

COMPETITION

BARE CUPBOARD BAKE OFF

part of the full day event '1948 – Seventy Years On'

Friday 09th November 2018
Attenborough Centre for the Creative Arts, University of Sussex



Let's bake 1948 style!

In Britain, the rationing of items, including food, continued long after World War 2 ended and indeed in relation to some products intensified. (For example bread was rationed 1947-8 though had not been during the war.) The recipes selected below date from the war and the period of austerity, 1945-1951. Some include ingredients like carrots where their sweetness helped eke out a household's sugar ration, and potatoes as a substitute for flour. Many include dried egg.

- There are **four categories**, and 3 or 4 recipes in each: Chocolate cakes; Other cakes; Biscuits; and Miscellaneous
- **Sally Mitchell**, our erstwhile always-helpful colleague in the School office, and a whizz when it comes to baking a Victoria sponge, has been invited back from her retirement to judge our offerings. And she has graciously accepted!
- The announcement of **winners** will take place at the end of lunch at around 1.45.
- There are **prizes** for the winner in each category.
- We'll be **enjoying** the cakes during the conference afternoon **tea break**.

If you would like to take part – or anyone else you know, offspring, friends do – could you please:

- Label your offering, with your name, and the recipe (number is fine).
- If you are able to indicate what might be allergens then this could be helpful

All entries need to be in the MFM kitchen by 10:30 am on 9th November 2018; they can also be left there the day before.

Janice and Naomi (do contact us if you have queries:

j.winship@sussex.ac.uk; nh237@sussex.ac.uk)

NB. as appropriate in the recipes
One tablespoon of dried egg plus three
tablespoons of water is equivalent to one fresh
egg



Category I: Chocolate Cakes

1.1 Eggless Chocolate Sponge

Ingredients 1/2 lb self raising flour 1/4 teaspoon salt 2 tablespoons of cocoa powder 3 oz caster sugar 1 tablespoon syrup 14 tablespoons of hot water 1 teaspoon bicarbonate of soda 3 oz margarine Vanilla essence Chocolate Filling 1/2 oz margarine 2 oz cocoa 2 oz caster sugar 2 tablespoons of strong black coffee	Method - Mix the flour, salt, cocoa and sugar together. - Dissolve the syrup in the water and add the bicarbonate of soda. - Melt the margarine and mix all the ingredients together including the essence but do not beat the mixture which should be very soft. - Divide the mixture between two well greased 8" sandwich tins. - Bake in a moderately hot oven for 20 minutes. For chocolate filling - Melt the margarine. - Remove from the heat and add the cocoa and sugar. - Beat in the coffee until the mixture becomes a good spreading consistency. - When cake has cooled spread between the two layers.
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1.2 Chocolate Potato Cake

Ingredients 10g mashed potato 2 tablespoons caster sugar 85g butter 1 egg 1 tablespoon dried egg 170g plain flour 2 teaspoons baking powder 1 teaspoon vanilla extract 2 tablespoons water 2 tablespoons cocoa powder 2 to 3 tablespoons milk	Method - Preheat the oven to 190 C / Gas 5. - Grease and line a cake tin. - Cream together the potato, sugar and butter until smooth. - Then add the whole and dried egg and beat for a few more minutes. - Stir in the flour, baking powder and vanilla extract. - Mix in the water, cocoa powder and milk. - Pour into the prepared cake tin. - Bake in the preheated oven for 30 to 40 minutes until a skewer inserted into the centre comes out clean. - Remove from the oven and cool before serving.
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Category I: Chocolate Cakes

