

The Eggless Cake

This recipe is in categories World War 2, Baking, Party food,

About this recipe:

Difficulty: not rated

Preparation Time: 20 minutes

Cooking Time: 1 hour 30 minutes

Number of servings: 1 cake

This recipe dates from World War 2 and was economical, as it does not use eggs. At the time eggs were rationed.

Ingredients

- 1 lb (455 g) of self-raising flour
- ¼ teaspoon of salt
- 4 ozs (115g) margarine
- 4 ozs (115g) sugar
- 3 saccharin tablets (1 dessertspoonful hot water)
- 14 ozs (400g) currants, sultanas, peel
- ½ pint milk
- ¼ pint of water

Method

1. Sieve the flour and salt into basin then rub in the margarine
2. Add fruit and sugar and mix well
3. Dissolve the saccharin in the hot water
4. Add this and the milk and water to the dry ingredients
5. Beat very thoroughly and put mixture into an 8-inch tin that has been greased and dusted with flour
6. Bake for 1½ hours in a moderately hot oven (Regulo 4-other cookers 380F) on the middle shelf

The above recipe is one from the McDougall's free Wartime Cookery Book

Bread Pudding

Ingredients

225g / 8oz stale bread
50g / 2 oz grated suet
25g / 1 oz sugar
1 tablespoon marmalade
50g / 2oz dried fruit
1 reconstituted dried egg
Milk to mix
Ground cinnamon

Method

1. Put the bread into a basin, add cold water and leave for 15 minutes then squeeze dry with your fingers.
2. Return the bread to the basin; add all the other ingredients and enough milk to make a sticky consistency.
3. Add the spice to taste
4. Put into a greased Yorkshire pudding tin and bake in the centre of a slow oven for 1 ½ hours or steam in a greased basin for 2 hours.
5. Remove from the steamer or oven and allow to cool for 10 minutes.
6. Serve on its own or with custard or condensed milk.

Cooking Time 3 hours / 6 helpings

Rock Buns

- 8 oz wholemeal/wholewheat flour
- 4 teaspoons of baking powder
- 1/2 teaspoon mixed spice/all spice
- 2 oz margarine
- 2 oz sugar
- 2 oz sultanas or dried mixed fruit
- 1 egg or 1 reconstituted dried egg
- milk
- 2 teaspoons sugar for topping

Method

Sift the flour, baking powder and spice

Rub in the margarine

Add the sugar, dried fruit and the egg

Gradually add enough milk to make a sticky mixture

Put spoonful onto parchment paper on baking tray (makes 12-14)

Sprinkle with the sugar