

What Did Children Eat During World War 2?

During the Second World War food was in very short supply. The government set up rationing so that everyone would get his or her fair share. Foods like fruit and sugar were very hard to get hold of and people were told to grow vegetables in their back gardens. People had to make the most of the food they had and nothing was wasted.

Look at these
strange wartime recipes.

This is what you might have eaten
during the war. Why don't you try one out?



CHEESEY PUDDING PIE

Ingredients:

1/4 teaspoon of dried mustard
2 eggs
1/2 pint of milk
12 ozs grated cheese
salt and pepper

Method:

1. Put all the ingredients in to a bowl and stir well.
2. Pour the mixture into an oven dish lined with greaseproof paper.
3. Pop it in the oven at 400°F for 20 minutes.
4. Leave to cool.

APPLEY DESSERT

Ingredients:

Cooking apples
Condensed milk
Orange juice
Nuts or grated chocolate

Method:

1. Grate the raw cooking apple into a bowl.
2. Whip the apple together with some condensed milk.
3. Add a some orange juice.
4. Arrange in dishes with nuts or grated chocolate on top.

CARROT FUDGEY CUBES

Ingredients:

5 Carrots
Gelatine
Orange essence

Method:

1. Grate 5 carrots and cook them in a bit of water for 10mins.
2. Add the orange essence (or some grated orange rind).
3. Melt a gelatine leaf and add it to the mixture.
4. Cook quickly for a few minutes stirring all the time.
5. Spoon into a flat dish and leave to set.
6. Cut the fudge into cubes and eat!