortages of ingredients. In the months before Christmas, rations were scrimped and saved including ham, bacon, butter, suet and margarine. Although alcohol, turkey and nuts were in short supply, rations of tea, sugar and dried fruit were increased in December, bringing some festive cheer to the wartime kitchen.

We hope the recipes in this booklet give some idea of what sweet treats families enjoyed in the 1940s.



These quantities varied from month to month as food became more or less available

Children were allowed extra rations of milk to make sure they got enough calcium for growing bones and concentrated orange juice to make sure they got enough Vitamin C

THE RATION FOR ONE ADULT PER WEEK

Bacon and ham	4 oz.
Meat	To the value of 1s. 2d. (6p today)
Butter	2 oz.
Cheese	2 oz.
Margarine	4 oz.
Cooking fat	2 oz.
Milk	3 pints
Sugar	8 oz.
Preserves (jam)	1 lb every 2 months
Tea	2 oz.
Eggs	1 fresh egg or 1 tin of dried eggs every 4 weeks
Sweets	2 oz.



WASH YOUR HANDS

It is more important than ever to wash your hands, and you must always wash your hands before preparing food.

Some of the ingredients in our recipes might seem a little strange, for example, who would think to put grated potato or carrot in a cake?

Look out for our **DID YOU KNOW** facts which explain why these ingredients were used in wartime.

MOST OF THESE RECIPES INVOLVE USING AN OVEN. ALWAYS MAKE SURE YOU HAVE AN ADULT ASSISTING YOU.

MEASURES

The ingredients in our recipes are measured in pounds (lb.) and ounces (oz.). If you need to measure in kilograms (kg) and grams (g) use the conversion chart below. Some kitchen scales will show both pounds and grams.

Ounces (oz.)	Grams (g)	Ounces (oz.)	Grams (g)
¼	7	8	225
½	15	9	255
1	30	10	285
2	55	11	310
3	85	12	340
4	115	13	370
5	140	14	395
6	170	14	425
7	200	16	455

1 lb. is made up of 16 oz.

OVEN TEMPERATURES

In some recipes the oven settings may appear high by today's standards. This is because most of the recipes contained little fat so baking them quickly was recommended.

You will also notice that oven temperatures were described differently in the 1940s, so use our guidance below to determine what temperature your oven should be set to.

Wartime Oven Instruction	Modern Equivalent		
	°C	°F	Gas Mark
Very cool oven	90–120	200–250	0–½
Cool oven	140–150	275–300	1–2
Very moderate oven	160	325	3
Moderate oven	180	350	4
Moderately hot oven	190–200	375–400	5–6
Hot oven	220	425	7
Very hot oven	230–240	450–475	8–9



WARTIME CHRISTMAS CAKE

Christmas cake was made with dried eggs (imported from the USA), with less flour, less fruit and less fat than a modern cake.

Almonds were hard to get during the war, so making marzipan was difficult. *Mock Marzipan* was to be made from a mix of almond essence, margarine, sugar, water and flour.

A very thin icing was made using dried household milk and sugar. Alternatively, a fake cake top could be made from cardboard, paint and sand, to disguise a basic cake.

INGREDIENTS

- 8 oz. plain flour
- 3 oz. sugar
- 4 oz. margarine
- 2 teaspoons baking powder
- A pinch of salt
- 1 level teaspoon cinnamon
- 1 level tablespoon of syrup
- 1 level teaspoon mixed spice
- 2–4 eggs (dried or fresh if you're lucky)
- 1 lb mixed fruit
- ½ teaspoon lemon juice
- Rum or milk to mix

METHOD

- Cream the sugar and margarine together and then add syrup.
- Mix the flour, baking powder, salt and spices together.
- Add dried eggs to the creamed mixture and beat well.
- Add dried fruit and lemon juice and enough milk or rum to make a soft consistency.
- Line a 7" tin with greased paper
- Pour in the mixture and bake in a moderate oven for two hours.



