



If you try any recipes, do
send in a photograph

Food eaten in wartime Britain

What Was VE Day?

The Second World War ended on 8th May, 1945 in Europe when the German Army signed the armistice, surrendering to the allies. Britain had fought for six long years and suffered tremendously due to enemy bombing, rationing, loss of soldiers and the effects of the second total war.



When the war was over, the people of Britain were overjoyed. They gathered at Buckingham Palace to see the King and listened to his speech around the wireless in their homes.



Street parties were held, as were all-night **celebrations**. Even Princess Elizabeth and Princess Margaret went out into town to party! Even though the war continued in the East against Japan, it was certain to be over soon.

But what exactly was rationing? What did it mean, and what were people eating in 1945?

Food rationing in WWII began in 1940. Rationing meant each person could buy *only* a fixed amount of certain foods each week and *no more*.

As a lot of Britain's food came from other countries in ships, enemy submarines made them their target and sank many of them. This meant that there was a shortage of some foods.

Rationing was introduced to ensure that everyone got a **fair share of the supplies**. People had to hand over coupons from ration books, as well as money, when they went shopping.

When they had used up their ration of one food (say, eggs or sugar), **they could not buy any more that week**.

In order to use their ration books, people had to register with their local shops. Long queues often formed as soon as people heard that shops had more supplies. Bacon, sugar, tea, butter and meat were among the first food to be rationed. Later on during the war other foods were rationed including sweets! Only one egg a week was the ration in 1941.

Clothes were also rationed as it meant that clothing factories could switch to war work. Petrol, paper and other things like soap (one bar a month) and washing powder, were also rationed.



WW2 Rations 1940: per one person (adult)

Butter: 50g (2oz)

Bacon or ham: 100g (4oz)

Margarine: 100g (4oz)

Cooking fat/lard: 100g (4oz)

Sugar: 225g (8oz).

Meat: To the value of 1/2d and sometimes 1/10d – about 1lb (450g) to 12ozs (350g)

Milk: 3 pints (1800ml) occasionally dropping to 2 pints (1200ml).

Cheese: 2oz (50g) rising to 8oz (225g)

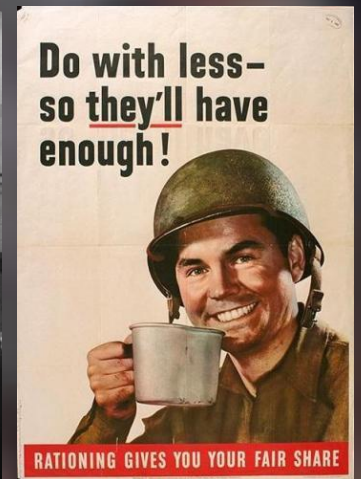
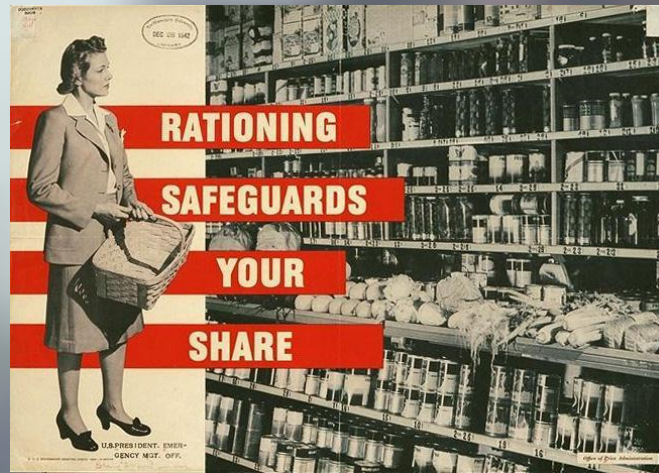
Eggs: 1 fresh egg a week.

Tea: 50g (2oz).

Jam: 450g (1lb) every two months.

Dried eggs: 1 packet (12 eggs) every four weeks.

Sweets & Chocolate: 350g (12oz) every four weeks



DEFENCE OF THE REALM. E.P. 6.

MINISTRY OF FOOD.

