



**Healthworks**  
the community health charity

A Selection of  
**Traditional Wartime  
Recipes**



This recipe book contains wartime recipes, using local and available ingredients during and in the years after WW2.

They were shared with us by local people and have been passed down through many generations.

We hope you enjoy them!

Visit [www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk).

Please substitute any ingredients if you have an allergy to them

## Traditional Pan Haggerty

### Ingredients:

- 1oz Dripping *or* 2tbsp Oil
- 1lb Potatoes, peeled and thinly sliced
- 8oz Onions, peeled and thinly sliced
- Salt and Pepper
- 4oz Lancashire Cheese, grated

### Method:

1. Heat the dripping / oil in a frying pan.
2. Place sliced potatoes over the base of pan and season with salt and pepper.
3. Add the sliced onion and grated cheese.
4. Cover and fry gently for 30 minutes.
5. Remove the lid and brown the cheese under the grill.

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## Geordie Tattie Pot

### Ingredients:

- Sliced Potatoes
- 1 Carrot
- 1 Onion
- Leftover Sunday joint
- Gravy
- Salt and Pepper

### Method:

1. Chop the carrot and onion.
2. Put the carrot, onion and meat into a casserole dish.
3. Add the sliced potatoes to the top of the dish.
4. Add the gravy.
5. Season with salt and pepper.
6. Cook slowly for 2 hours at 150°C (fan oven).

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## Almond Biscuits

*This recipe dates back to June 1943 during domestic science lessons at school.*

### **Ingredients:**

- 2oz Semolina
- 4oz Sugar
- 1oz Margarine
- 2oz Oatmeal
- 1 Dried Egg
- 1tsp Almond Essence

### **Method:**

1. Mix semolina, oatmeal and sugar together.
2. Mix reconstituted egg, melted margarine and almond essence. Blend this thoroughly into the dry mixture.
3. Roll out and bake in a moderate oven 160-180c for 10-15 minutes.
4. Allow to cool.

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## Date and Apple Slice

### Ingredients:

- 1/2 lb Pastry
- Sliced Cooking Apples
- Handful of chopped dates (if available)
- Sprinkle of Sugar
- Milk to glaze

### Method:

1. Make 1/2lb of pastry and roll into a square.
2. Cover half the pastry with sliced cooking apples and, if using, a handful of chopped dates.
3. Sprinkle with sugar and fold over the remaining pastry.
4. Roll together.
5. Brush the top with milk and a sprinkle of sugar.
6. Cook for 20 -25 minutes at 160° (fan oven).

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## Ginger Cake

### Ingredients:

- 2tbsp Syrup
- 12oz Self-raising Flour
- 1tsp Mixed Spice
- 1tsp Ground Ginger
- 6oz Sugar
- 4oz Margarine
- 1 (2) Eggs, beaten
- 1 Teacup Milk

### Method:

1. Cream together margarine and sugar then stir in syrup.
2. Mix flour and spices together and add to the mixture.
3. Combine the milk and beaten egg and mix thoroughly.
4. Transfer to a greased oblong roasting tin and bake for 45 minutes at 160-180°

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## Marmalade Cake

### Ingredients:

- ½ lb Self-raising Flour
- 3oz Sugar
- 3oz Butter
- 2tbsp Marmalade
- 1 Egg, beaten
- A little milk

### Method:

1. Sieve the flour and sugar into a basin and rub in the butter.
2. Make a well in the centre; add the marmalade, egg and enough milk to make soft dough.
3. Mix well and pour into a shallow buttered tin.
4. Bake for 1 hour at Gas Mark 4.

### *Serving Suggestion:*

Make into a sandwich cake with marmalade or orange-cream filling.

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## Carrot Scones

### Ingredients:

- 12 tbsp. Self-raising flour and 1 tsp. baking powder, sifted together
- 2 tbsp. softened butter
- 4 tbsp. sugar
- 8 tbsp. grated carrot
- A few drops of Vanilla Flavouring

### Method:

1. Beat together the butter and sugar. Add the grated carrot and vanilla.
2. Slowly add the flour. Mix thoroughly and combine.
3. Pinch and roll 12 scones. Place on the greased baking tray and sprinkle with a little sugar.
4. Cook for 20 minutes at Gas mark 6 / 2000°.

### *Serving Suggestion:*

Serve plain or with butter or with jam and cream (mock).

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## Cumberland Cake

### Ingredients:

- Short-crust Pastry
- Apples, cooked and sliced
- Currants
- Rind of 1 Lemon

### Method:

1. Divide the pastry into two. Use half the pastry to line a tin.
2. Put a layer of apples, a layer of currants and a layer of lemon peel on top of the pastry. Repeat the apple and currant layers again.
3. Place pastry lid over the top and cook in a moderate oven until the pastry is golden brown.

### *Serving Suggestion:*

Serve hot with custard or cold for tea.

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