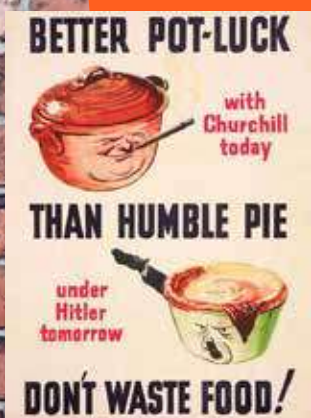


# VE DAY Recipe BOOK

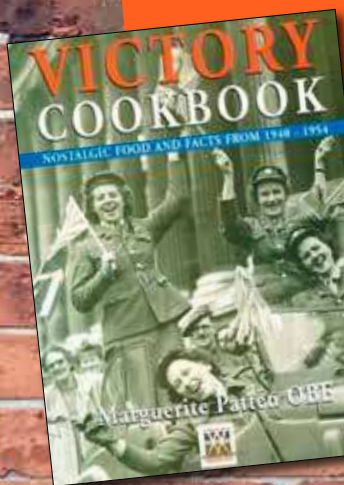






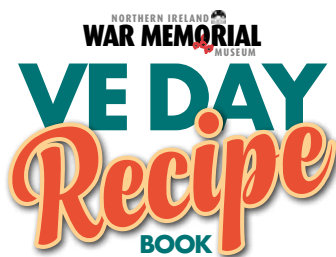
CORNEB BEEF FRITTERS  
HAM AND BEEF ROLL  
VICTORY SCOTCH EGGS  
SURPRISE POTATOES  
BREAD PUDDING  
GINGER HONEY BUNS  
CRUNCH  
BAKED JAM SPONGE  
CARROT JAM  
CASTLE PUDDINGS

WARTIME CHOCOLATE PUDDING  
RHUBARB SURPRISE PIE  
OATMEAL PUDDING  
PRUNE SPONGE  
WARTIME QUEEN OF PUDDINGS  
MOCK CREAM  
APPLE AND BLACKBERRY ROLY-POLY  
ORANGE AND DATE CAKE  
CELEBRATION TRIFLE  
SPICED BISCUITS  
APPLE FOOL  
CARROT BUNS  
JELLIED TRIFLE  
PATRIOTIC PUDDING  
MARMALADE PUDDING



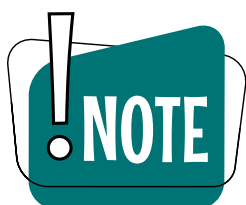
RECIPES TAKEN FROM





ON 8 MAY 1945, many people took part in a day to celebrate the end of the Second World War in Europe, Victory in Europe (VE) Day. There were celebrations all over Northern Ireland and many children attended dances, parades, and street parties.

Food, which was rationed during the war, was an important part of the celebrations. Unfortunately no extra food rations were given, so celebratory foods had to come from what was available from a normal weekly shop.



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.

Food rationing was introduced in 1940 so by 1945 people had become experts at “making a little go a long way”. Luckily, because people knew the end of the war was coming, they had been saving sugar and rationed food for weeks in anticipation. VE Day took place in Spring which was great timing as it meant there were plenty of fresh fruits and vegetables in the gardens of those people who had learnt to Dig for Victory.

At parties, the tables were covered with feasts of sandwiches, cakes, and desserts. Sometimes the tables were

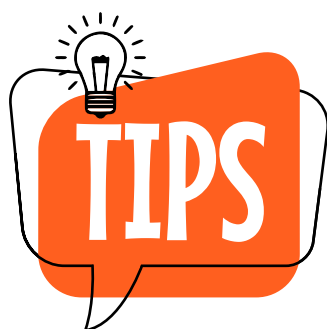
arranged at angles to look like the letter V for ‘Victory’. Children were treated to sweets and chocolate, but only a little as confectionary was still rationed to 2 oz. (55g) per week. The most popular sweets at the time were lemon sherbets, flying saucers, barley sugar twists, liquorice, jelly babies, pear drops and cola cubes.

