

# WARTIME RECIPES

**HAVE A GO AT SOME OF  
THESE WARTIME RECIPES TO  
CELEBRATE THIS WEEKEND  
REMEMBER TO TAKE  
PICTURES!  
ENJOY**



**VE DAY**  
75<sup>TH</sup> ANNIVERSARY  
A SHARED MOMENT OF CELEBRATION  
8-10 MAY 2020



# What is VE Day?



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## WHEN IS VE DAY?

VE Day was Tuesday, 8 May 1945. In 2020, 8 May falls on a Friday, and will be a bank (national) holiday in the UK.

This coming bank holiday weekend, 8 to 10 May 2020, marks 75 years since the end of the Second World War in Europe. To commemorate this important anniversary the three day international festival 'VE Day 75' was planned. But due to the coronavirus and social distancing measures, all planned public VE Day 75 events are cancelled.

But even in lockdown, it's still possible for us to have a shared moment to celebrate the end of the Second World War in Europe, and to commemorate the suffering endured by men and women in wartime across the world.

## KEY VE DAY 75 EVENTS

The key events to mark the 75th anniversary of VE Day are:

- A **two minute silence**, Friday 8 May at 11am.  
Join in on your doorstep.
- **Nation's Toast** to the Heroes of World War II, Friday 8 May at 3pm.  
Raise a glass with the words 'To those who gave so much, we thank you'.
- **Queen's Speech**, Friday 8 May at 9pm.  
Followed by sing-a-long of Vera Lynn's 'We'll meet again'



# Wartime Orange Drop Cookies

**Prep Time: 15 Minutes**

**Cook Time: 10 Minutes**

**Serves: 4 Dozen**

## Ingredients

**2 Tablesp Orange Rind, grated**

**1/2 teasp Orange Flavouring**

**Juice of half an orange**

**170g butter/Margarine**

**425g Honey**

**1 egg**

**310g Self Raising Flour**

**OR**

**310g Plain Flour + 3 teasp Baking powder**

**1/4 teasp salt**

## Method

- 1. Preheat oven to 180°C**
- 2. Mix buttered honey together**
- 3. Add flour (and baking powder) and salt**
- 4. Fold in egg, grated orange, orange flavouring and orange juice**
- 5. Chill mixture for 30mins**
- 6. Put teaspoonfuls onto lined baking tray**
- 7. Bake for 8-10 mins**
- 8. Leave to cool and harden.**



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# Wartime carrot scones

Carrots are very high in beta carotene which converts to vitamin A. Just one medium size carrot provides the recommended daily intake of vitamin A.

## Carrot scones

- 12 tbsp self raising flour and 1 teaspoon baking powder – sifted together (or ½ wholemeal)
- 2 tbsp softened butter (or margarine)
- 4 tbsp sugar
- 8 tbsp grated carrot
- A few drops of vanilla flavouring (essence)



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Pre-heat oven to gas mark 6 / 200°C. Grease a baking tray.

Leave the butter out so that it become nice & soft to work with. This make it easier to mix in the sugar. Beat these until they are light & creamed.

Add in the grated carrot, a bit at a time. It will not look like the prettiest thing in the world – but stick with it.

Add in the vanilla.

Slowly add the sifted flour. The more you beat, the more moisture the carrots will release to bind the mixture together. You will be left with a all of sticky carrot flecked dough.

Pinch and roll the desired amount between your hands. You should get 12 scones from this recipe.

Place on baking tray and sprinkle with a little sugar (optional)

Cook in the centre of the oven for about 20 mins.

Once firm on top & at the sides, they are done. Remove from oven & cool. Enjoy. Perfect with a nice cup of tea.

# Wartime Carrot Cake

During the Second World War, when sugar was rationed to 8oz (230g) per week, carrots were used to naturally sweeten cakes and biscuits. The sweetness of the carrots replaced some of the sugar used in the original recipes

## Ingredients

30g self-raising flour  
85g margarine or cooking fat  
85g sugar  
115g finely grated carrot  
55g sultanas  
A little milk or water  
1 fresh egg

## SELF PREPARATION

**HANDS WASHED,  
APRON ON,  
HAIR TIED BACK**



## EQUIPMENT:

**SCALES  
MIXING BOWL  
WOODEN SPOON  
CAKE TIN  
SIEVE**



## Method

Preheat oven to 220°C / 200°C (fan) / gas mark 7.

Sift the flour into a mixing bowl.

Rub in the margarine or cooking fat.

Add sugar, carrot, sultanas and egg. Mix well and then add sufficient milk or water to make sticky.

Pour mixture into a lined baking tin

Cook in the oven for 40 - 45 minutes or until golden in colour.



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# Wartime Carrot Cookies



## Carrot Cookies (makes 12)

- 1 tablespoon margarine (Earth Balance for vegans)
- 2 tablespoons of sugar
- 1 teaspoon of vanilla essence
- 6 tablespoons of self-raising flour (plain flour add 1/2 teaspoon of baking powder)
- 4 tablespoon of grated raw carrot
- 1 tablespoon of water

Carrots were the home fronts secret weapon. The Ministry of Food propaganda machine convinced children that carrots on sticks were just as tasty as ice-creams, that eating lots of carrots helped you 'see in the dark' during blackouts, and that Dr Carrot would make everything better.

Carrots were also used to sweeten cakes and biscuits (cookies) replacing some of the sugar used in many recipes..

## Method

1. Cream the fat and the 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 greased tray and press down a little
5. Pre-heat oven to 200C
6. Sprinkle tops of cookies with extra sugar
7. Place in oven for 10- 15 minutes

PS Cinnamon added would be rather nice



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# Oaty Biscuits

## Ingredients

Makes 20 biscuits

4 oz (110 g) margarine or butter  
3 oz (90 g) sugar  
7 oz (200 g) rolled oats  
5 oz (150 g) flour  
1 tsp (teaspoon) baking powder  
a pinch of salt  
a little milk  
1 reconstituted egg, or fresh egg if available



## Method

1. Preheat the oven to 180°C or Gas Mark 4.
2. Cream the margarine or butter with the sugar.
3. Add the rolled oats and mix well.
4. Sift the flour, baking powder and salt into the mixture.
5. Add the egg and mix again.
6. Divide the mixture into 20 balls.
7. Press each ball between your palms to flatten them until they are between 1/2 cm and 1 cm thick.
8. Place on a greased baking tray.
9. Bake for around 15 minutes until the edges are golden.

# Fresh Lemonade

## Ingredients

5 lemons

160 grams sugar

1.2 litres water



## Method

1. Remove the rinds from the lemons. Cut the rinds into smaller pieces, and place them in a bowl. Put the lemons to one side for now.
2. Sprinkle the sugar over the lemon rinds and leave for one hour.
3. Bring the water to the boil in a saucepan, then remove from the heat.
4. Add the sugared lemon rinds to the water, and allow to cool for 20 minutes.
5. Remove the lemon rinds from the water.
6. Squeeze the lemons into another bowl. Remove any seeds.
7. Add the lemon juice into the sugar mixture.
8. Pour into a jug and put the lemonade in the fridge to cool.