BREACHES OF THE RATIONING ORDER

The undermentioned convictions have been recently obtained:—

Court	Date	Nature of Offence	Result
HENDON - -	29th Aug., 1918	Unlawfully obtaining and using ration books -	3 Months' Imprisonment
WEST HAM -	29th Aug., 1918	Being a retailer & failing to detach proper number of coupons	Fined £20
SMETHWICK -	22nd July, 1918	Obtaining meat in excess quantities - - -	Fined £50 & £5 5s. costs
OLD STREET -	4th Sept., 1918	Being a retailer selling to unregistered customer	Fined £72 & £5 5s. costs
OLD STREET -	4th Sept., 1918	Not detaching sufficient coupons for meat sold -	Fined £25 & £2 2s. costs
CHESTER-LE-STREET	4th Sept., 1918	Being a retailer returning number of registered customers in excess of counterfoils deposited - - -	Fined £50 & £3 3s. costs
HIGH WYCOMBE	7th Sept., 1918	Making false statement on application for and using Ration Books unlawfully - - - - -	Fined £40 & £6 4s. costs

The Government Branch, Local Authorities Division.

A Typical Week's Rations

Food (per person per week)

4oz bacon or ham

8oz sugar

2oz tea

1s2d meat (about 6p today)

2oz cheese

1lb jam

2oz butter

4oz margarine

2oz lard

1 egg

3 pints milk

1 can tinned fruit

1 box dried egg per 8 weeks



Clothes (48 points a year)

Coat= 18

Suit= 26-29

Men's shoes= 9

Women's shoes= 7

Dress= 11

Skirt= 7

Pyjamas= 8

Socks= 1

Gloves= 2

Scarf= 2

Trousers= 8

Shorts= 5

Toiletries

1 bar of soap

Very limited paper

1 box of washing powder
a month

5 inches of bath water a week

1 gas ring to cook dinner

1 toilet roll per family,
per week

Gravy to paint on tights



Available and non-rationed food

Apples

Home grown fruit and
vegetables

Potatoes

Fish (expensive)

Snoek (South African fish)

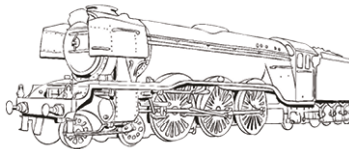
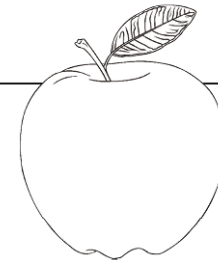
Whale meat

Brown bread

Pigeon

Rabbit

Spam



Petrol

Only war business.

Only essential journeys encouraged by train.



The picture shows an example of one persons rations for the week.

DIG for Victory



**GROW
YOUR OWN
VEGETABLES**

BETTER POT-LUCK



with
Churchill
today

THAN HUMBLE PIE



under
Hitler
tomorrow

DON'T WASTE FOOD!





In the past VE Day celebrations would have been celebrated with our friends, family and neighbours.

Street parties are a popular way of celebrating together.

This year due to our current situation we have to stay at home with our immediate family, but can still have fun and enjoy time together.

Why not plan a picnic, barbeque or special dinner?

You could make bunting to decorate the windows or dress up in red, white and blue!

Some recipes and suggestions for things you could make can be found on the next few slides.

Templates are also provided for making your own bunting or a poster for colouring in!

**Stay at
home**

**Protect
the NHS**

Save lives

Eggless Chocolate Cake



- 100g margarine or fat
- 200g plain flour
- 50g cocoa
- 100g sugar
- 1/4 pint warm milk mixed with water
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp bicarbonate of soda
- 1 tbsp vinegar
- 1/2 tsp vanilla essence

Method

1. Rub the margarine into the flour, baking powder and salt. Add the cocoa and sugar and mix with the liquid.
2. Dissolve the soda in the vinegar and add to the cake mixture along with the vanilla essence.
3. Mix, then turn into a greased 6" tin and bake gas 4 or 180°c for approx. 45 minutes or until knife comes out clean.

The National Wholemeal Loaf

- 1 ½ lb wholemeal bread flour
- 1 ½ tbsp salt
- 1 ½ tbsp dried yeast
- 1 tsp honey or treacle
- 450 ml tepid water

Method

1. Mix together all the ingredients and knead for about 10 minutes.
2. Place the dough in an oiled bowl, cover and rise for 2 hours.
3. Knead the dough, cut in two, place in 2 greased loaf tins and rise for a further 2 hours.
4. Bake at 200°C for 30 minutes.



