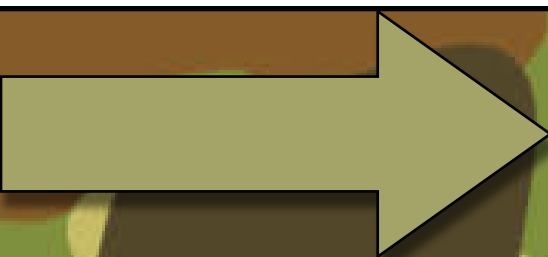


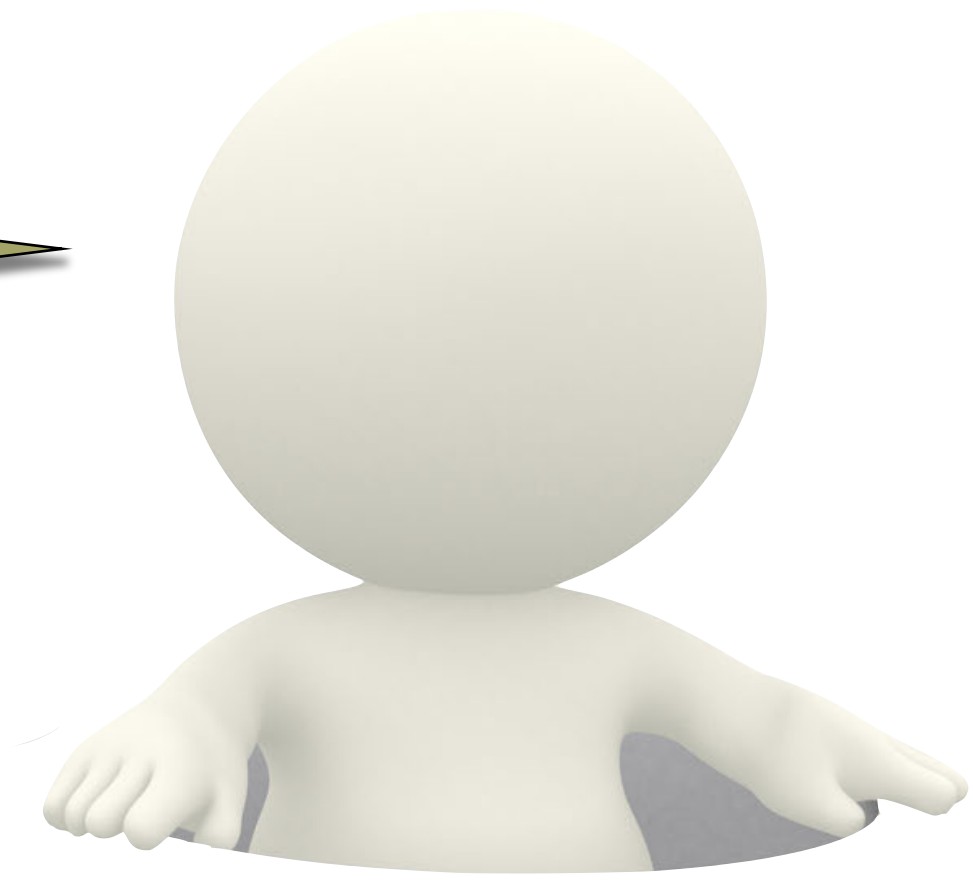
# World War 2

## Learning Objective:

To be able to work safely with food to create a wartime dish.



How much of each of these foods do you think people were allowed each week?