**Try some of our wartime recipes as you celebrate VE Day.**



NORTHERN IRELAND  
WAR MEMORIAL  
MUSEUM

# VE DAY Recipe BOOK



## 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)
$\frac{1}{4}$	7	8	225
$\frac{1}{2}$	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

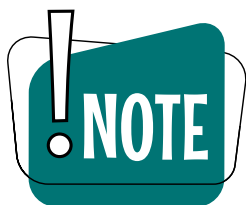
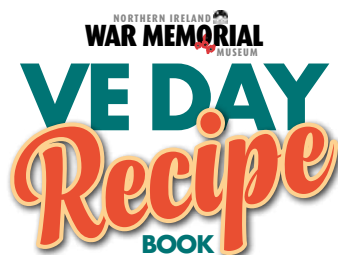
1 lb. is made up of 16 oz.

## 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– $\frac{1}{2}$
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



This recipe makes  
4 fritters

# CORNE BEEF FRITTERS

## INGREDIENTS

- 2 oz. self-raising flour
- A pinch of salt
- 1 egg yolk or 1 reconstituted egg
- ¼ pint milk
- A pinch of dried herbs
- 1 teaspoon grated onion
- 1 teaspoon grated parsley
- 6 oz. corned beef
- 1 oz. cooking fat

## METHOD

- Blend the flour with the salt, egg and milk
- Beat until smooth and then add the herbs, onion, parsley, and corned beef
- Melt the cooking fat in a frying pan
- When hot, drop spoonfuls of the batter onto the pan
- Fry quickly on each side until crisp and brown
- Serve as soon as possible

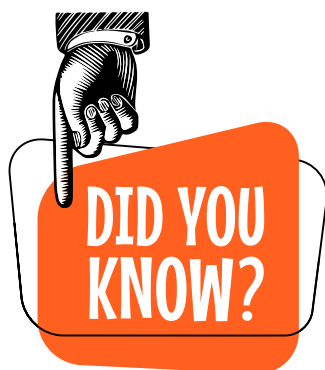
# HAM AND BEEF ROLL

## INGREDIENTS

- 4 oz. pork minced
- 1 lb. beef, minced
- 2 oz. soft breadcrumbs
- 1 teaspoon finely chopped sage or ½ teaspoon dried sage
- 1 reconstituted dried or fresh egg
- Salt and pepper
- A little flour, for shaping and coating

## METHOD

- Blend all the ingredients but the flour together
- Form into a roll with floured hands
- Put into a floured cloth or cover with margarine paper
- Steam for 2 hours
- Serve hot with gravy and seasonal vegetables or cold with salad



**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'

## VICTORY SCOTCH EGGS

This is a special version of the well-known scotch eggs. When making these to serve at a Victory Party you can cut the halved eggs into smaller pieces so they go further.

### INGREDIENTS

- 4 eggs
- 2 oz. cheese, grated
- 1 tablespoon mayonnaise
- 1 lb. sausagemeat

### TO COAT

- A little reconstituted dried egg or shell egg or milk
- 2 oz. crisp breadcrumbs

### METHOD

- Boil the eggs for 10 minutes
- Shell and cut in halves across the eggs
- Cool sufficiently to handle then carefully remove the egg yolks
- Mash the yolks in a basin
- Add the cheese and mayonnaise
- Spoon into the white cases
- Press the egg halves together firmly
- Divide the sausagemeat into 4 portions
- Wrap around the eggs, seal the joins very firmly
- Brush with a little egg or milk
- Coat with the crisp breadcrumbs
- Preheat the oven to a moderately hot temperature
- As the oven is heating put in a greased baking tray so that it becomes very hot
- Put the Scotch Eggs onto the hot tray
- Bake for 30 minutes
- To serve, cut into halves or quarters
- Garnish with lettuce

# SURPRISE POTATOES

## METHOD

- Cook and mash 1lb potatoes
- Add 2 grated carrots
- Shape into balls and coat with breadcrumbs
- Make an opening in top and insert ½ teaspoon chutney
- Bake in a moderate oven until crisp