Potato Soup



- 1 tbsp oil or 1oz lard
- 2 large Smooth potatoes such as Desiree diced
- 1 large onion, sliced
- 4 medium leeks, washed and sliced
- 3 stalks of celery, diced
- 1 tbsp thyme leaves
- 1 litre vegetable stock
- 1 tbsp parsley, chopped

Method

1. Heat the oil in a saucepan then fry the vegetables for 5 minutes,
2. Add the stock and thyme.
3. Cover and cook for 30 minutes or until tender.
4. Serve sprinkled with a little parsley.

Cauliflower Cheese with Bacon



- 1 cauliflower
- 2 tablespoons cornflour
- 1/2 pint milk
- 1 onion or 1 leek chopped
- 2-4 oz (1/2 -1 weekly ration) of bacon chopped
- 2 oz cheese
- salt and pepper, horseradish or mustard
- knob of butter

Method

1. Steam or boil the cauliflower and then drain well
2. Mix the cornflour into a thick paste with a little milk, add the rest of the milk and the butter. Place on heat and slowly bring to a simmer stirring all the time, add seasoning.
3. Fry onions or leeks and chopped bacon in a separate pan. When browned add to white sauce and mix in well
4. Place cauliflower piled up in ovenproof dish
5. Pre-heat grill to quite high –
6. Pour THICK sauce over the top - Grate the cheese over the top.
7. Place under grill until topping is golden brown

Eggless Chocolate Sponge with Dark Chocolate Filling

Ingredients

1/2 lb self raising flour
1/4 teaspoon salt
2 tablespoons of cocoa powder
3 oz caster sugar
1 tablespoon syrup
14 tablespoons of hot water
1 teaspoon bicarbonate of soda
3 oz margarine
Vanilla essence

Method

- * Mix the flour, salt, cocoa and sugar together.
- * Dissolve the syrup in the water and add the bicarbonate of soda.
- * Melt the margarine and mix all the ingredients together including the essence but do not beat the mixture which should be very soft.
- * Divide the mixture between two well greased 8" sandwich tins and bake in a moderately hot oven for 20 minutes.
- * When cooled use jam or a chocolate or mock cream filling between the two layers.

Chocolate Filling

1/2 oz margarine
2 oz cocoa
2 oz caster sugar
2 tablespoons of strong black coffee
Melt the margarine. Remove from the heat and add the cocoa and sugar. Beat in the coffee until the mixture becomes a good spreading consistency.



Wartime Scotch Shortbread

Melt 4 oz margarine, add 8 oz plain flour and 2 oz sugar, mix well and knead until the mixture binds together. If it is a little dry crumble it again and add a splash of milk and re knead. Put in an ungreased baking tin and press mixture down firmly so it is about 1/2 inch thick. Prick the surface and then cut into 10-12 portions.

Bake in centre of moderate oven for 30 + minutes.

Remove, sprinkle lightly with sugar

Serve.



Rock Buns

- 8 oz wholemeal/wholewheat flour
- 4 teaspoons of baking powder
- 1/2 teaspoon mixed spice/all spice
- 2 oz margarine
- 2 oz sugar
- 2 oz sultanas or dried mixed fruit
- 1 egg or 1 reconstituted dried egg
- milk
- 2 teaspoons sugar for topping

Method

Sift the flour, baking powder and spice

Rub in the margarine

Add the sugar, dried fruit and the egg

Gradually add enough milk to make a sticky mixture

Put spoonful onto parchment paper on baking tray (makes 12-14)

Sprinkle with the sugar

Cook in a hot oven for 12-15 minutes



This is a recipe from “We’ll Eat Again” by Marguerite Patten OBE and it was something children could make themselves if they were old enough to melt the margarine in a saucepan. It tastes nice and chocolatey and could be topped by chocolate icing once it has stood for a few hours to cool and harden. It really isn’t like cake but more like squares and this is how I served mine... not bad at all!

Ingredients

- 2oz margarine
- 2oz sugar
- 2 tablespoons of golden syrup or corn syrup
- 2 oz cocoa
- 6 oz crispy breadcrumbs
- few drops of vanilla essence

Method

Put the margarine, syrup and sugar in a pan and melt gently over a low heat until the margarine is fully dissolved. Mix well

Remove from heat and add the vanilla essence and the cocoa and mix thoroughly

Pour in breadcrumbs and mix until all coated with the mixture

Press down into 7 inch square greased tin.