1.3 Uncooked Chocolate Cake

Ingredients 2 oz margarine 2 oz sugar 2 tablespoons golden syrup 2 oz cocoa powder vanilla essence 6 oz crisp breadcrumbs To make the breadcrumbs, bake some stale pieces of bread in the oven until crispy. Let the bread cool, and then place it between two pieces of greaseproof paper, or a plastic bag, and crush with a rolling pin.	Method - Put the margarine, sugar and golden syrup into a saucepan. - Heat gently until the margarine has melted, then remove from heat. - Stir in the cocoa powder, a few drops of vanilla essence and the crisp breadcrumbs and mix well. - Grease a seven inch cake tin with margarine paper, then pour in the mixture. - Allow to stand for 4—5 hours, then turn out carefully, <i>nowadays is best done by leaving in a refrigerator for several hours.</i> For the icing - Mix together 2 teaspoons of melted margarine, 1 tablespoon cocoa powder, 1 tablespoon golden syrup and a few drops of vanilla essence. - Or leave out the cocoa and use “hundreds and thousands”.
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Category 2: Other Cakes

2.1 Eggless Fruit Cake

Ingredients 10 oz self raising flour (or plain flour with 3 teaspoons of baking powder added) 1 teaspoon of mixed/all spice 1 level teaspoon of bicarbonate of soda pinch salt 1/2 pint of well strained tea 3 oz margarine 3 oz sugar 3 oz dried fruit	Method - Grease and flour a 7 inch cake tin or a large loaf tin - Sift the flour, salt, bicarbonate of soda, baking powder and spice together into a bowl - Pour the tea into a saucepan and add the sugar, margarine and dried fruit - Heat until the fat and sugar melt and simmer for 2-3 minutes, stirring - Set aside to cool a little - Pour over flour mixture and beat well and spoon into cake tin - Bake in the centre of oven at 180 C for about an hour - Remove and leave to cool for a while before removing from tin The texture of mine was like a tea bread... totally lovely by itself or slice & butter.
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2.2 Bare Cupboard Cake

Ingredients 200g caster sugar 2 tablespoons margarine or oil 1/2 teaspoon ground cinnamon 1/2 teaspoon ground nutmeg 1/2 teaspoon ground allspice 1/2 teaspoon salt 175g raisins, currants or sultanas 350ml water 250g plain flour 1 teaspoon baking powder 1 teaspoon bicarbonate of soda	Method - Preheat oven to 180 C / Gas 4. - Lightly grease one 7 or 8 inch cake tin. - In a saucepan over medium high heat combine: the sugar, margarine or oil, ground cinnamon, ground nutmeg, ground allspice, salt, raisins and water. Bring to the boil and continue to simmer on low for 5 minutes.. - Remove from heat and let cool for 30 minutes. 6 - Sift the flour, baking powder and bicarbonate of soda together. - Add the flour mixture to the cooled raisin mixture. Stir until just combined.. - Tip mixture into prepared tin. - Bake at 180 C / Gas 4 for 30-40 minutes until skewer comes away clean from middle.
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Category 2: Other Cakes

2.3 Carrot Cake

Ingredients	Method
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	<ul style="list-style-type: none">- Preheat oven to 220°C / 200°C (fan) / gas mark 7.- Sift the flour into a mixing bowl.- Rub in the margarine or cooking fat.- Add sugar, carrot, sultanas and egg. Mix well and then add sufficient 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.

2.4 Victoria Sponge (see ad at end of recipes!)

Ingredients	Method
4 oz plain flour 1 rounded teaspoon of Royal Baking Powder 4 oz margarine 2 oz sugar 2 level tablespoons dried egg About 5 tablespoons of warm water If you use self-raising flour, use half the amount of Royal Baking Powder	<ul style="list-style-type: none">- Sift together plain flour and baking powder.- Cream margarine, sugar and dried egg- Beat in 2 tablespoons warm water.- Fold in sifted flour with rest of liquid.- Bake in 2 greased and floured 7-inch sandwich tins in hot oven (420 degrees (Gas 6) for about 20 minutes.

