Rations Cooking – ANSWERS

Consider the effects of rationing on cooking in Australia during World War II. How did people adapt to shortages of particular products?

1. Look at the recipes and advertisements on the following pages. List four food products that were rationed or in short supply during World War II.
   a) **Meat** (i.e. red meat, not fish) – most meat was supplied to Australian and other Allied troops
   b) **Eggs** – people were encouraged to keep chickens to farm their own eggs
   c) **Milk** – children and nursing mothers were given priority in milk rationing
   d) **Vegetables** – people were encouraged to grow their own instead of buying all their vegetables

2. Examine the recipe for *Cake Without Butter* on page 2.
   a) What product was used as a substitute for butter? **Fat (the greasy oil left over from cooking meat)**
   b) Why wouldn’t we use this product today? **We now know that bad types of fat can cause heart disease. They build up cholesterol in the blood which creates plaque that clogs blood vessels.**

   a) What would your family think of these meals without red meat? **You might think they look tasty – or perhaps you prefer to eat red meat and are used to being able to buy it at any time.**
   b) Why? **Some people today are vegetarian and do not eat meat (perhaps not even fish) so might like rations recipes. Other people might be left feeling hungry or prefer to include red meat.**

4. Why was there a shortage of fresh vegetables in Australia between 1942 and 1945? (see *Grow Your Own Vegetables* on page 3.)

   **Australian forces and the soldiers of nations helping Australia (such as Britain and the United States) had first choice of food supplies – they needed vegetables to keep up their strength.**

5. Why was the role of housewives important to the war effort? **Since women did most of the food shopping and cooking, it was up to them to prevent food waste, buy quantities of food within the limits of rationing and create maximum nutritional value for their families from limited food supplies.**
CAKE WITHOUT BUTTER

No. 12

ORANGE ROCK CAKES:

INGREDIENTS:
1/2 cup clarified fat
3 cups sugar
1 egg
1/3 lb. S.R. flour
1 teaspoon cinnamon or nutmeg
about 3 tablespoons milk
rinds of 2 oranges and 1 lemon
boiled until soft, then minced.

METHOD:
1. Cream fat and sugar.
2. Add egg and beat well.
3. Add minced orange and lemon rind.
4. Sift flour and spice and add alternately with milk.
5. Place in a greased tin and bake in an oven 325 degrees, top off, bottom low, 12-15 minutes.

NOTE: Before using fat, cream it well with 1 teaspoon lemon juice and a good pinch card soda.

Every recipe appearing in this series has been tried and tested by cooksers expert in the Home Management Section of the Sydney County Council. They have been planned in consideration of conditions which exist or are likely to arise, and with due and proper regard for palatable appeal and nutritious value.

LISTEN TO: “YOUR HOME—YOUR FAMILY—and YOU” Station 2UV, every Thursday at 2 p.m. “BANISH DAUDDER,” Station 261, Monday to Friday, at 10.30 a.m.

COOK FOR VICTORY THE ECONOMICAL WAY WITH ELECTRICITY

THE SYDNEY COUNTY COUNCIL, QUEEN VICTORIA BUILDING, GEORGE ST., SYDNEY.

CUTS OF THAT LIGHT!

ELECTRICITY IS ON ACTIVE SERVICE—USE IT ON THE HOME FRONT FOR USE IN WAR INDUSTRIES.

Food is a munition of war!

Food is a munition of war! (poster), c.1942-45
Australian War Memorial, ARTV00161
You need a plan as well as a plot

The success of your vegetable garden rests to a large extent, on the way you plan it. The accompanying sketch is that of an average home and garden. You will see that the vegetable garden is planned to allow sufficient space for flowers and the clothes line. When planning your plot, remember to use the sunny side of your garden for all your vegetables.

A plot 30 x 50 will keep a family of three or four persons in vegetables if varieties are carefully selected and sown in season.

Herbs and salads should be grown near the house. Seedbeds should also be near the house so that they are not forgotten.

The bush which appears in the original plan has been removed because it takes the nutrients needed for the growing vegetables.

WHY YOU SHOULD GROW YOUR OWN

To win this war, much will depend on the strength and vigour of our forces. To keep this standard, large quantities of fresh vegetables are given to our own fighting men and our Allies. Because of this, adequate supplies of vegetables are not always available for civilians. Supplement your own needs by growing your own. Vegetables direct from your own garden are full of health-giving vitamins. It is the best way to eat healthy food.

Plan of an average garden

Every Australian Citizen

1944 must be the Record Food Production Year in Our History

REGARDING the Milk Supply

Customers desiring to avail themselves of the milk supply should be aware of the following:

1. The number of children in their household under the age of twelve (12) years.
2. Any invalid or any nursing or expectant mother residing in or being a member of the household.
3. The registered number of the delivery order.
4. The delivery address.

It is requested that consumers make application in writing, addressed to THE MILK DEPOT, KINGSTON, CANBERRA, stating the above information. In the event the requirements of the order cannot be filled, the distribution of the milk will be carried out in the order of the registration number, with the least possible delay.
MEALS WITHOUT MELT...

- Plan menus two weeks ahead... Coupon manoeuvres sometimes include one or two meatless days each week. The menus and recipes on this page have been created to help such strategy. They are simple and tempting.