Place somewhere cool for at least a few hours until firm

A topping can be added such as chocolate icing

Once set cut into squares

Makes 16 squares



Virtual VE Day 75 Celebration

BUNTING TEMPLATE

1/ CUT OUT AS MANY PENNANTS AS YOU NEED

2/ CUT ALONG DASHED LINES TO INSERT STRING



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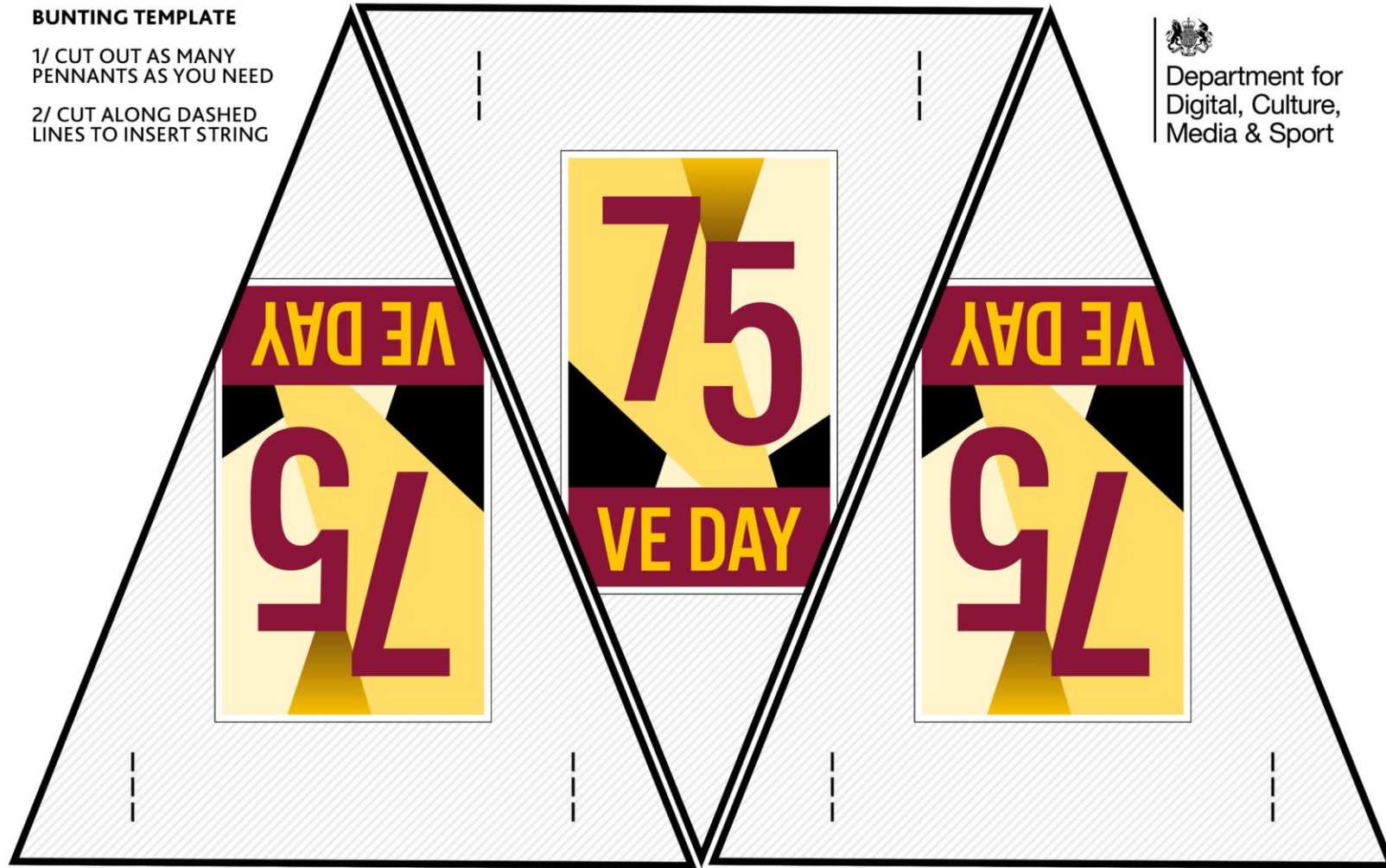
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Colour me in



V FOR
VICTORY