Category 3: Biscuits

3.1 Carrot biscuits

Ingredients 1 tablespoon margarine (or vegan substitute) 2 tablespoons of sugar + a little extra A few drops of vanilla flavouring 6 tablespoons of self-raising flour (plain flour add 1/2 teaspoon of baking powder) 4 tablespoon of grated raw carrot (May need 1 tablespoon of water)	Method - Cream the fat and sugar until light and fluffy. - Beat in the flavouring and carrot. - Fold in the flour. - Form mixture into about 12 or 15 small balls. - Place each ball on a baking tray and flatten. - Sprinkle with sugar and bake in a brisk oven for 20 minutes.
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3.2 Oaty biscuits

Ingredients 4 oz (115 g) margarine or butter. (I used half and half as butter really adds that extra flavour) 3 oz (85 g) of sugar (I use unrefined caster sugar) 7 oz (200 g) of rolled oats 5 oz (150 g) self-raising flour or plain flour sifted with 1 teaspoon of baking powder and a pinch of salt 1 reconstituted dried egg or fresh egg (I didn't use an egg at all and it was fine) A little milk. Makes about 20	Method - Pre-heat the oven to 180C (350F) or Gas Mark 4. - Grease two baking trays well or use parchment/baking paper instead. - Cream the margarine/butter with the sugar until soft and light. - Add the rolled oats and mix. - Sift the flour, baking powder and salt and add the egg (if used) into the mixture and mix well again before adding in a little milk to moisten. The dough should be stiff and quite dry but sticks together. Knead together. - Divide out mixture into about 20 lumps the size of a walnut. - Press between palms to flatten to about 1/4 inch thick and place on baking tray and press into shape. - Bake for about 15 minutes until edges are golden. - Leave on baking trays to cool.
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Category 3: Biscuits

3.3 Spiced Biscuits

Ingredients 2.5 oz margarine (the wartime ration was for 4oz margarine per person per week) 1 oz sugar 2 tbsp honey 6 oz self-raising flour 1 tsp cinnamon Pinch of salt. The recipe is said to make approximately 45 biscuits. I found I needed a little more fat in order to bind the dough together (when I discovered this, I thought of my counterpart from 70 years ago, panicking having already used up more than half their weekly ration of margarine) and I failed to roll out the dough as thin as ¼ inch, which meant I made far fewer biscuits. However, what I made were delicious.	Method - Cream the margarine and sugar. - Add the honey, work in the flour, cinnamon and salt. - Roll out until ¼ inch thick. - Cut into rounds, place on a baking sheet - Bake in a moderately hot oven for 10 minutes.
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3.4 Gingerbread Men

Ingredients 2 oz sugar or Lyle's golden syrup 2 oz margarine 8 oz plain wholewheat/wholemeal flour 2 level teaspoons of ground ginger 1/2 teaspoon of all spice or cinnamon Few drops of lemon essence 1 level teaspoon of bicarbonate of soda 1 tablespoon of tepid water	Method - Melt the syrup (or sugar) and margarine in a pan. - Pour into a bowl, add some flour, the spices and lemon essence. - Dissolve the bicarbonate of soda in the tepid water and add to the mixture - Stir in then keep adding the flour - Roll out the dough until about 1/8 inch thick and cut out the gingerbread men. There should be enough to make 10 small men - Cook in the centre of an oven at 180 C for 15 minutes Cool and remove to a wire tray.
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Category 4: Miscellaneous

4.1 Rock Cakes

Ingredients 8 oz plain flour (or wholewheat) 3 oz lard (or dairy free margarine) 1 tsp baking powder Flavour e.g lemon extract/ vanilla extract/ Pinch cinnamon 3 oz sultanas (raisins) 2 oz light brown sugar 3 tbsp apple puree mixed with 1/2 tsp baking powder (to replace 1 egg) Pinch salt Milk to mix to dough (I used rice milk) When I used to make them with my mum I preferred chopped glace cherries instead of raisins but feel free to experiment.	Method - Preheat oven to 170 c - Rub lard into flour until you achieve a 'bread crumb' consistency. - Then simply add all the other ingredients and mix with a fork until you create a dry paste/dough that is not too wet. - Bake for about 12-15 mins until they are lovely and golden.
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4.2 Potato scones