MOCK MARZIPAN

INGREDIENTS

- 2 oz. margarine
- 2 tablespoons water
- 2–3 teaspoons ratafia or almond essence
- 4 oz. soya flour

METHOD

- Melt margarine in the water, add essence and sugar or syrup then soya flour
- Turn on to a board and then knead well
- Roll out; cut to a circular shape with the tin the cake was baked in
- Cover the top of the cake with jam or jelly then place the marzipan on top
- Decorate with icing

MOCK ICING

A very thin icing was made using dried household milk, sugar, and a little water.

Alternatively, marshmallow sweets could be melted down and poured over the cake to give a white and fairly sweet topping.





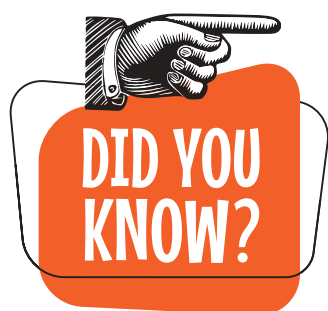
CHOCOLATE SPONGE PUDDING

INGREDIENTS

- 1 oz. margarine
- 2 oz. sugar
- 1 level teaspoon dried egg
- 8 oz. grated raw potato
- 6 oz. flour
- 1 oz. Bourneville Cocoa
- 1 teaspoon baking powder
- A pinch of salt
- 4 tablespoons milk

METHOD

- Cream the fat and sugar together
- Mix the dried eggs with the raw potato and beat it into the fat and sugar
- Mix the flour, cocoa, baking powder and salt together and add to the creamed mixture, then stir in enough milk to make a soft dough
- Put into a greased pie dish and bake in the oven for 30–40 minutes



It became popular to add potato to desserts in wartime as it was thought that they could replace half the fat which would otherwise be needed. Potatoes could be grown at home so they cut down on shipping. The Ministry of Food introduced a character called Potato Pete to encourage people to grow and eat potatoes. Potato Pete had a song:

Potatoes new, potatoes old
Potatoes (in a salad) cold
Potatoes baked or mashed or fried
Potatoes whole, potatoes pied
Enjoy them all, including chips
Remember spuds don't come in ships!



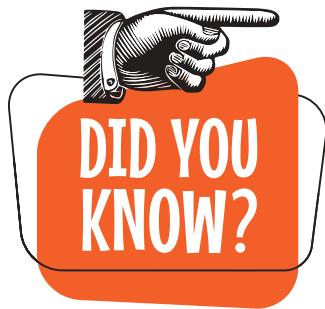
CARROT FUDGE

INGREDIENTS

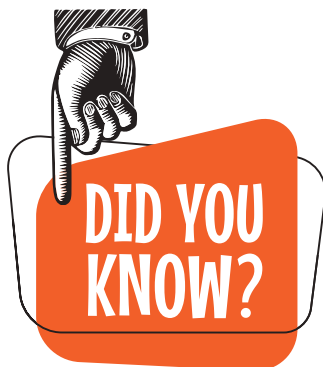
- 4 tablespoons of finely grated carrot
- 1 gelatine leaf
- Orange essence or squash

METHOD

- Put the carrots into a pan and cook them gently with just enough water to keep them covered, for ten minutes
- Add a little orange essence or orange squash to flavour the carrot
- Melt a leaf of gelatine and add it to the mixture
- Cook the mixture again for a few minutes, stirring all the time
- Spoon it into a flat dish and leave to set in a cool place for several hours
- When the fudge feels firm, cut it into chunks and eat



The Ministry of Food created a character called Dr Carrot to encourage people to eat this healthy and easily grown vegetable. His cheerful sayings included 'I'll put pep in your step' and 'Dr Carrot guards your health'. The public were also told that eating carrots would help them see better in the Blackout, even though Dr Carrot wore glasses!



In July 1940 Tea was rationed to 2oz. per person per week – just enough to make three cups a day!

TEA IS RATIONED FROM TODAY
TWO OUNCES WEEKLY
 REGISTRATION NOT NEEDED
MARGARINE AND FATS NEXT DRIPPING AND SUET EXCLUDED

SPICED FRUIT PUNCH

INGREDIENTS

- 1 level teaspoon marmalade
- 1 level dessertspoon syrup
- ¼–½ level teaspoon ground ginger
- 1 tablespoon water
- 2 tablespoons orange squash
- 1 tablespoon lemon squash
- ½ pint freshly made tea

METHOD

- Put the marmalade, syrup, ginger and water into a pan and make hot, but do not boil
- Add the lemon and orange squash and the tea and serve hot

How Ulster Looks on the Rationing of The Cup That Cheers

BELFAST HOUSEWIVES TO-DAY wore an air of martyrdom. "It's this tea rationing," said one of them to a "Telegraph" reporter. "I can stand the rationing of anything else, but I simply cannot imagine how I am going to cut down my tea drinking."