By OLwen Francis
Food and Cookery Expert to The Australian Women's Weekly.

The meat ration is adequate but marketing conditions, kitchen storage, and "pot-luck" visitors may make a necessity of the meatless days.

Menus without meat can be both satisfying and appetising.

Add these ideas to your kitchen files.

MENUS

No. 1
French Cheese Soup
Sausage Fish
Cucumber, Tomato, Lettuce
Minted Potato Salad
Fried Marmalade Fins

No. 2
Pelmeni
Cream Soup
Fish baked in Creole Sauce
Crisp Lettuce Salad
Caramel Bread Cucumber

No. 3
Tomato Juice
Fried Squash with Cheese Sauce
Beans
Parsley Potatoes

No. 4
Peppered Pumpkin Soup
Planked Fish Cutlets
Peaches
Tomatoes
Lettuce Wedge Salad
Souces

No. 5
Creamed Cabbage
Hot Spiced Beetroot
Cheesel Potatoes Halves
Apple Frillers

No. 6
French Toast
Creamed Onions
Tomatoes
Steamed Cup Fuddings
Honey Sauce

No. 7
Chilled Melon Wedges
Curried Vegetable Pie
Creamed Potatoes
Spinach
Coffee Jelly with Sliced Fruit

PICTURE OF PLATTER! that does justice to the taste. The bread was toasted in clarified vegetable and is served cold with milt.

Try tiny minted potatos with the greens.

FRIED SQUASH WITH CHEESE SAUCE

Two pounds squash, flour, pepper, and salt, frying fat, 2 eggs while sunny 2 tablespoons grated cheese
1 teaspoon finely chopped onion
1 teaspoon finely chopped chives
1 clove garlic, finely chopped

Cut the squash in 1-inch slices, rinse with well-seasoned flour, and fry in beef dripping for 10 to 15 minutes, or until brown and cooked. Add the cheese and onion to sauté

FYREPPOR_PUMPKIN Soup

Two cups diced pumpkins
1 medium-sized tomatoes jellied
1 bacon knob, 1 bay leaf, 1 pinch thyme
1 teaspoon chopped mint
1 teaspoon salt, good dash pepper
1 cup water, 1 teaspoon vinegar
1 cup sherry if you like

1 tablespoon vinegar or lemon juice

Cook the bacon in the wok with bay leaf and thyme for 3 minutes. Add tomatoes, onion, salt, pepper, and onion and cook for 10 minutes. Add vinegar and sherry. Internal contents of squash, and heat thoroughly. Pour over the squash, stirring on a hot time, and stir until the squash is mushy with the sauce. Serve at once or with other vegetables, or with toast or fried bread. For four.

CREAMED CABBAGE (With Cheese Potato Halves)

Eight cups shredded cabbage
1 dessert spoon chopped onion
1 teaspoon salt
1 teaspoon pepper
1 dessert spoon margarine or bacon fat
1 small onion, white, chopped
1 tablespoon finely chopped grated cheese
1 tablet thyme
1 large potato (even sized)
 pills tomato sauce

Cut the shredded cabbage, with the onion, pepper, salt, and fat, and a very small quantity of water in a tightly lidded pan until tender. Drain the potatoes and mash them, and stir into the sauce, stirring until the cheese is melted and well-cooked. Stir until the sauce is clear and well-flavored.

Sprinkle with lemon juice and serve at once. For four.

CLOVER CHEESE- SOUP

Four cups boiling water, 1 teaspoon beef extract, 2 tablespoons finely grated cheese
1 cup dry breadcrumbs
2 eggs, salt, and pepper

Pour boiling water over beef extract, stirring until dissolved. Mix the cheese and breadcrumbs and stir in. Bring to boil. Gradually stir in the dissolved beef extract, season to taste with salt and pepper. Heat for few minutes without boiling. Add nutmeg and simmer and serve hot. For four to six.

Meads without meat

Continued from page 22

SAVORY MILK TOAST

Four slices bread, 1 egg, 1 cup milk, 1 teaspoon salt, good dash of pepper, frying fat.

Roll together egg, milk, pepper, and salt. Dip bread into this and then shallow-fry in frying fat, turning to brown both sides. Serve at once. For four slices.

FRIED MARMALADE FINS

Four ounces flaky pastry, 2 tablespoons marmalade, sugar.

Roll the pastry thinly and cut into about two-inch squares. Moisten the edges of half the squares. Place a little marmalade in the center of the moistened squares. Cover with the remaining squares, pressing edges together. Deep-fry in sunflower until golden brown, and cooled through, about 3 minutes. Drain, sprinkle with sugar, and serve hot.

FRENCH CHEESE-SOUP

Four cups boiling water, 1 teaspoon beef extract, 2 tablespoons finely grated cheese, 1 cup fresh breadcrumbs, 2 eggs, salt, and pepper

Pour boiling water over beef extract, stirring until dissolved. Mix the cheese and crumbs, and stir into beaten eggs. Gradually stir in the dissolved beef extract, season to taste with salt and pepper. Heat for few minutes without boiling. Add nutmeg and serve very hot. For four to six.

▲ The Australian Women's Weekly, 4 March 1944, pp.22–23