Ingredients 6 oz flour 4 oz mashed potato 1 teaspoonful baking powder ½ teaspoonful salt 1 oz fat 4-5 tablespoonfuls milk For a sweet scone add 1 oz sugar.	Method - Mix the flour and salt. - Add the baking powder and work into the mashed potato. - Rub in the fat. - Blend to a soft dough with milk. - Roll out to ¼ inch thickness. Cut into rounds. - Brush the tops with milk. - Bake on greased baking sheets for 15 minutes in a hot oven.
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Category 4: Miscellaneous

4.3 Flapjacks

Ingredients 225g (8oz) oats 55g (2oz) butter or margarine (plus extra for greasing) 115g (4oz) golden syrup 55g (2oz) demerara sugar	Method <ul style="list-style-type: none">- Preheat the oven to 180°C (350°F or gas mark 4).- Grease a 20cm (8in) square/rectangular, shallow cake tin.- In a saucepan melt the butter, syrup and sugar.- Stir in the oats and turn the mixture into the cake tin, spreading evenly.- Bake in the preheated oven for 30-35 minutes.- Take out of the oven and cut into square or rectangular pieces immediately, leaving it in the tin until completely cold before removing.
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4.4 Welsh Cakes

Ingredients 6 oz plain flour with 3 teaspoons baking powder added (or use self raising flour) 2 oz margarine, butter or dripping 2 oz sultanas (or mixed dried fruit) 1 small carrot grated 2 oz sugar 1 fresh egg or 1 dried reconstituted egg 1 tablespoon milk 1/4 teaspoon of ground nutmeg Makes about 12-18	Method <ul style="list-style-type: none">- Rub fat into the flour and baking powder mix until resembles bread crumbs- Stir in nutmeg, sugar and dried fruit- Mix the egg and milk together and add to dry mix to form a stiff dough (add more liquid or more flour as needed)- Treat mixture as pastry and roll out on floured surface to 1/4 inch thick- Use 3 inch rounds to cut out- Pre-heat griddle or heavy frying pan- Grease- Put in Welsh Cakes and cook until golden brown on both sides over a moderate heat (about 4 minutes)- Set aside to cool- Sprinkle with a little sugar- (Ideally) serve with butter/jam and a nice cuppa strong tea!
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And finally a wild card!

Gâteaux de guerre de Grand'mère (par Brigitte)

Ingredients Voici la recette. (peut-être) gâteaux secs = biscuits du soldat 5 oeufs Même poids de farine Un peu d'anis	Method - Mélanger le tout pendant 1/4 d'heure - Mettre cette pâte sur une tôle en la plaçant par tas séparés d'une cuillère à café. - Faire cuire au four à feu modéré. Ces gâteaux se conservent très longtemps.
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Grandma's biscuits for soldiers

Ingredients Biscuits : biscuits for soldiers 5 eggs Same weight in flour. A bit of aniseed.	Method - Mix the ingredients together for ¼ of an hour. - Place spoonfuls of dough on a baking tray. - Bake in a moderate oven. These biscuits will keep for a long time.
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[Five eggs! Not clear many in Britain would be baking this recipe?]

Easy to make this *deliciously light* Victoria Sponge!

EVEN inexperienced cooks can make really *light* cakes and never have a fear of failure, if they use Royal Baking Powder.

Here is a Royal recipe for Victoria Sponge, especially prepared and tested.

4 oz. plain flour; 1 rounded teaspoon Royal Baking Powder; 4 oz. margarine; 3 oz. sugar; 2 level tablespoons dried egg; about 5 tablespoons warm water. Sift together plain flour and Royal Baking Powder. Cream margarine, sugar, and dried egg. Beat in 2 tablespoons warm water. Fold in sifted flour with rest of liquid and bake in 2 greased and floured 7-inch sandwich tins in hot oven 420° (Regulo 6) for about 20 minutes.

If you use self-raising flour, use half the amount of Royal Baking Powder in



the recipe. Remember, Royal makes all baking lighter, yet never leaves a baking-powder taste.

FREE Recipe leaflet. Send a postcard or letter (postage 2½d.) to Marjorie Thornton, Royal Cookery Advice Bureau, Standard Brands Limited, Dept. C.Y.11 Aldwych House, London, W.C.2. She'll also help you with any cookery problem.

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