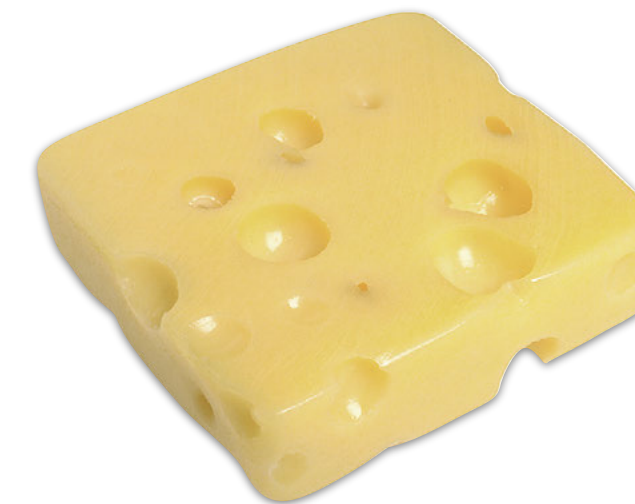
sugar



eggs



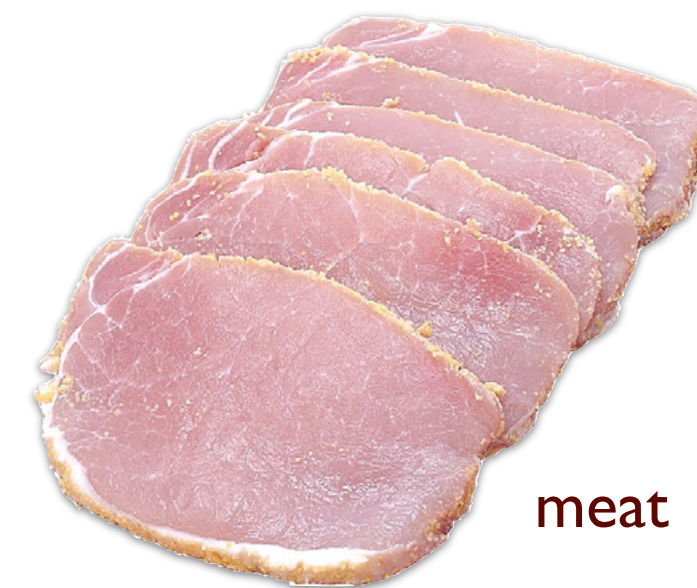
tea leaves



cheese



butter



meat



milk

Rationing was introduced in 1940 to make sure that there was enough food to go around during the war. Everyone was allocated a certain amount of food each week and kept a record of what they bought in a ration book.





226g sugar



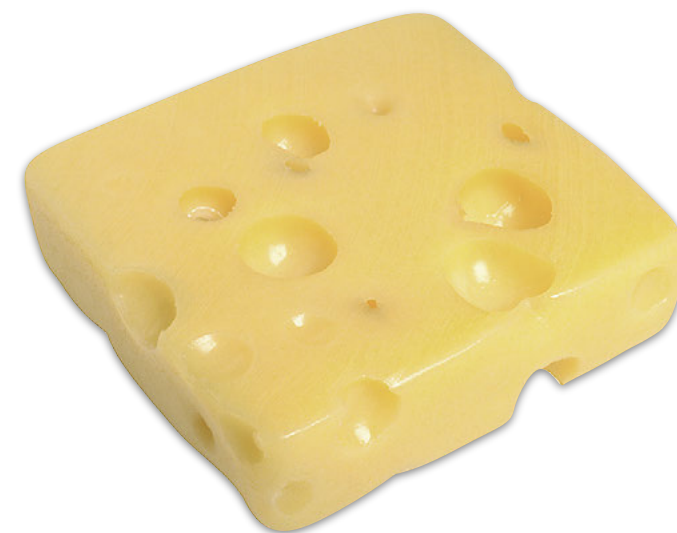
1 fresh egg



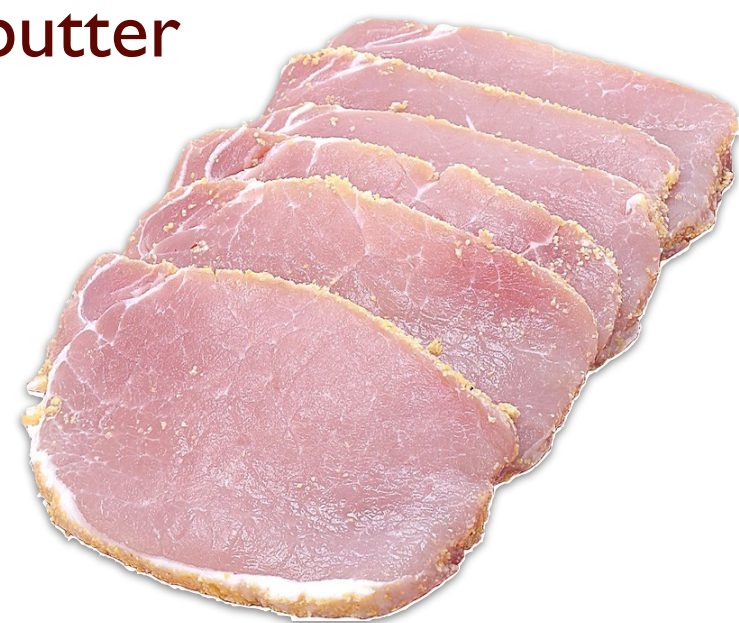
57g tea



57g butter



28g cheese



1 shilling 2 pence worth of meat



3 pints of milk

# You could also get...

57g cooking fat	
104g margarine	
350g sweets (a month)	
450g jam (a month)	
1 pack of dried eggs (a month)	

