



# Rationing 'Bake Off'



Before the Second World War Britain got a lot of its food from overseas. During the war it was very difficult to get food to the UK, so to make it fair a lot of food was rationed. Rationing means that each person in Britain had the same amount of basic food every week. Some other special foods were available.. but not always. People were encouraged to grow as much fruit and vegetables as they could. (many families dug up their gardens to turn them into vegetable plots!)

Food during the Second World War was basic, but there was enough for everyone, thanks to rationing. Occasionally special treats would be made. Below is a cake recipe that was used during the Second World War.

## Here's the challenge

Using the recipe below make a wartime carrot cake. Sugar was rationed, so to make the cake sweeter carrots were used. People could grow carrots and they are really very sweet. You may need some help with parts of this, but try and do as much as you can by yourself. **Be careful with the oven.** It gets very hot. The oven bit is where you will need an adult's help.

### Ingredients

**230g** self-raising flour

**85g** margarine or cooking fat

**85g** sugar

**115g** finely grated carrot

**55g** sultanas

A little milk or water

1 reconstituted dried egg or 1 fresh egg (eggs were sometimes difficult to get and dried eggs were easier to buy)

### Method

- Preheat oven to 220°C / 200°C (fan) / gas mark 7.
- Sift the flour into a mixing bowl using a sieve.
- Rub in the margarine or cooking fat. This means you use your hands to mix the flour and the margarine. The best way is to rub your fingers together like you are clicking your fingers in slow motion, but with the flour and fat between your fingers. Keep going until there are no fatty lumps and the mixture is the same throughout.
- Add sugar, carrot, sultanas and egg. Mix well and then, if needed, add a little milk or water to make sticky.
- Pour mixture into a lined baking tin and cook in the oven for 40 - 45 minutes or until golden in colour. Careful! It will be very hot out of the oven- ask an adult to help!

When the cake has cooled down you now need to decorate it. You could decorate it with Union Flags, red/white/blue ribbons.... in fact anything that would show a VE Day Celebration