"I make myself a cup of tea when I get up in the morning," she said, "just to take the cobwebs away. Then I take two cups at breakfast, and if there is any left in the pot I drink that too, just to save it from being wasted."

"At 11 o'clock I make myself another cup—indeed sometimes I yield to temptation and take a second one; after dinner I have another one, and about four o'clock I make afternoon tea for myself and any of my friends that drop in."

"At tea-time I take two cups, and before going to bed there is tea again—I find I cannot sleep unless I get my usual nightcap."

"My family are the same. They can drink tea at any time of the day and night, and goodness knows how they are going to get used to drinking less."

"Still, we have to remember that there is a war on, and so at breakfast this morning I told them: 'No second cups of tea after this, and no tea in between meals.' Yes, our family are going to do their little bit."

Other housewives were more cheerful about it.

"The allowance of two ounces per person is more than adequate," said No. 1. "I have to cater for six adults, and in the week I use slightly over half a pound."

"Two of the family are very fond of tea, and drink between seven and eight cups in the day. The remaining four consume what I imagine would be the



A week's supply of tea under the new rationing scheme. It makes approximately 40 cups.

average amount—four cups. The rationed allowance will, therefore, be more than enough for our needs."

No. 2 said she and her husband used slightly under a quarter pound of tea per week.

"The tea ration will be quite sufficient," she said, "for the four ounces I mentioned includes cups of tea to visitors."

But according to Belfast tea merchants, the new rationing order will not make such a big difference after all.

Said Mr. Goodwin Pratt, of Messrs. Pratt & Montgomery, Ltd.: "The normal consumption of tea is three ounces per head of the population per week, and I think that most people will find they will be able to get along on two ounces without difficulty."

"It is amazing how far a pound of properly made tea will go. A good tea at, say, 3s per lb. will produce 320 cups or nine cups of tea for

a penny. One teaspoonful will make two cups—there are 160 spoonfuls in a pound—so that if people are ordinarily careful they will be able to make their ration last right until the end of the week."

Finally the reporter, seeking a recipe for economical tea-making, got an interview with the chief chef at the Carlton Restaurant, M. Henri Dutour, and discovered one of the few people in Belfast who never drink tea "from," as he said with a smile, "one year's end to the other."

But M. Dutour cheerfully gave the recipe all the same.

Here it is: "Heat your teapot carefully, and then put in a bare teaspoonful of tea for each person—don't bother about the spoonful for the pot, add the water. Lift it off the gas immediately and let it sit to 'draw'."

Anybody, however, can make tea, according to M. Dutour, but making coffee is quite a different proposition. And he speaks from many years of experience in his native Switzerland and in well-known hotels in Paris and London.

He makes himself a cup of coffee every morning, and he recommends it as an unfailing tonic at any time of the day, and an excellent substitute for tea.

"Use a small percolator," he says, and after boiling the water in a pot pour it over the coffee, which should be in the proportion of one dessert-spoonful to each person. Then boil for five minutes or so and serve with hot milk.

"Tea, I know, is your national beverage, but if you give coffee a chance and make it properly you will find it so much more delicious."



THRIFTY CHRISTMAS PUDDING

Christmas pudding had to be made with less fruit and no fresh eggs. Carrots and potatoes were sometimes added mainly to add moisture, but they also added sweetness and texture. Other sweet root vegetables added include beetroot, parsnips and turnips.

Gravy browning was added to 'disguise the paucity of the fruit'.

Clever cooks preparing for Christmas would start early, saving dried fruit from their rations throughout the year. Modern households have much to learn from the frugality and creativity of the 1940s cook.

The rolled oats in this recipe give a nutty texture and the carrots help to save sugar as well as improve the colour of the mixture.