Today this is worth about 6p

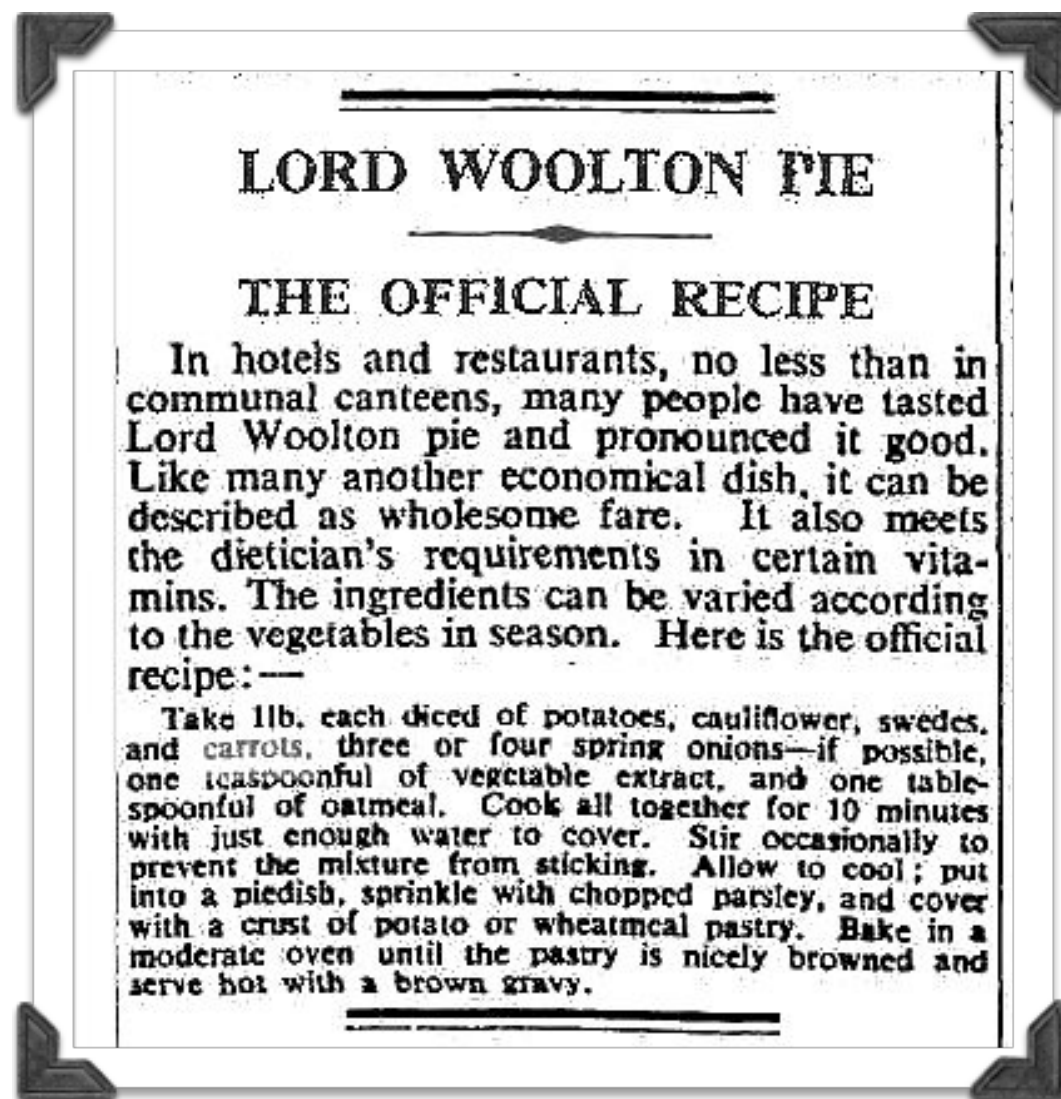
People had to work hard to find ways of making their rations spread further and create meals from the foods they had available.

What foods were people unable to get hold of during the war?

How do you think rationing would have affected what people ate?







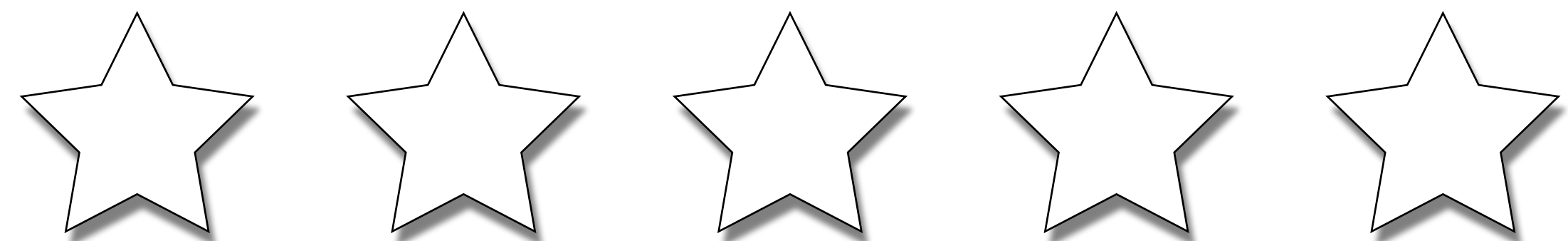
Lord Woolton was the head of the Ministry of Food during the war and this recipe was named after him by a head chef at the Savoy hotel. The recipe appeared in The Times in 1941.



