

WARTIME CARROT CAKE

During the Second World War, when sugar was rationed to 8oz (230g) per week, carrots were used to naturally sweeten cakes and biscuits. The sweetness of the carrots replaced some of the sugar used in the original recipes.

Ingredients

- **230g** self-raising flour
- **85g** margarine or cooking fat
- **85g** sugar
- **115g** finely grated carrot
- **55g** sultanas
- A little milk or water
- **1** reconstituted dried egg or 1 fresh egg

Method

1. Preheat oven to 220°C / 200°C (fan) / gas mark 7.
2. Sift the flour into a mixing bowl.
3. Rub in the margarine or cooking fat.
4. Add sugar, carrot, sultanas and egg. Mix well and then add enough milk or water to make sticky.
5. Pour mixture into a lined baking tin and cook in the oven for 40 - 45 minutes or until golden in colour.

SAUSAGE CASSEROLE - recipe kindly sent in by Juliet Thomson

Place sausages in casserole dish, onion on top then chopped cabbage.

Add water (use microwave now) leave on for 20 mins in microwave, then mix with Tomato soup and microwave for 2 mins.

Juliet's Mum used to make this and it is a quick, tasty and reasonably priced meal.

POTATO CAKE – kindly sent in by Captain Jack Ronan

From a recipe of my mother Mabel Crebbin 1900-1983, who was from Cregneish



1 lb S. R. Flour (sifted)

Salt

Touch baking powder

4 oz Best Marg or Butter

4 lb Potatoes

A little Hot Milk

Boil the spuds with the salt (Not quite as much as for the table).

Mash while still hot

Sieve the flour & Bake powder. Rub in the Marg. Enough Milk to bind the mix

Knead the mix by hand to a malleable dough

Then roll out each cake individually on a floured surface

They are better rolled out thin

Take care in the shaping

Lightly grease a girdle or strong frying pan

Cook the cakes about 5 minutes a side

Practice will make perfect

The mix can be altered according to taste

Recommend serving with bacon or sausage