# BREAD PUDDING

A bread pudding is a great way to use up bread

## INGREDIENTS

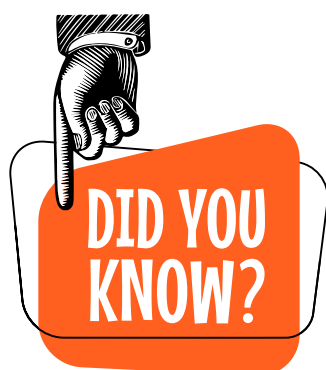
- 8 oz. stale bread
- 2 oz. melted cooking fat
- 1 Oz. sugar
- 1 tablespoon marmalade
- 2 oz. dried fruit
- 1 reconstituted dried egg
- Milk to mix
- Ground cinnamon or nutmeg to taste

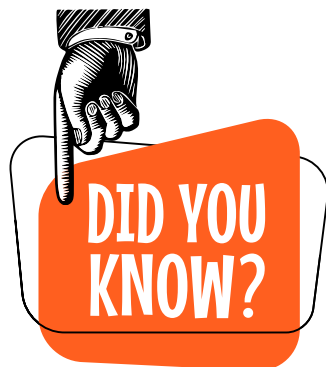
## METHOD

- 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 for 1½ hours

## DRIED EGGS

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.





**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.

## GINGER HONEY BUNS

### INGREDIENTS

- 8 oz. self-raising flour or plain flour sifted with 2 teaspoons baking powder
- ½–1 teaspoon ground ginger
- 2 oz. margarine
- 2 oz. sugar
- 2 tablespoons clear honey
- 2 oz. sultanas or other dried fruit
- 1 fresh or reconstituted dried egg
- A little milk or milk and water

### METHOD

- Grease 2 baking trays
- Sift the flour, or flour and baking powder, with the ginger
- Rub in the margarine
- Add the sugar, honey, dried fruit, and egg
- Mix well
- Gradually add enough milk, or milk and water, to make a sticky dough that stands up in peaks
- Put dollops of the mixture on to the baking trays
- This recipe should make 12–14 buns
- Bake in a hot oven for 12–15 minutes, until golden and firm
- Cool on a wire rack

## CRUNCH

### INGREDIENTS

- 2 oz. sugar or golden syrup
- 2 oz. margarine
- 4 oz. rolled oats

### METHOD

- Melt fat and sugar together in a pan
- Add oats and mix well
- Press into a well-greased tin about ½ inch thick
- Bake in a moderate oven for 40 minutes
- Cut into squares before cold



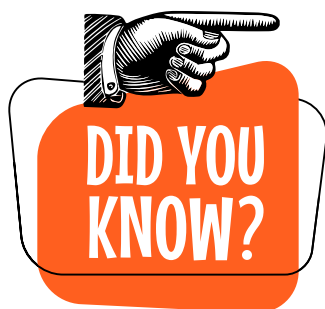
# BAKED JAM SPONGE

## INGREDIENTS

- 1½ tablespoons margarine or cooking fat
- 1½ tablespoons sugar
- 3 tablespoons finely grated raw carrot
- 6 tablespoons self-raising flour
- 3–4 tablespoons jam (fresh fruit pulp will do just as well in summertime)

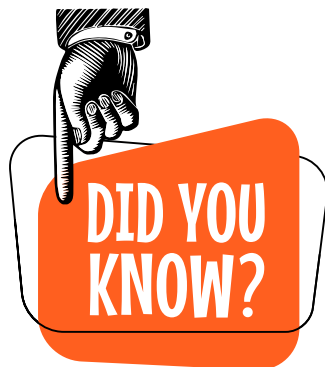
## METHOD

- Cream together the fat and sugar.
- Beat in the carrot, then lightly add the flour.
- Moisten to a creamy consistency with milk or milk and water
- Spread half the jam or fruit in the bottom of a greased pie dish
- Pour in the pudding mixture and spread it evenly
- Bake in a moderate oven for 25 minutes
- Just before serving spread the rest of the jam or fruit on the top
- Put back into the oven for 3-4 minutes and then serve



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!





