



**Ingredients:** Makes approximately 18 - 20

85g porridge oats	100g plain flour
100g butter, plus extra for greasing	1 tsp bicarbonate of soda
85g desiccated coconut	100g caster sugar
1 tbsp golden syrup	

**Method:**

1. Heat oven to 180°C/fan 160°C/gas 4. Put the oats, coconut, flour and sugar in a bowl.
2. Melt the butter in a small pan and stir in the golden syrup. Add the bicarbonate of soda to 2 tbsp boiling water, then stir into the golden syrup and butter mixture.
3. Make a well in the middle of the dry ingredients and pour in the butter and golden syrup mixture. Stir gently to incorporate the dry ingredients.
4. Put dessertspoonfuls of the mixture on to buttered baking sheet, about 2.5cm/1in apart to allow room for spreading.
5. Bake in batches for 8-10 mins until golden.
6. Transfer to a wire rack to cool.

### Ginger Parkin Biscuits

**M**ade with oatmeal rather than flour, which was a precious commodity, also eggless for duration of freshness, this was a welcome treat for those at home or at the Front.

**Ingredients:** Makes approximately 10-12

7oz porridge oats	1 teaspoons ground ginger
3oz butter or margarine	6 tablespoons
Pinch of salt	4 tablespoon of milk

**Method:**

1. Mix approx. 5oz of the porridge oats with the salt and ground ginger and rub in the butter or margarine.
2. Melt the treacle in a saucepan along with the milk and stir into the oat mixture. Add the remaining porridge oats and mix well.
3. Line a baking tray with greaseproof parchment and using a 2½inch pastry cutter as a mould, spoon a couple of teaspoons of the mixture into the cutter and tamp down to form a biscuit.
4. Bake for 25-30 mins in a slow oven (150°C, 300F°, Gas Mark 2).

# Great War Cake and Biscuit Recipes

## Great War Trench Cake

**D**uring the Great War, families would bake and post a fruit cake to their loved ones serving at the Front. Some traditional cake ingredients were hard to come by and cakes needed to survive the journey and possible delays in delivery.

This is the official recipe issued by the government for sending to the trenches. Hence the name "Trench Cake". Being eggless, it meant the cake kept well and arrived with the men in good shape. Vinegar was used to react with the bicarbonate of soda to help the cake rise. *Surprisingly, even today, this is an acceptable cake!*



### Ingredients:

8oz plain flour	2 teaspoons cocoa
4oz margarine	1/2 teaspoon bicarbonate of soda
1 teaspoon vinegar	Grated nutmeg to taste
1/4 pint of milk	Grated ginger to taste
3oz brown sugar	Grated rind of 1 lemon
3oz cleaned currants	

### Method:

1. Grease a 6 inch round cake tin.
2. Rub margarine into the flour in a basin.
3. Add the dry ingredients. Mix well.
4. Add the soda dissolved in vinegar and milk.
5. Beat well. Turn into the tin.
6. Bake at 180°C/350°F/Gas 4 for about 1 hour.

## 1918 War Cake



**R**ecipes for fruit cakes were issued throughout the war to coincide with the availability of the ingredients. There seems to have been a supply of dried fruit for this 1918 version.

This is particularly good served buttered, but this may have been a luxury too far in 1918.

### Ingredients:

150g (5½ oz) sugar	¼ tsp grated nutmeg
150g (5½ oz) raisins	85g (3oz) margarine
150g (5½ oz) currants	Pinch salt
1 tsp cinnamon	300g (10½oz) plain flour
1 tsp ground ginger	1 tsp bicarbonate of soda
pinch ground cloves	½ tsp baking powder

### Method:

1. Grease and line a 2lb loaf tin.
2. Place all the ingredients apart from the flour, bicarbonate of soda and baking powder in a saucepan with 300ml (½pt) water and boil together for 3 minutes. Put aside to get cold.
3. Pre-heat oven to 180° (170° fan oven), 350°F, Gas Mark 5.
4. Add the bicarbonate of soda and baking powder to the flour and mix together.
5. Sieve into the cold mixture and stir well.
6. Transfer the mixture to the prepared tin and cover with greaseproof paper. Bake in the pre-heated oven for 1 hour or until a skewer inserted into the middle of the cake comes out clean.

## Solders' Biscuits

### Later renamed 'ANZAC' Biscuits

**W**ives, mothers and girlfriends of the troops from Australia and New Zealand were concerned about the nutritional value of the food being supplied to their men. Getting good food to their men on the front was not easy. The supply ships took at least 2 months to reach Turkey and few had any means of refrigeration. Although originally called "Soldiers' Biscuits", the biscuits were renamed ANZAC (Australia and New Zealand Army Corps) biscuits after the Gallipoli landing. The ingredients were able to stand the trip and avoided the use of eggs as they would spoil on the voyage.

In Australia and New Zealand, ANZAC biscuits are still made today and sold on ANZAC Day on 25 April, the anniversary of their landing at Gallipoli in 1915, to raise money for veterans' organisations. Probably Australia and New Zealand's most important national occasion.