

The six years of World War II brought times of uncertainty and disruption. Families needed frugal, storable ingredients to make simple, nutritional recipes. Here are some recipes below:

### Barley Soup

50g of pearl barley

500g carrots

A sprig of parsley

25g celery

2 good-sized onions

2.2 litres water

300ml milk

Cover the barley with water and soak overnight.

Place the barley in a casserole dish with the carrots and turnips sliced, adding the parsley, celery, onions, salt, pepper and water.

Bring the mixture to the boil and simmer very gently until the barley is cooked through.

Pout the soup through a wire sieve, add the milk, bring back to the boil again and serve.

Cooking time 2 hours/8 helpings

**1** If you were to make 4 helpings of barley soup, how much pearl barley would you need?

| A   | B   | C   | D   | E   |
|-----|-----|-----|-----|-----|
| 15g | 25g | 20g | 40g | 32g |

**2** If you were to cook 2 helpings of barley soup, how many grams of carrots would you need?

| A    | B    | C    | D    | E    |
|------|------|------|------|------|
| 112g | 115g | 150g | 125g | 250g |

Finely chop the onion and fry in the margarine.  
Wash and chop the parsnips and add to the frying pan. Finely chop the bacon rinds and add to the pan with the rice and vegetable stock. Simmer gently for 1½ hours. Taste, and season again if required, remove the bacon rinds, pour the mixture through a sieve and serve very hot. Some cubes of fried bread or toast crusts well browned in the oven should be served with the soup.

Cooking time 2 hours/6 helpings

### Parsnip Soup

4 parsnips

1 onion

1.7 litres vegetable stock

25g bacon rinds (if available)

25g margarine

25g rice

Salt and pepper

**3** How many grams of rice would be needed if the recipe catered for 18 people?

| A   | B   | C   | D    | E   |
|-----|-----|-----|------|-----|
| 55g | 70g | 80g | 100g | 75g |

### Vegetable Casserole

450g each of potatoes, onions & carrots

450g cooked haricot beans

450g tomatoes

1 large cauliflower

225g cooked macaroni

2.2 litres of water

100g margarine

Wash and peel the potatoes and carrots and slice them into small pieces. Peel and slice the onions. Wash the cauliflower, pull off all the florets and slice the stalk and the green leaves. Place into a casserole dish with the margarine, add salt and water. Bring to the boil and simmer gently for 40 minutes. After 20 minutes, add the tomatoes and the cooked haricots. Cook the macaroni separately in boiling salted water, add to the stew, season and serve.

Cooking time 2 hours/2 helpings

4 What is the ratio of macaroni to onions in the vegetable casserole recipe?

| A   | B   | C   | D   | E   |
|-----|-----|-----|-----|-----|
| 1:4 | 1:3 | 1:2 | 2:3 | 3:4 |

5 If you were to prepare a vegetable casserole large enough for 5 helpings, how many litres of water would be required?

| A          | B        | C          | D           | E          |
|------------|----------|------------|-------------|------------|
| 5.5 litres | 5 litres | 4.5 litres | 6.25 litres | 6.6 litres |

Lay the pieces of beef in a deep dish. Cut the onions and carrots into small slices and lay them with the cloves and bay leaves on top of the meat. Pour the vinegar over the meat and leave it to soak overnight. Heat the margarine in a casserole, add the meat and cook first on one side, then on the other side. Add the onions, carrots, bay leaves, salt and pepper to taste and add enough cold water to just cover the meat. Cook on a gentle heat for 5 hours. This long cooking time is necessary for the success of the dish.

Cooking time 6 hours/6 helpings

### Beef à la Mode

675g stewing steak

2 large onions

3 carrots

2 bay leaves

50g margarine

2 tablespoons of vinegar

2 cloves

6 If you were to make this recipe for twelve helpings, how much stewing steak would be needed?

| A     | B      | C      | D      | E      |
|-------|--------|--------|--------|--------|
| 1.3kg | 1.75kg | 1.35kg | 1.15kg | 1.50kg |

### Coconut Orange Pudding

250g self-raising flour  
75g tablespoons golden syrup  
50g desiccated coconut  
300ml milk  
1 orange

Rub the margarine into the flour, add the coconut and the grated rind of the orange. Mix 50g of the golden syrup with the milk and pour it on the mixture. Prepare a pudding basin or pie dish by brushing it with melted margarine. Add the pudding mixture, steam for 2 hours, covered with paper brushed with margarine, or bake for 50 minutes in a moderately hot oven. Serve with the juice of the orange mixed with the remaining golden syrup.

Cooking time 2 hours/6 helpings

7 What is the ratio of desiccated coconut to self-raising flour in the above recipe?

| A   | B   | C   | D   | E   |
|-----|-----|-----|-----|-----|
| 1:3 | 2:5 | 1:4 | 2:7 | 1:5 |

8 How much golden syrup is needed when serving the coconut orange pudding?

| A   | B   | C   | D   | E   |
|-----|-----|-----|-----|-----|
| 75g | 50g | 45g | 25g | 15g |

Peel the rind from the lemons very thinly (a potato peeler is the best utensil to use for this purpose). Place the rind into the water and bring to the boil. Beat the egg and blend in the cornflour, taking care to make the mixture smooth; mixing egg and cornflour makes it possible to boil the mixture without curdling the egg. Add the lemon juice and strain the boiling water over the mixture, stirring well. Return to the pan, adding the sugar and stir over the heat for 3 minutes. Add the margarine, stir it well and pour into a basin to cool.

Cooking time 30 minutes/10 helpings

### Wartime Lemon Curd

25g margarine  
1 level tablespoonful cornflour  
2 lemons  
150ml water  
125g granulated sugar  
1 egg

9 What is the ratio of margarine to sugar in the lemon curd recipe?

| A   | B   | C   | D   | E   |
|-----|-----|-----|-----|-----|
| 1:4 | 1:5 | 1:3 | 2:5 | 1:6 |

10 If you were to prepare lemon curd for 3 people, how much water would be needed?

| A    | B    | C    | D    | E    |
|------|------|------|------|------|
| 25ml | 30ml | 45ml | 75ml | 50ml |

|    |   |   |
|----|---|---|
| 1  | B | $50\text{g} \div 2$ equals 25g  |
| 2  | D | $500\text{g} \div 4$ equals 125g  |
| 3  | E | 25g multiplied by 3 equals 75g  |
| 4  | C | 225:450 is equal to 1:2   |
| 5  | A | 2.2 multiplied by 2.5 equals 5.5 litres                                 |
| 6  | C | 675g multiplied by 2 equals 1350g or 1.35kg                             |
| 7  | E | 50:250 is equal to 1:5  |
| 8  | D | 50g is used in the cooking, leaving 25g for the serving                 |
| 9  | B | 25:125 is equal to 1:5  |
| 10 | C | $150\text{ml} \div 10 = 15\text{ml}$ . 15ml multiplied by 3 equals 45ml |