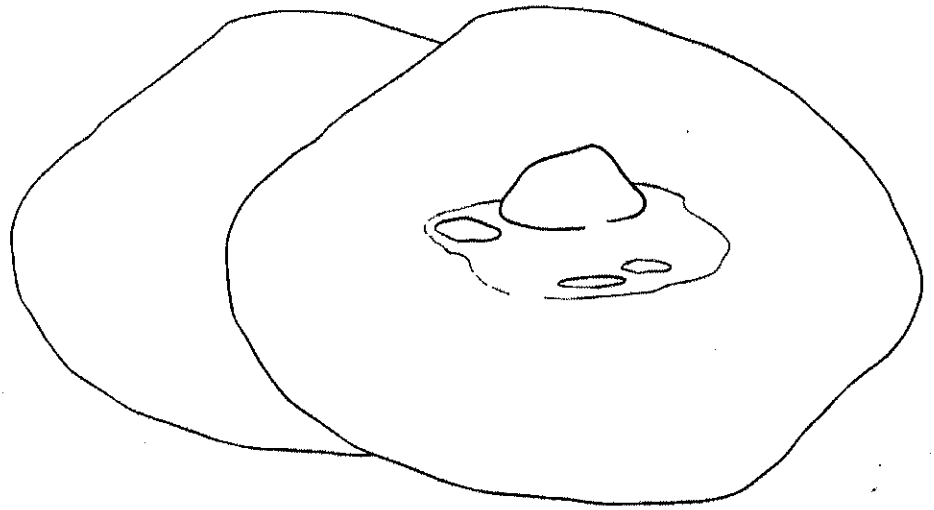


WARTIME RECIPES

★ 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.

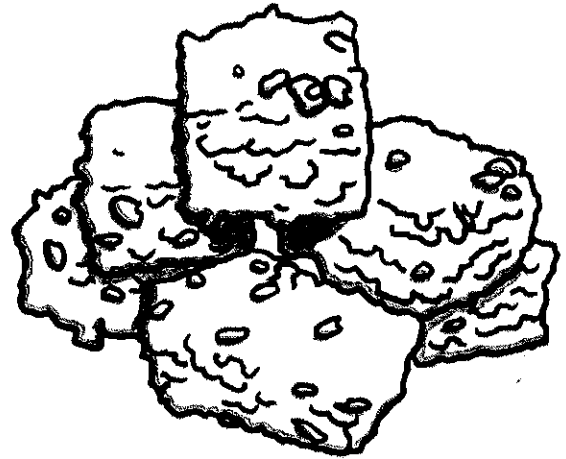
Makes 6-10 pancakes.

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.

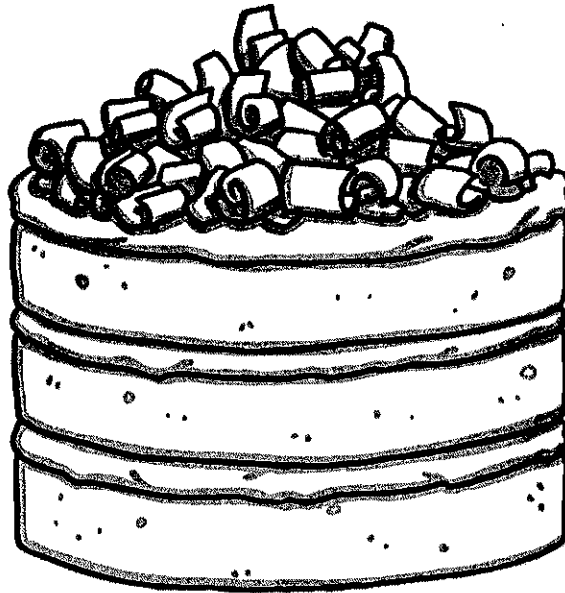
Serve and Enjoy!

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 tbs 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.

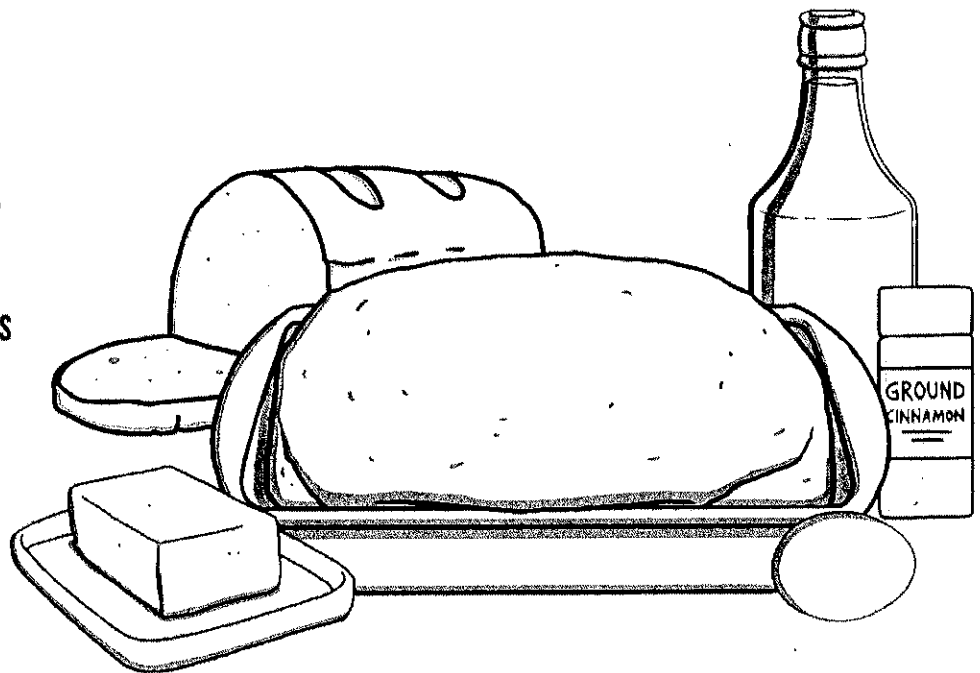
Serve and enjoy!

WARTIME RECIPES

★ bread pudding ★

Ingredients

10 ounces of stale bread
2 ounces of margarine or butter
1 ounce of sugar
2 ounces of dried raisin sultanas
1 egg (fresh or dried)
milk to mix
cinnamon
extra sugar for topping



Method

Put bread and a little bit of water into the basin and leave for 10 minutes.

Squeeze the bread until it is fairly dry.

After, add the bread and all the ingredients (minus the spice) into the empty basin. Add a little bit of milk to give the bread a sticky consistency.

Gradually add the cinnamon a little bit at a time until you like the taste.

Place all the mixture into a greased pan (like a lasagna pan).

Cook at 160 degrees C for an hour until you see that the edges have become brown and the centre is hot.

10 minutes before the end of cooking, sprinkle some sugar on.

Allow it to cool. Finally, serve and enjoy.

Serves 8 to 10