

Aunt Mary's Wartime Recipes



Healthy Eating today can take a lot from recipes that were created during World War II. On 8 January 1940, bacon, butter and sugar were rationed. This was followed by successive ration schemes for meat, tea, jam, biscuits, breakfast cereals, cheese, eggs, lard, milk and canned and dried fruit. Fresh vegetables and fruit were not rationed, but supplies were limited. Living at Tatton Park's Farm would have given Aunt Mary access to more eggs, cheese and meat than people living in towns and she would have also had access to more land on which to grow fresh fruit and vegetables. Everyone was encouraged to make full use of non-rationed vegetables in many new ways. Step inside Aunt Mary's kitchen to learn some interesting ways of including vegetables in your cooking.

Here are some recipes for you to try at home!

Lord Woolton's Pie:

This is a hearty meal that would have fed the family for very little money and would not have used up valuable meat.

Ingredients:

- 1lb each of diced potato, cauliflower, carrots and swede
- 3 to 4 spring onions
- 1 teaspoon of vegetable extract (could use marmite or a stock cube)
- 1 teaspoon oatmeal
- Salt and pepper
- 8oz of wholemeal flour
- 1 level teaspoon of baking powder
- 3oz margarine or lard
- Water



Method:

- Place all chopped vegetables, oatmeal and vegetable extract in a pan and fill with water to reach about $\frac{3}{4}$ of the way up the pan. Cook until tender and most of the water has been absorbed.
- Make the pastry by mixing flour, baking powder and fat together to give a breadcrumb consistency. Add water to bind together and then roll out on a floured surface.
- Once cooked, place all the vegetables in a deep pie dish, and cover with the pastry. Pierce the top of the pastry and then bake in a hot oven until golden brown.
- Serve with mashed potatoes and gravy. Alternatively, replace the pastry top with sliced or mashed potato. Cheese can be sprinkled on the top for added flavour.

Carrot Fudge:

Aunt Mary and the Tatton Park staff and Land Girls were able to grow most of their own vegetables, harvest eggs and maintain a supply of meat for both the Farm and the Mansion; particularly as additional land was given over to agriculture to help the war effort. Fruit was also in plentiful supply, but one thing they couldn't produce was sugar, which was rationed. The humble carrot took on prominence during the war years. It was easy to grow, healthy, useful as a sweetener and as a staple and filling vegetable and any excess could be used as animal feed. Doctor Carrot was used widely to promote the health benefits and carrots were even used as a code to the French Resistance to notify them of the impending D-Day landings so that they could sabotage railway lines and telephone exchanges.

Today sugar is readily available but, for health reasons, we are encouraged to use less. Why not try this recipe, which uses carrots to replace some or all of the sugar.

Ingredients:

- 4 tablespoons of finely grated carrot
- 1 gelatine leaf
- Orange essence or orange squash
- Saucepan and a flat dish

Method:

- Put the carrots in a pan and cook them gently in just enough water to keep them covered, for ten minutes
- Add a little orange essence or orange squash to flavour the carrots
- Melt a leaf of gelatine and add it to the mixture
- Cook the mixture again for a few minutes, stirring all the time
- Spoon it into a flat dish and leave it to set in a cool place for several hours. When the fudge feels firm, cut it into chunks and eat