People were told that when fruit was unobtainable, and they had sugar for jam, they could use carrots instead of fruit

# CARROT JAM

## INGREDIENTS

- 1 lb carrot purée made from 8 carrots
- 1 lb sugar
- 1 tablespoon of cooking brandy
- 1 lemon
- ½ oz. sweet almonds

## METHOD

- Wash and clean the carrots and cut into small pieces
- Cook until tender in as little water as possible
- Rub through a sieve until it is a smooth pulp
- Measure 1 oz. of purée and put it into a pan
- Add the sugar, grated lemon rind and strained juice of the lemon
- Stir until the sugar is melted, then boil until the jam will set
- Add the almonds (blanched and shredded) and the brandy
- This jam will not keep without the brandy

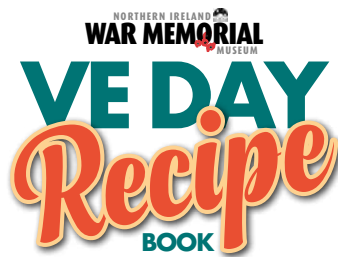
# CASTLE PUDDINGS

## INGREDIENTS

- 6 oz. wheatmeal or wholemeal flour
- 2 oz. fat
- 2 oz. sugar
- 1 egg (reconstituted)
- ½ teaspoon baking powder
- Milk to mix
- Almond or vanilla essence

## METHOD

- Cream the fat and sugar
- Mix flour and baking powder together.
- Add flour and egg alternately to the creamed mixture
- Add milk and essence at the end to make a soft consistency
- Put into greased moulds.
- Cook in a moderate oven for 20–30 minutes.



# WARTIME CHOCOLATE PUDDING

## INGREDIENTS

- 2 cups flour
- 1 cup grated carrot
- 1 oz. sugar
- 2 tablespoons golden syrup
- 1 teaspoon bicarbonate soda
- 1 teaspoon baking powder
- 1 heaped teaspoon cocoa
- ¼ pint milk
- 2 oz. margarine
- A little vanilla essence
- Salt

## METHOD

- Cream the margarine and sugar together
- Stir in the grated carrot, syrup and the rest of the dry ingredients
- Add milk to mix to a fairly stiff consistency
- Put into a greased basin
- Steam for 2 hours

# RHUBARB SURPRISE PIE

## INGREDIENTS

- ½ lb. rhubarb
- 2 cups cold porridge made with rolled oats or breakfast oats
- 2 oz. sugar
- 1 oz. margarine

## METHOD

- Stew the rhubarb in a little water with the sugar
- While it is still hot, beat in the porridge and the margarine
- Pour into a greased pie-dish
- Bake in a moderate oven for 20 minutes.
- Serve hot with custard sauce or cold with mock cream



# OATMEAL PUDDING

## INGREDIENTS

- 2 tablespoons oatmeal
- 1 oz. flour
- 1½ pints milk
- 1 oz. sugar
- Pinch of salt
- Knob of margarine

## METHOD

- Mix oatmeal and flour together to a smooth cream, with a little milk
- Boil the remainder of the milk
- Add it to the prepared oatmeal
- Stir and simmer for 5 minutes
- Add sugar and salt to taste
- Turn into buttered pie dish
- Bake for 20 minutes

# PRUNE SPONGE

## INGREDIENTS

- 8 prunes
- 4 oz. flour
- 1 oz. margarine
- 1 tablespoon syrup
- ½ teacup milk
- Pinch of salt
- ½ teaspoon bicarbonate of soda
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg

## METHOD

- Grease a pudding basin
- Put the prunes, stoned, at the bottom of it
- Rub the fat into the flour
- Add all the dry ingredients
- Stir in the milk and syrup
- Put that on top of the prunes and steam for 1½ hours
- Make a sauce for it with ½ pint of prune juice, thickened with cornflour or custard powder.



# WARTIME QUEEN OF PUDDINGS

Queen of puddings has always been a favourite.  
Try this wartime recipe without eggs.