INGREDIENTS

- 3 oz. bread without crusts
- ¼ pint water
- 3 oz. plain flour
- 1 ½ teaspoons baking powder
- ½ teaspoon mixed spice
- ½ teaspoon ground cinnamon
- 3 oz. carrots finely grated
- 3 oz. rolled oats
- 3oz. margarine, melted
- 3 oz/ sugar (preferably brown)
- 8 oz. mixed dried fruit
- 2 dried eggs

METHOD

- Break the bread into small pieces, put into the cold water and leave for at least 20 minutes, then beat with a fork until smooth
- Sift the flour with the baking powder and spices, add to the bread with the rest of the ingredients and mix thoroughly
- Grease a 2½ pint basin and spoon in the mixture
- Cover carefully with margarine paper, then a cloth, and steam over boiling water for 2½ hours
- Remove the damp covers, leave to dry, then replace on the pudding
- Store in a cool place for 2–3 days only
- On Christmas morning, steam for 1 hour and serve with Birds custard



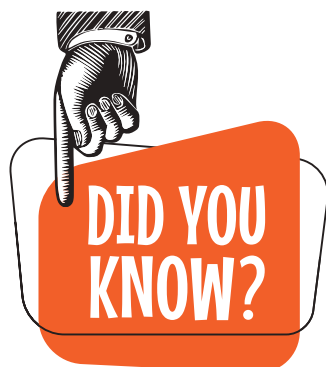
SPICED BISCUITS

INGREDIENTS

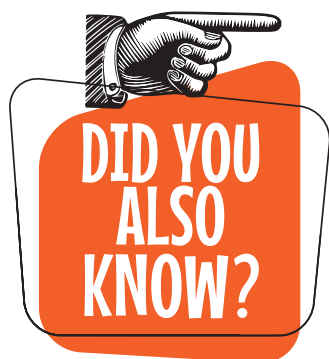
- 2 oz. lard or cooking fat
- 2 oz. sugar
- 1 tablespoon golden syrup
- 6 oz. plain flour
- ½ teaspoon bicarbonate of soda
- Pinch of ground cinnamon, or to taste
- Pinch of ground ginger, or to taste
- Little water

METHOD

- Grease 2 baking trays
- Cream the lard, or fat, with the sugar and syrup
- Sift the flour with the bicarbonate of soda and spices
- Add to the creamed ingredients
- Mix very well
- Add just enough water to make a firm dough
- Turn out on to a lightly floured board
- Roll out until just ¼ inch (5mm) in thickness
- Cut into 30 round biscuits
- Place on the baking trays and bake in a very moderate oven for 10 minutes
- Cool the biscuits on the baking trays



In wartime people were told to never throw away stale bread. It could be used as breadcrumbs in savoury or sweet puddings. Strips of bread could be baked to make 'rusks'.



Many people in Northern Ireland welcomed American GIs into their homes at Christmas time. American food became a novelty to many due to the volume of American troops stationed across Northern Ireland. For many the war years mark the first time they tasted Coca-Cola or chewing gum.





BREAD PUDDING

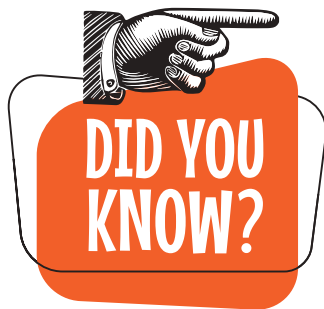
A Bread pudding is a great way to use up bread

INGREDIENTS

- 8 oz. stale bread
- 2 oz. melted cooking fat
- 1 oz. sugar
- 1 tablespoon marmalade
- 2 oz. dried fruit
- 1 reconstituted dried egg
- Milk to mix
- Ground cinnamon or nutmeg to taste

METHOD

- Put the bread into a basin, add cold water and leave for 15 minutes, then squeeze dry with your fingers
- Return the bread to the basin and add all the other ingredients with enough milk to make a sticky consistency
- Add the spices according to taste
- Put into a greased tin and bake in a cool oven
- 1 ½ hours.



DRIED EGGS were sold in a tin and they became available from July 1942. Tinned eggs took up less space on ships and could be used to make omelettes, scrambled eggs and cakes.



