



Many people grew their own vegetables kept rabbits and chickens at home for extra meat. The **Dig for Victory** campaign meant that there was always a supply of home-grown potatoes, vegetables and fruit available.

Because vegetables were fairly plentiful, some interesting recipes appeared. The following are a couple you could try at home:

Woolton Pie

A really tasty pie that works equally well with any root vegetables you can find.

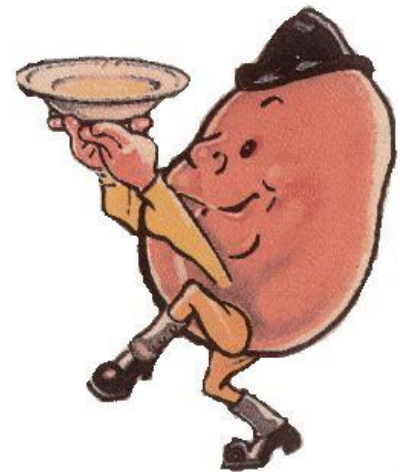
[Serves 4]

Ingredients:

- 1 lb (16 oz) diced potatoes
- 1 lb diced cauliflower
- 1 lb diced swedes
- 1 lb diced carrots
- 1 onion
- 1 teaspoon Marmite or vegetable stock cube
- 1 tablespoon oatmeal
- water

Method:

1. Cook the ingredients together for 10 minutes until slightly softened, with just enough water to cover them.
2. Stir occasionally to prevent the mixture from sticking, then allow to cool.
3. Put into a pie dish, sprinkle with chopped parsley, and cover with a crust of potato or wheatmeal pastry.
4. Bake for about 30 minutes in a moderate oven until the pastry is golden brown and serve hot with gravy.



Bananas?



**No not
yet —
but the next
best thing -**

**LINGFORDS
BANANA
FLAVOURED
BARLEY
PUDDING
MIXTURE**

Because of the German U-boats merchant ships only brought essential goods into the country. For the whole of the war bananas were off the menu. It didn't stop people wanting them or singing songs about them:

https://www.youtube.com/watch?v=wtiCO_7__5Q

Lots of food manufacturer's (like Lingfords) and the Ministry of Food thought long and hard about this shortage and came up with a recipe that uses parsnips and flavourings – you might like to try it:

Mock Banana

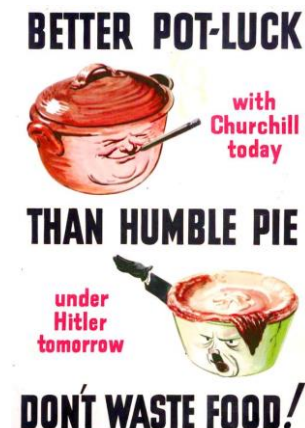
Ingredients:

- 1 medium parsnip per round of sandwiches
- 2-3 teaspoon of caster sugar per parsnip
- 2-3 squirts of banana essence per parsnip (I've found you can buy on eBay or at Tescos and Asda – it may be at other supermarkets but these are the ones I've found it in recently)

Method

1. Peel and chop up the parsnip and boil until soft
2. Drain and mix in the caster sugar and banana essence
3. Mash until fairly smooth
4. Cool down
5. Spread on your bread and make your sandwiches!

Now, if getting banana essence is too difficult and you want a quick dessert recipe try this old favourite:



Bread Pudding [Serves 8 to 10]

Ingredients:

- 10 ounces of stale bread (you'll have to use your kitchen scales!)
- 2 ounces of margarine or butter
- 1 ounce of sugar
- 2 ounces of dried raisin sultanas
- 1 egg (fresh or dried)
- milk to mix
- cinnamon
- extra sugar for topping

Method

1. Put bread into a basin and add a little water. Leave for 10 minutes.
2. Squeeze bread out until fairly dry
3. Return bread to empty basin and add all the other ingredients (except spice) adding a little milk to make a sticky consistency
4. Add cinnamon a little at a time until your own taste
5. Place mixture into a greased baking tin
6. Cook at 160 degrees C for an hour or so; until edges are browned and centre is hot
7. Sprinkle sugar on top 10 minutes before end of cooking
8. Allow to cool a little, slice and serve

We'd love to find out what you think of these recipes – if you make them, why not take a photograph and send us your comments to our website.

