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.
- 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**

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

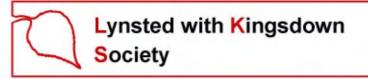
7oz porridge oats 1 teaspoons ground ginger

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

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## **Great War Trench Cake**

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 Surprisingly, even today, this is an acceptable cake!



#### Ingredients:

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

3oz cleaned currants

3oz brown sugar

#### Method:

- 1. Grease a 6 inch round cake tin.
- 2. Rub margarine into the flour in a basin.
- Add the dry ingredients. Mix well. 3.
- 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



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 14 tsp grated nutmeg 85g (3oz) margarine 150g (5½ oz) raisins

150g (5½ oz) currants Pinch salt

300g (10½oz) plain flour 1 tsp cinnamon 1 tsp bicarbonate of soda 1 tsp ground ginger pinch ground cloves ½ tsp baking powder

#### Method:

- 1. Grease and line a 2lb loaf tin.
- 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.
- Pre-heat oven to 180° (170° fan oven), 350°F, Gas Mark 5.
- Add the bicarbonate of soda and baking powder to the flour and mix together.
- 5. Sieve into the cold mixture and stir well.
- 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

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.