## INGREDIENTS

- 1 cup breadcrumbs
- 1 pint custard
- 1 dessertspoon of cocoa
- A little margarine
- 1 tablespoon jam

## METHOD

- Make a pint of sweetened vanilla custard, using household milk
- Make the custard just a little thinner than usual.
- Put a dessertspoon of cocoa into a bowl with a heaped cup of breadcrumbs
- Add the custard and beat well with a fork
- If you can spare a little margarine add it to the custard too
- Spread a layer of jam, any kind will do, onto the bottom of a greased pie dish
- Pour the custard mixture over the jam
- Bake for about 20 minutes in a brisk oven

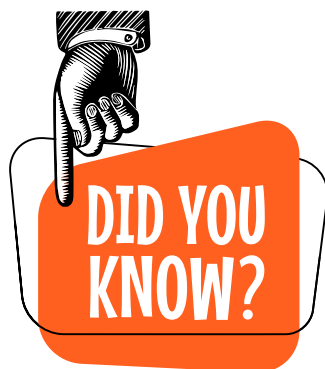
# MOCK CREAM

## INGREDIENTS

- 1 oz. margarine
- 1 oz. sugar
- 1 tablespoon dried milk powder
- 1 tablespoon milk

## METHOD

- Cream the margarine and sugar
- Beat in the milk powder and milk



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 –



# APPLE AND BLACKBERRY ROLY-POLY

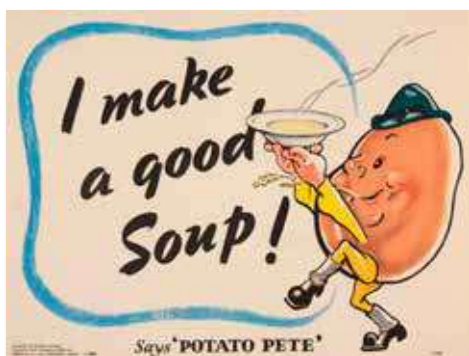
## INGREDIENTS

- 6 oz. national flour
- 1 oz. suet
- 1 oz. grated raw potato
- 1 teaspoon baking powder
- Pinch of salt
- Water to mix
- 1 lb cooking apples
- ½ lb blackberries

## METHOD

- Rub the fat into the flour
- Add the baking powder, salt and grated raw potato.
- Mix into a stiff dough with cold water (it might take a little more water than usual). Roll out, and your dough is ready.
- Peel and chop the apple
- Spread apple and blackberries on your rolled-out dough
- Roll up as usual
- Roll in oatmeal and bake it in a moderate oven for 40 minutes to 1 hour
- You will find the oatmeal will toast a most succulent brown

Potatoes new, Potatoes old  
Potatoes (in a salad) cold  
Potatoes baked or mashed or fried  
Potatoes whole, potato pie'd  
Enjoy them all, including chips  
Remembering spuds don't come on ships!





# 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 1¾ teaspoons baking powder
- 1 teaspoon ground ginger
- 4 tablespoons milk or water
- ½ tablespoon bicarbonate of soda
- 1 reconstituted dried or fresh egg

## METHOD

- Grease and flour an oblong tin measuring about 7 × 4 inches (18 × 10 cm)
- 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
- Add the bicarbonate of soda
- Pour on to the rest of the 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

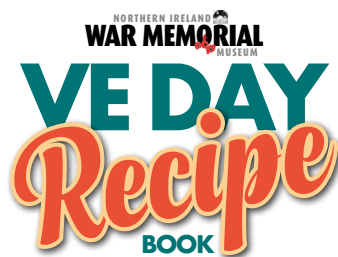
- 8 sponge squares
- 3–4 tablespoons jam
- ¼ pint sweet sherry
- 1 can or bottle of fruit in syrup
- 1 packet fruit jelly (or homemade jelly)
- 2 pints thick custard
- Sugar to taste

## TO DECORATE

- Mock Cream
- Glacé 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



# 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 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

# APPLE FOOL

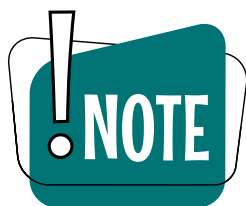
## INGREDIENTS

- ½ lb cooked mashed potato
- 1 lb grated raw apple
- 1 tablespoon powdered milk
- 2 tablespoons sugar
- ½ teaspoon lemon substitute

