



Carrot Cake Recipe

During WWII, sugar was rationed to 8 oz (ounces) a week - that's 225g (grams), the equivalent of just 15 tablespoons!
Carrots were used as a replacement for sugar in many cake and biscuit recipes.

Ingredients

8 oz (225 g) self-raising flour

3 oz (90 g) margarine

3 oz (90 g) sugar

4 oz (110 g) finely grated carrot

2 oz (60 g) sultanas

a little milk or water

A reconstituted egg, or fresh egg if available



Method

1. Preheat the oven to 220°C or Gas Mark 7.
2. Sift the flour into a mixing bowl.
3. Rub in the margarine.
4. Add the sugar, carrot, sultanas and egg.
5. Mix together.
6. Add in a small amount of water or milk - just enough to make the mixture sticky.
7. Pour mixture into a lined baking tin and cook until golden in colour.





Oaty Biscuits Recipe

Ingredients

Makes 20 biscuits

4 oz (110 g) margarine or butter

3 oz (90 g) sugar

7 oz (200 g) rolled oats

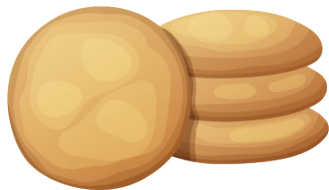
5 oz (150 g) flour

1 tsp (teaspoon) baking powder

a pinch of salt

a little milk

1 reconstituted egg, or fresh egg if available



Method

1. Preheat the oven to 180°C or Gas Mark 4.
2. Cream the margarine or butter with the sugar.
3. Add the rolled oats and mix well.
4. Sift the flour, baking powder and salt into the mixture.
5. Add the egg and mix again.
6. Divide the mixture into 20 balls.
7. Press each ball between your palms to flatten them until they are between 1/2 cm and 1 cm thick.
8. Place on a greased baking tray.
9. Bake for around 15 minutes until the edges are golden.





Fresh Lemonade Recipe

Ingredients

5 lemons

160 grams sugar

1.2 litres water



Method

1. Remove the rinds from the lemons. Cut the rinds into smaller pieces, and place them in a bowl. Put the lemons to one side for now.
2. Sprinkle the sugar over the lemon rinds and leave for one hour.
3. Bring the water to the boil in a saucepan, then remove from the heat.
4. Add the sugared lemon rinds to the water, and allow to cool for 20 minutes.
5. Remove the lemon rinds from the water.
6. Squeeze the lemons into another bowl. Remove any seeds.
7. Add the lemon juice into the sugar mixture.
8. Pour into a jug and put the lemonade in the fridge to cool.

