

# WW2 CHRISTMAS RECIPES



**CIRCA 1944**

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PROCTER

FESTIVE



FARE

# 1 Christmas Pudding

2 oz. plain flour  
 $\frac{1}{2}$  level teaspoon baking powder  
 $\frac{1}{2}$  level teaspoon grated nutmeg  
 $\frac{1}{2}$  level teaspoon salt  
 $\frac{1}{2}$  level teaspoon cinnamon  
1 level teaspoon mixed spice  
4 oz. suet or fat

3 oz. sugar  
1 lb. mixed dried fruit  
4 oz. breadcrumbs  
1 oz. marmalade  
2 dried eggs, reconstituted  
 $\frac{1}{2}$  pint brandy, rum, ale, stout or milk

Sift flour, baking powder, salt and spice together. Add the sugar, fruit and breadcrumbs and grated suet or melted fat. Mix with the marmalade, eggs and brandy, rum, or other liquid. Mix very thoroughly. Put in a greased basin, 2 pt. size. Cover with greased paper and steam for 4 hrs. Remove the paper and cover with a fresh piece and a clean cloth. Store in a cool place. Steam 2 to 3 hours before serving. The steaming is best done by standing the basin in a saucepan with water coming a third of the way up the sides of the basin. Keep the water boiling gently over a low heat. It may be necessary to add a little more water during cooking but be sure the water is boiling when added.

## 2 Nutmeg Sauce for Christmas Pudding

2 level tablespoons flour  
2 level tablespoons dried egg, dry  
1 pint milk  
 $1\frac{1}{2}$  oz. sugar

1-2 level teaspoons grated nutmeg  
*Alternative flavourings*  
6 drops lemon or rum essence

Mix the flour and egg together and blend to a smooth cream with a little of the milk. Boil the remainder and pour on to the blended mixture. Return to the pan and boil 5 minutes. Add the sugar and flavouring and serve.

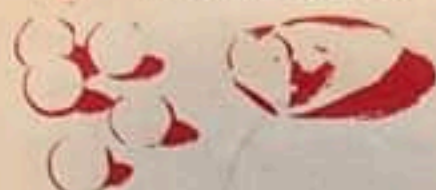
## 3 Christmas Cake

$\frac{1}{2}$  lb. margarine  
 $\frac{1}{2}$  lb. sugar (brown if possible)  
5 dried eggs, dry  
10 tablespoons water  
 $\frac{1}{2}$  teaspoon almond essence  
 $\frac{1}{2}$  teaspoon vanilla essence

$\frac{3}{4}$  lb. plain flour  
1 level teaspoon bicarbonate of soda  
 $\frac{1}{2}$  level teaspoon salt  
2 level teaspoons mixed spice  
2 lb. mixed dried fruit  
 $\frac{1}{8}$  pt. brandy, rum, sherry, ale, stout or milk

Cream the margarine and sugar adding the dried eggs and the water gradually. Beat until white and creamy. Add the essence. Sift the flour, soda, salt and spices together and add them to the creamed mixture. Add the prepared fruit and lastly the liquid, to make a fairly stiff mixture. Mix very thoroughly. Put in an 8 in. to 9 in. diameter cake tin lined with paper and make a depression in the centre of the mixture so that the cake will rise with a level top. Bake in a slow oven for 3 hrs. Leave in the tin to cool.

## 4 Mock Marzipan



1 tablespoon water  
1 oz. margarine  
1 teaspoon ratafia or almond essence  
2 oz. sugar  
2 oz. soya flour

Melt margarine in water, add essence and sugar then soya flour. Turn on to a board and knead well.

## 5 Icing using Household Milk

4 level dessertspoons sugar  
6 level tablespoons Household Milk, dry  
4 tablespoons water  
Colouring and flavouring if liked.

Mix the sugar, and Household Milk together. Add the water, and beat till smooth. Add colouring flavouring if liked. Spread on top of the cake.

*N.B.*—This icing does not keep very well, and so should be made just before it is required.

## 6 Mincemeat

$\frac{3}{4}$  lb. mixed dried fruit  
4 oz. apples or 2 oz. apple rings  
4 oz. sugar  
4 oz. suet or melted margarine  
2 level teaspoons marmalade  
 $\frac{1}{2}$  level teaspoon mixed spice  
 $\frac{1}{2}$  level teaspoon cinnamon  
1 level teaspoon grated nutmeg  
 $\frac{1}{4}$  level teaspoon salt  
4-6 tablespoons brandy, rum, sherry, stout or ale  
 $\frac{1}{2}$  level teaspoon lemon essence  
Few drops rum essence—optional

Mince fruit and apples or chop finely. Add the other ingredients and mix very thoroughly. Put into small jars and tie down securely. Store in a cool dry place.

*N.B.*—If fresh oranges or lemons are available, add the grated rind of one orange or lemon and the juice in place of some of the liquid. Omit lemon essence.