## METHOD

- Mix all the ingredients together and beat well until creamy
- Serve in individual glasses
- Eat quickly or the apple will go brown





It is important that the carrots are freshly grated and not put into water before use

# CARROT BUNS

## INGREDIENTS

- 8 oz. self-raising flour or plain flour sifted with 2 teaspoons baking powder
- 3 oz. margarine or cooking fat
- 3 oz. sugar
- 4 tablespoons finely grated raw carrot
- 2 tablespoons sultanas (optional)
- 1 reconstituted dried or fresh egg
- A little milk or water

## METHOD

- Grease 2 baking trays
- Sift the flour into a mixing bowl
- Rub in the margarine or cooking fat
- Add the sugar, carrots, sultanas, and egg
- Mix well
- Add a little milk or water to make a sticky consistency
- Put 12 small heaps on to the baking tray
- Cook in a hot oven for 12–15 minutes or until firm and golden in colour

# JELLIED TRIFLE

Preparation Time: 10 Minutes

No Cooking

Quantity: 4–6 Helpings

## INGREDIENTS

- 1 pint jelly
- 4–6 oz. stale plain cake
- 4–6 oz. fresh fruit such as dessert apples or plums or soft fruit

## METHOD

- Make the jelly and allow it to become cold
- Crumble the cake into small pieces
- Dice or slice the fruit, if necessary
- Add the crumbled cake and the prepared fruit to the jelly
- Spoon into a bowl or individual dishes and leave until set
- The trifle may be served with cold custard, if liked

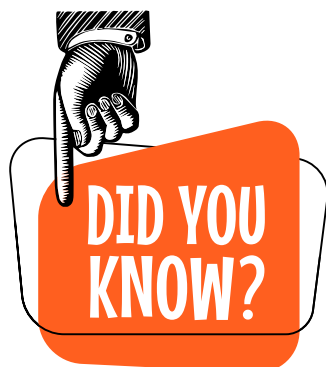
# PATRIOTIC PUDDING

## INGREDIENTS

- 8 oz. self-raising flour
- Pinch of salt
- 4 oz. margarine or cooking fat
- 3 oz. sugar
- 1 egg, beaten
- Milk and water to mix
- 3–4 tablespoons golden syrup, jam, lemon curd or marmalade

## METHOD

- Sift the flour, or flour and baking powder, with the salt into a mixing bowl
- Rub in the margarine or fat
- Add the sugar, the egg and enough milk and water to make a soft dropping consistency (like thick whipped cream)
- Put the syrup or other ingredients into the bottom of a well-greased pudding tin
- Add the pudding mixture
- Cover with margarine paper or greased greaseproof paper
- Steam over rapidly boiling water for 40 minutes
- Lower the heat and continue steaming for a further 50 minutes
- Turn out and serve with custard



The government told people to Dig for Victory in wartime. They made books, leaflets, and radio programmes which told people how to grow vegetables for every week of the year. People were encouraged to dig well and crop wisely so that they would have fresh peas and lettuce in summer, new potatoes in July and onions, broccoli, carrots, leeks and parsnips all year round.





# MARMALADE PUDDING

## INGREDIENTS

- 8 oz. flour
- 1 tablespoon sugar
- Pinch of salt
- 2 oz. cooking fat
- 1 teaspoon baking powder
- 4–5 tablespoon marmalade

## METHOD

- Mix the flour, baking powder and salt together
- Rub in the fat and stir in the sugar
- Mix to a moist dough with cold water
- Roll out on a floured board
- Grease a basin or bowl which can be put in the oven
- Warm a tablespoon of the marmalade and run it round inside the basin
- Cut layers of paste to fit the basin, beginning with a small round for the bottom and getting larger as they go up
- Fit a layer in, spread with marmalade
- Fill up the basin in this way, and finish with a lid of plain paste
- Cover with a piece of margarine paper, and steam for 1½ hours
- If there is any marmalade left, pile it on top of the hot pudding when it is dished up, and serve