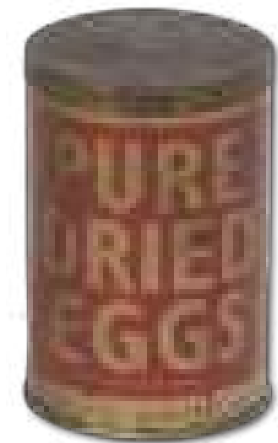
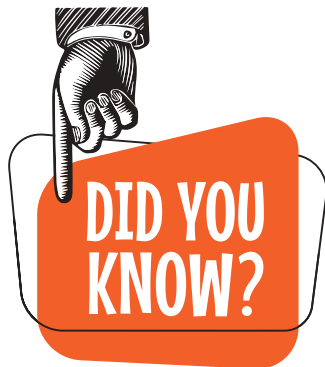
GINGERBREAD MEN

INGREDIENTS

- 2 oz. sugar or golden syrup
- 2 oz. margarine
- 8 oz. plain flour
- ½ level teaspoon mixed spice
- 2 level teaspoons ground ginger
- Few drops lemon substitute
- 1 level teaspoon bicarbonate of soda
- 1 teaspoon tepid water
- Little reconstituted egg
- Few currants

METHOD

- Melt in a pan the sugar or syrup and margarine
- Pour into a bowl, add some of the flour, the spices and lemon substitute.
- Stir well
- Dissolve the bicarbonate of soda in the water, add to the mixture, continue stirring, gradually adding more flour.
- Finish the process by turning out the mixture on to a well-loured board.
- Knead in the remainder of the flour.
- Roll a small ball for the head, flatten it and place it on a greased baking tin, roll an oblong for the body and strips for the arms and legs.
- Join these together with a little of the egg and put currants for the eyes.
- Continue like this until you have made 6-8 'men'.
- Cook in the centre of a moderate oven for 20 minutes.
- Cool then remove to a wire tray.
- Store in an airtight tin.



To turn a dried egg into a fresh one, mix one level tablespoon of the powder with two tablespoons of water. This mixture equals one fresh egg.

ORANGE AND DATE CAKE

INGREDIENTS

- 2 oz. margarine or cooking fat
- 2 oz. sugar
- 3 tablespoons orange marmalade
- A few drops of orange essence
- 4 oz. dates, finely chopped
- 7 oz. self-raising flour, or plain flour sifted with 1 $\frac{3}{4}$ teaspoons baking powder
- 1 teaspoon ground ginger
- 4 tablespoons milk or water
- $\frac{1}{2}$ teaspoon bicarbonate of soda
- 1 reconstituted dried or fresh egg

METHOD

- Grease and flour an oblong tin measuring about 7×4 inches (18cm×10cm)
- Put the margarine or cooking fat, sugar, marmalade and essence into a saucepan
- Stir over a low heat until melted
- Remove the saucepan from the heat
- Add the dates to the hot mixture and allow it to stand for 15 minutes
- Sift the flour with the ginger
- Add the melted ingredients and dates then mix well
- Pour the milk, or water, into the saucepan
- Stir to absorb any of the melted ingredients
- Lastly add the egg
- Beat well and spoon into the prepared tin
- Bake the cake in a very moderate oven for 50 minutes or until firm
- Cool in the tin for 20 minutes then turn out on to a wire rack to cool completely



CELEBRATION TRIFLE

INGREDIENTS

- 8 sponge squares
- 3-4 tablespoons jam
- ¼ pint sweet sherry
- 1 can or bottle of fruit in syrup
- 1 packet fruit jelly (or homemade jelly)
- 2 pints thick custard
- Sugar to taste

TO DECORATE

- Mock Cream
- Glace Cherries

METHOD

- Split the sponge cakes
- Sandwich them together with jam
- Put into a large serving bowl
- Pour the sherry into a jug
- Open the can of fruit
- Spoon most of the syrup and all the sherry over the sponge cakes
- Chop the well-drained fruit finely
- Add to the sponge cakes
- Make the jelly with hot water
- Pour the warm jelly over the cakes and leave until set
- Make the custard
- Sweeten to taste
- Allow to cool, whisking once or twice as it cools, so a skin does not form
- Pour over the jelly and cover

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