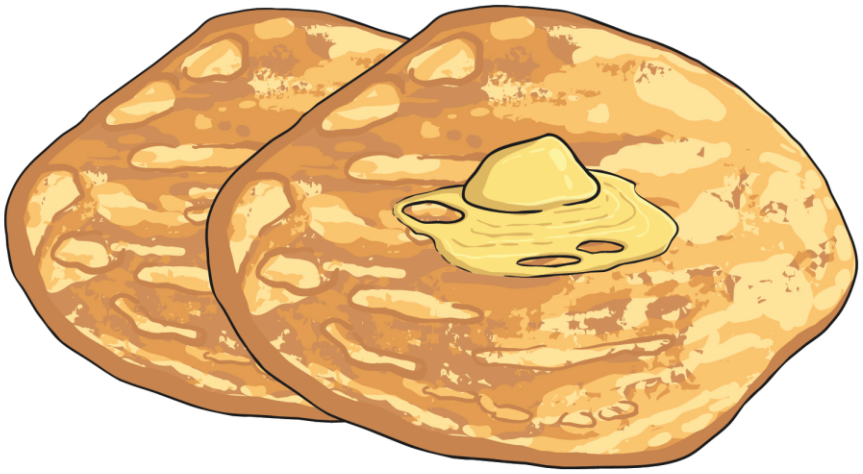
WARTIME RECIPES

★ Pancakes ★

Ingredients



1 egg
4 oz of wholewheat flour
pinch salt
1/2 pint of milk and water mixed

Method

Mix all the wet ingredients together.

Mix all the dry ingredients together.

Once you have mixed the ingredients, slowly add the wet ingredients to the dry ingredients to create a stiff batter then continue add the rest. Beat it well until it's smooth.

Add a little bit of margarine into the pan and wait until it is bubbling.

Pour in the batter and cook until both sides of the batter are brown.

Serve with either syrup, jam or sprinkle a little bit of sugar.

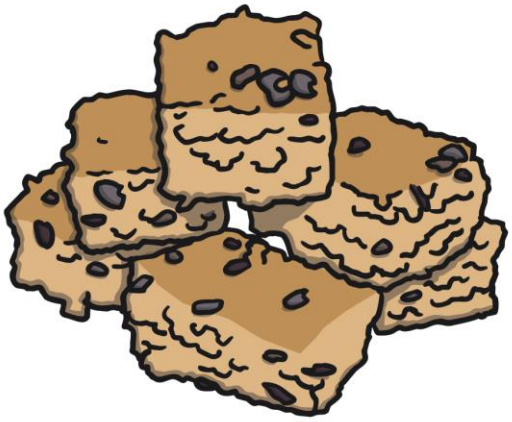
Enjoy.

Makes 6-10 pancakes.

WARTIME RECIPES

★ Eggless Sponge ★

Ingredients



1/2 pint of tea (without any milk or tea leaves/bags)
3 oz butter/margarine
3 oz sugar
3 oz sultanas
10 oz wholewheat flour (add 3-4 teaspoons of baking powder)
1 teaspoon all spice (mixed spice)
extra cinnamon if required

Method

Add the tea, sugar, butter and sultanas into a saucepan. Heat gently until the butter has melted, leave it to cool.

Mix all the dry ingredients together.

Add and mix the dry ingredients into the cooled liquid. Give it a beat and mix it well.

Grab a 7 inch cake tin and grease it. Put the mixture into it.

Cook on 180 degrees for around 45 minutes or more.

Serve and Enjoy!

WARTIME RECIPES

★ Eggless Chocolate Cake ★

Ingredients

3oz margarine or fat
7oz plain flour
1 tsp baking powder
1/2 tsp salt
1 1/2oz cocoa
3oz sugar
1/4 pint warm milk and water
1 tsp bicarbonate of soda
1 tbls vinegar
1/2 tsp vanilla essence



Method

Rub the margarine or fat into the flour, salt and baking powder.

Add together the mixture, cocoa, sugar, milk and water. Mix it altogether.

Dissolve the soda in the vinegar to add into the cake mixture, with the essence.

Mix everything together and place it into a greased tin to bake.

Bake for 1 1/2 hours.

Serve and enjoy!

WARTIME RECIPES

★ Spam Hash ★

Ingredients

2 large potatoes

1/2 onion

1/4 can of spam

tablespoon of butter/margarine



Method

Wash the potatoes.

Cut them into quarters and boil until they are firm. Remove from the water and let them cool.

Chop up the onion.

Chop the spam up into chunks.

Add the butter to a large frying pan.

Add the onions and cook gently until nice and soft.

Take the potatoes and chop them into even smaller chunks.

Add the potatoes and spam chunks into the pan with the onions and continue to fry and stir them.

Turn down the heat and cover the frying pan if possible. Continue to cook for a further 5-10 minutes. If the texture is too sticky add a little bit of water and stir.

Once cooked, serve with your favourite vegetables.

Serve and Enjoy.

Serves 1