## Woolton Pie

Take 1lb each of diced potatoes, cauliflower, swede and carrots. Cook together with 4 spring onions, one tsp of vegetable extract and one tsp of oatmeal. Allow to cool and place in a pie dish. Sprinkle with chopped parsley and cover with a crust of potatoes or wholemeal pastry. Bake in a moderate oven until the potatoes or pastry are golden and serve with gravy.

How would you rate this recipe?





# Carrot Fudge



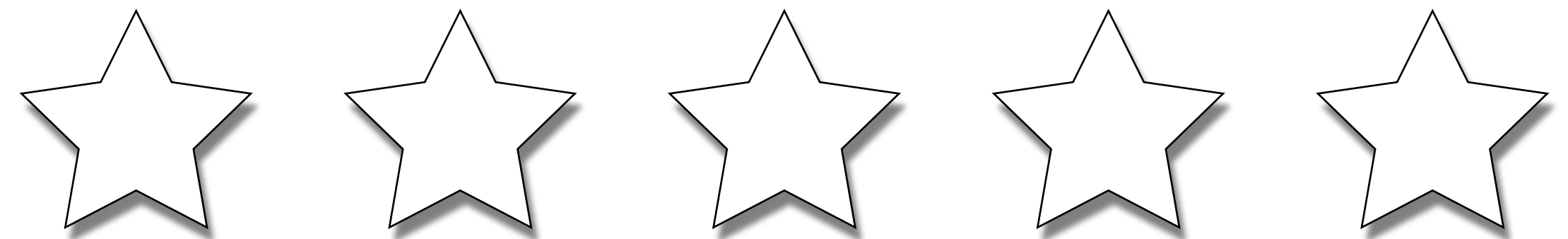
## Ingredients:

Carrots  
Gelatine  
Orange essence

## Method:

1. Finely grate carrots and cook four tablespoons-full in just enough water to cover for 10 minutes.
2. Add flavouring with orange essence, grated orange rind or orange squash/cordial.
3. Melt a leaf of gelatine.
4. Add gelatine to mixture.
5. Cook quickly for a few minutes stirring all the time.
6. Spoon into a flat dish.
7. Leave to set.
8. Cut into cubes.

How would you rate this recipe?



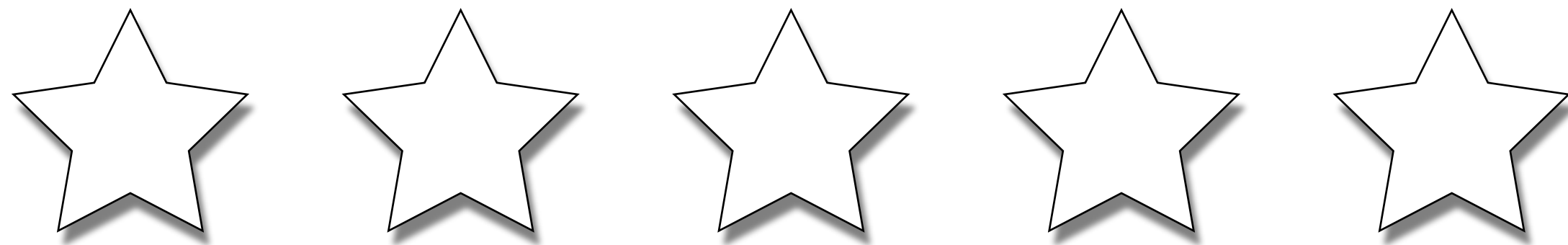
# Cauliflower Pie

## Ingredients:

1 boiled cauliflower  
1 beaten egg  
1 pint stale  
breadcrumbs  
1 pint hot milk  
salt and pepper to taste

## Method:

Rub the cauliflower through a sieve into a basin. Stir in the crumbs and egg. Beat until well mixed. Season to taste. Stir in hot milk. Turn into a shallow greased fireproof dish. Place in a baking tin containing a little hot water. Bake in a moderate oven till the centre is set.



# Green Pea Loaf

## Ingredients:

1 cup peas  
1 can of tomato soup  
1 cup stale breadcrumbs  
1 beaten egg  
1 cup milk  
salt and pepper

## Method:

Rub peas through a sieve. Stir in other ingredients. Mix well, and pack into a small greased baking tin or fireproof dish. Cover with greased paper. Bake in a slow oven for 40 minutes. Turn out onto a hot dish. Cover with half a can of heated tomato soup.



How can we ensure we are working safely and hygienically when working with food? What rules do we need to follow?