## 7 Parsley and Celery Stuffing

4 oz. chopped celery  
2 large onions finely chopped  
4 level tablespoons parsley  
4 oz. stale breadcrumbs  
Salt and pepper  
2 level teaspoons mixed herbs  
1 oz. melted dripping  
Hot water to mix

Mix all ingredients together adding sufficient hot water to give a soft consistency. Use for stuffing meat, or poultry.

*N.B.*—This is sufficient for a small joint. Double quantities will be needed for a large joint or if stuffing balls are required to cook round the joint.

## 8 Stuffing (PRUNES, SAUSAGE AND APPLE)

- |                                     |  |
|-------------------------------------|--|
| ½ lb. sausage meat                  | Pepper                                   |
| ½ lb. breadcrumbs                   | 2 oz. prunes                             |
| 1 medium onion chopped              | 4 oz. chopped apple or 2 oz. apple rings |
| 2 level tablespoons chopped parsley | 1 level teaspoon thyme                   |
| 2 level teaspoons salt              | 2 dried eggs, reconstituted              |

Chop onion, parsley, prunes and apples finely. Reconstitute the eggs, then mix all ingredients together thoroughly and bind with egg.

*N.B.*—Unless a very large piece of meat is used, this recipe makes enough to have extra stuffing balls to cook round the joint.

## 9 Sour Sweet Sauce

- |                               |   |
|-------------------------------|---|
| 2 level tablespoons flour     | 1 teaspoon Worcester Sauce, or other sauce      |
| 2 tablespoons vinegar         | 1 onion chopped, or 2 tablespoons mixed pickles |
| 2 level dessertspoons sugar   |   |
| 3 tablespoons water, or stock |   |

Mix the flour, vinegar, sugar, water and sauce to a smooth paste. Heat slowly stirring all the time until the mixture boils. Then add the chopped onion, and simmer gently for one minute. Serve hot or cold with meat, poultry or game.

## 10 Snow Pudding

- |                   |                         |                                |
|-------------------|-------------------------|--------------------------------|
| 1½ oz. semolina   | } or 1 pint fruit syrup | 1½ oz. sugar                   |
| ½ pint milk       |                         | Coloured sugar for decorating. |
| ½ pint apple pulp |                         |                                |

Cook the semolina in the milk or fruit syrup for 7-10 minutes, then beat in the apple and sugar. Turn into a bowl to cool. When cold, but not set, beat until white and frothy. Turn into a dish and just before serving, decorate with coloured sugar.

**TO MAKE COLOURED SUGAR:** Put 2 level teaspoons sugar on a plate and add a few drops of colouring. Mix well. Allow to dry before using as a decoration. If more than one colour is available a pretty effect is obtained by making different coloured sugars.

## 11 Caramel Trifle

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 8 oz. stale cake                   | 1 pint milk                      |
| 1 level tablespoon jam             | 2 oz. sugar                      |
| 1 tablespoon water                 | 2 tablespoons water              |
| 2 level tablespoons flour          | Little mock cream for decorating |
| 2 level tablespoons dried egg, dry |                                  |

Cut the cake into neat fingers and put it in the bottom of a dish. Melt the jam in the water and soak the cake with this. Make a custard with flour, egg and milk (for method see sauce for pudding) and keep hot. Dissolve the sugar in the water and boil gently until the colour of caramel. Add gradually to the hot custard and when cool enough, pour over the cake. Just before serving, decorate with a little mock cream.

## 12 Mock Cream

- |   |                         |
|---|-------------------------|
| 1 level tablespoon custard powder or<br>cornflour | $\frac{1}{2}$ oz. sugar |
| $\frac{1}{2}$ pint milk                           | Flavouring              |
| 1 oz. margarine                                   |                         |

Blend the custard powder with a little cold milk. Warm the rest of the milk in saucepan. Add it to the custard powder and return to the pan. Stir over heat till well cooked. Put aside to cool. Cream margarine and sugar together very well; beat in the thick custard, add flavouring, and continue to beat till creamy. This makes about  $\frac{1}{2}$  pint of cream similar in texture to whipped cream.

## 13 Merry-go Rounds

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 3 oz. sugar                       | 9 oz. plain flour             |
| 4 tablespoons milk                | $\frac{1}{2}$ oz. cocoa       |
| $\frac{1}{4}$ level teaspoon soda | Vanilla essence               |
| 3 oz. fat                         | A little reconstituted<br>egg |

