

Wartime Recipes

Potato Scones

Ingredients

225g (½lb) mashed potato
225g (½lb) flour
Pinch of salt
2.5ml (½ tsp) baking powder
Milk
15ml (1 tbs) oil



Method

- Mix the potato, flour, salt and baking powder together with enough milk to make a stiff paste
- Roll out about 5mm (¼ in) thick
- Fry the first cake in a little oil, the others will do without
- Butter and serve hot, in a pile

Carrot Buns

Ingredients

225g (8oz) self-raising flour
75g (3oz) margarine or cooking fat
75g (3oz) sugar
4 tablespoons finely grated raw carrot
2 tbs sultanas (optional)
1 egg
Little milk or water



Method

- Preheat the oven to 220°C (425°F) Gas Mark 7
- Grease two 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 then add enough milk or water to make a sticky consistency
- Put 12 small heaps on the baking trays
- Cook for 12-15 min or until firm and golden in colour

Bread Pudding

Ingredients

- 225g (8oz) stale bread
- 50g (2 oz) margarine or butter
- 25g (1 oz) sugar
- 1 tablespoon marmalade
- 50g (2oz) dried fruit
- 1 egg
- milk to mix
- ground cinnamon



Method

- Pre-heat the oven, Gas 4, 180C, 350F
- Put the bread into a basin, add cold water and leave for 15 minutes then squeeze dry with your fingers
- Crumble the bread to the basin
- Add all the other ingredients and enough milk to make a sticky consistency
- Add a pinch of cinnamon
- Spoon into a greased tin (20cm, 8") and bake in the centre of the oven for 1 hour (or steam in a greased basin for 2 hours)
- Remove from the steamer or oven and allow to cool for 10 minutes
- Serve warm or cold