

Are you going to put on a party for VE Day? Do you want to eat some food from World War Two? Here are some recipes which will help you!

Dripping sandwiches

Do not worry, these sandwiches are not soggy! 'Dripping' is the word people used for animal fat. In 1945, every bit of an animal was important to eat. People could not waste anything! When meat was cooked, the fat which was left over was kept in jars. It was used again in other meals. Here is a recipe for dripping sandwiches.

Ingredients:

- 1 loaf of bread
- 1 jar of beef or pork dripping (fat)

Method:

- 1) Slice the bread into thin slices. The more slices you cut, the more sandwiches you can make.
- 2) Spread a layer of dripping onto the bread.
- 3) If you have any salt or pepper, put some on the dripping.
- 4) Put another slice of bread on top.
- 5) Repeat steps 1 to 4 until you have used up the bread. If you have some dripping left over, save it for another meal!

Potato scones

Cooking in war time was all about making ingredients last longer. People found that they could mix ingredients and use them in new ways. To make these scones, swap some flour for mashed potato!

Ingredients:

- 170g of flour
- 110g of mashed potato
- 1 teaspoon of baking powder

Half a teaspoon of salt
30g of fat (butter, margarine or other)
4 – 5 tablespoons of milk

Method:

- 1) Mix the flour and the salt in a large bowl.
- 2) Add the baking powder and mix it in.
- 3) Add the mashed potato and mix it in. Make sure all the ingredients are mixed together well.
- 4) Using your fingers, rub the fat into the mixture.
- 5) Add the milk in little amounts. Mix it in each time you add it. Keep adding milk until you have a soft, smooth dough.
- 6) Roll the dough into small balls. Press them onto an oven tray which is covered in greased baking paper. Squash the balls out into circles which are half a centimetre thick.
- 7) Brush a little bit of milk on the top of the scones.
- 8) Bake the scones in a hot oven (200 degrees Celsius) for 15 minutes.
- 9) Enjoy with butter. If you are lucky, maybe you will get jam too!

Eggless fruitcake

Some ingredients were very rare. Everything was rationed. People in World War Two would therefore make cakes without eggs. VE Day was a party, and you cannot have a party without cake! Here is a recipe for a fruit cake which does not need eggs!

Ingredients:

340g of flour
170g of butter or margarine
170g of sugar (sugar was very rare so it was saved for special times like a VE Day party)
340g of dried fruit
Half a teaspoon of salt

140ml of milk
140ml of water
1 tablespoon vinegar
1 teaspoon of baking soda
60g of chopped nuts

Method:

- 1) Sieve the flour into a large bowl and mix in the salt.
- 2) Using your fingers, rub the butter or margarine into the flour until everything is mixed together.
- 3) Stir in the sugar and dried fruit with a wooden spoon.
- 4) Mix the water, milk, vinegar and baking soda in a jug.
- 5) Pour the liquid mixture into the solid mixture and mix them together with the wooden spoon.
- 6) Put the mixture into a cake tin which has been greased with butter or margarine. Sprinkle the chopped nuts on top.
- 7) Bake in the middle of an oven at 160 degrees Celsius for 1 hour 45 minutes.
- 8) Check the cake is cooked by putting a knife into the middle of the cake. If it comes out with mixture on, the cake is not ready.
- 9) Leave the cake to cool before eating it.

With these recipes you can have a real VE Day party! Enjoy cooking! Enjoy the food!

Section A

1. What is dripping?

2. What does Step 4 of the first method say?

3. Which of the three recipes uses the fewest ingredients?

4. The third section of each recipe is called the 'Method'. Describe what the 'Method' section is for.

Section B

5. The author is keen for people not to waste food. Find two phrases from the 'Method' section of the 'Dripping sandwiches recipe which show this.

6. Describe the 'dough'.

7. Which recipe is the most complicated? Give a reason for your answer.

8. Which of the three foods would you most like to eat? What made up your mind?

9. Which of the three foods would you least like to try? What word or phrases put you off?

10. What is the name of the second section of each recipe and explain its purpose.

Section C

11. Why did people eat every part of an animal during war time?

12. What does it mean that the baking paper in the second recipe must be 'greased'?

13. What does the word 'Celsius' mean? Use a dictionary to find out.

14. Why is the fruitcake 'eggless'?

15. What would you call the first section of each recipe? What is its purpose?

Section D

16. 'Do not worry, these sandwiches are not soggy!' Why might the author think some readers will imagine the sandwiches will be soggy?

17. Which ingredient would you use the most of if you made potato scones?

18. There are five ingredients in the third recipe which are measured by their weight. Put them in order from heaviest to lightest.

Party Food – Challenge Activity

Section A

Put these instructions for potato scones in the correct order.

Directions	Step
Make the dough into small balls.	
Add the mashed potato.	
Add the baking powder.	
Rub the fat into the mixture.	
Mix the flour and salt in a big bowl.	
Bake them at 200 degrees Celsius for 15 minutes.	

Section B

Tick the best answer.

Which ingredient is not used to make dripping sandwiches?

pork fat	<input type="checkbox"/>
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bread	<input type="checkbox"/>
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beef fat	<input type="checkbox"/>
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chicken fat	<input type="checkbox"/>
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These recipes are from...

World War 1	<input type="checkbox"/>
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World War 2	<input type="checkbox"/>
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World War 3	<input type="checkbox"/>
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The Cold War	<input type="checkbox"/>
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How much fat is needed to make potato scones?

20g	<input type="checkbox"/>
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25g	<input type="checkbox"/>
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30g	<input type="checkbox"/>
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35g	<input type="checkbox"/>
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To make eggless fruitcake, first you sieve the flour into...

the salt	<input type="checkbox"/>
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dried fruit	<input type="checkbox"/>
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some eggs	<input type="checkbox"/>
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the butter	<input type="checkbox"/>
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What goes on top of an eggless fruitcake?

chocolate chips	<input type="checkbox"/>
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sprinkles	<input type="checkbox"/>
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chopped nuts	<input type="checkbox"/>
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dried fruit	<input type="checkbox"/>
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Party Food – Challenge Activity

Section C

Use the information in the text to find which recipe these ingredients come from.

Ingredient	Recipe
170g of flour	
1 loaf of bread	
60g chopped nuts	
1 teaspoon of baking powder	
170g butter or margarine	

Section D

Use the information in the text to determine whether the statements are true or false.

Statement	True or False?
When checking if a cake is baked, if the knife comes out with mixture on it, it means the cake is ready.	
When making scones, you should add milk in small amounts.	
In World War 2, eggs were easy to get.	
Dripping sandwiches are made from leftover animal fat.	
There is vinegar in eggless fruitcake.	
Potato scones come from people finding new, creative ways to use ingredients.	

Correct the false statements in the space below.

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