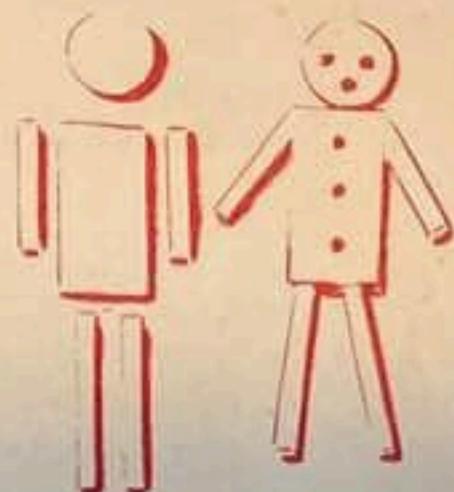
Boil sugar and milk and when sugar is dissolved add soda, then cool. Rub the fat into flour and divide mixture in half—add cocoa and vanilla essence to one portion. Add milk and sugar to both mixtures and mix to a very stiff paste. Roll plain mixture to a thin rectangle about  $\frac{1}{8}$  in. thick and then the chocolate one to the same size. Brush the plain mixture over with very little reconstituted egg and place the chocolate mixture on top—brush this over with reconstituted egg and roll up in a tight roll. Cut in very thin slices and place on a greased baking tray. Bake in a moderate oven for 20-30 minutes.



The cocoa may be left out and the mixture coloured pink and flavoured with almond essence. (Makes about 60 small biscuits).

## 14 Ginger Biscuits

- 2 oz. syrup or 2 oz. sugar
- 2 oz. margarine
- 8 oz. plain flour
- $\frac{1}{2}$  level teaspoon mixed spice
- 2 level teaspoons ginger
- Lemon substitute
- 1 level teaspoon bicarbonate soda



Melt in a pan the syrup or sugar and margarine. Pour into a bowl. Add some flour and the spice and lemon substitute. Stir well. Dissolve the bicarbonate of soda in a tablespoon of tepid water and add to the mixture. Continue stirring gradually adding more flour. Finish the process by turning out the mixture on to well floured board. Knead in the remainder of the flour. Roll out and cut into various shapes or make gingerbread men or animals.

For a gingerbread man roll a small ball for the head, flatten it and place it on the baking tin. Roll an oblong for the body and thin strips for arms and legs. Join these together with a little reconstituted egg and put currants or pieces of other dried fruit for the eyes. To make a cat, roll a small round for the head, a larger round for the body, flatten these and roll a strip for the tail. Bake in a moderate oven 5-10 minutes according to the size.

## 15 Crystallised Orange Peel

- Skins of 1 lb. of oranges
- Cold water to cover

### *For crystallising*

- 3 oz. sugar
- 3 tablespoons water

Cut the skins in sections removing as much of the white pith as possible. Cover with cold water and stew until soft. Drain. At this stage the peel may be cut in thin strips about  $\frac{1}{4}$  in. wide. Put the peel in a pan with the sugar and 3 tablespoons of water. Bring to the boil and boil gently for about 20 minutes or until the peel is clear. Take out and cool on a wire rack or sieve. Roll in granulated sugar and allow to dry before storing. Any surplus syrup will be found excellent for flavouring cakes, puddings, and sweet sauces. The crystallised peel may be used for decorating cakes and puddings (the  $\frac{1}{4}$  in. wide strips are best for this), or in place of candied peel or as a sweetmeat.

## 16 Honeycomb Toffee

- 2 oz. sugar—Demerara if possible
- 4 oz. syrup
- 2 level teaspoons bicarbonate of soda

Boil sugar and syrup together for about 5 minutes, or until it is a rich brown colour. While still boiling stir the bicarbonate of soda in very quickly. Pour into a well greased sandwich tin, and allow to cool and set. When almost firm, loosen edges with knife and turn out on to wire tray.



## 17 Marzipan Toffees

Make the marzipan from the Mock Marzipan recipe

### TOFFEE

$\frac{1}{2}$  oz. margarine  
1 oz. sugar  
3 oz. golden syrup  
4 tablespoons water  
2-3 drops vinegar

Roll the marzipan into 25-30 small balls and put aside to dry and harden. Put all the toffee ingredients into a saucepan and heat gently until the sugar dissolves. Boil briskly until it reaches the "crack" stage, that is, when a little of the toffee is dropped into cold water it immediately hardens and crackles.

Draw the pan off the heat and dip in the marzipan balls on the end of a cocktail stick, or a piece of wire with a looped end. Place them on a greased baking tray and leave to harden. The dipping should be carried out quickly or the toffee will set in the pan.



## 18 Spiced Fruit Punch

1 level tablespoon marmalade  
1 level dessertspoon syrup  
 $\frac{1}{2}$  level teaspoon ground ginger

1 tablespoon water  
2 tablespoons orange squash  
1 tablespoon lemon squash  
 $\frac{1}{2}$  pint freshly made tea

Put the marmalade, syrup, ginger and water into a pan and make hot but do not boil. Add the lemon and orange squash and the tea and serve hot or very cold.

*N.B.*—The tea should not be allowed to stand for more than 3 minutes before straining and should not be too strong; otherwise a bitter flavour will result.

MINISTRY



OF FOOD