Rations Cooking

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) ____________________________________________________________
   b) ____________________________________________________________
   c) ____________________________________________________________
   d) ____________________________________________________________

2. Examine the recipe for *Cake Without Butter* on page 2.
   a) What product was used as a substitute for butter? _________________________
   b) Why wouldn’t we use this product today? ________________________________
      ________________________________________________________________

   a) What would your family think of these meals without red meat? _________________________
      ________________________________________________________________
   b) Why? ___________________________________________________________________
      ________________________________________________________________

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

5. Why was the role of housewives important to the war effort? _________________________
   ___________________________________________________________________
CAKE WITHOUT BUTTER

No. 12

ORANGE ROCK CAKES:

INGREDIENTS:
2½ oz. clarified fat
3 oz. sugar
1 egg
1½ lb. S.R. flour
1 teaspoon cinnamon or nutmeg
about 3 tablespoons milk
rinds of 2 oranges
1 lemon

METHOD:
1. Cream fat and sugar.
2. Add egg and beat well.
3. Add mixed orange and lemon rind.
4. Sift flour and spice and add alternately with milk.
5. Place in spoonfuls on a greased plate 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 cooks in charge 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 2UW, every Thursday at 2 p.m. “BANISH DAUDGERY,” Station 261, Monday to Friday, at 10.15 a.m.

Cook for Victory the Economical Way with Electricity

The Sydney County Council, Queen Victoria Building, George St., Sydney.

Food is a munition of war!

Keep it up.
You’re doing fine.

► The Sydney Morning Herald (NSW), 25 September 1943, p.12

▼ The Courier-Mail (Brisbane, QLD), 9 December 1943, p.4
and also http://ergo.slv.vic.gov.au/node/414

► Food is a munition of war! (poster), c.1942–45
Australian War Memorial, ARTV00161
**Grow Your Own Vegetables**

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 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.

**Plan of an Average Garden**

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. Bear in mind that they should be near the house so that they are not forgotten.

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

**Why You Should Grow Your Own**

To win this war, much will depend on the strength and vigor 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 pays, too, to ‘grow your own’!

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**The Canberra Times (ACT), 9 April 1943, p.3 [edited]**


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**The Sydney Morning Herald (Melbourne, VIC), 31 August 1943, p.9**


and also http://ergo.slv.vic.gov.au/node/416

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**The Australian Women’s Weekly, 17 June 1944, p.23**

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 ready tested.

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.

MEALS

No. 4 Peppered Pumpkin Soup plated Fish Cutlets Potatoes, Tomatoes Lettuce Wedge Salad Scrambled Eggs

No. 5 Creamed Cauliflower Braised Beetroot Cheese Salad Peas Apple Frikkers

No. 6 Baked Chick Peas Wedges Curried Vegetable Pies Creamed Potatoes Spinach Coffee Jelly with Sliced Fruit

FISH BAKED IN CROCK SAUCE
Four to six fillets of fish, allowing about 1 lb. of fish for each serving. 1 teaspoon salt, 1 teaspoon pepper. 1 lemon, 1 dessertspoon chopped onion. 1 teaspoon butter or margarine. 1 cup chopped lemon, 1 tablespoon minced green pepper (may be omitted). 1 dessertspoon flour, 1 teaspoon curry powder, 1 cup fish stock (from boiling bone and head). 1 cup vinegar. Plunge of grated nutmeg, chopped parsley. Season the fillets with pepper, salt, and lemon juice and roll. Place in ovenproof dish. Baste the fillets in the fat, stir in the flour and curry powder, and add the tomato, chopped pepper, fish stock, vinegar, and nutmeg. Bring to boil and pour over fish. Bake, uncovered, in a moderate oven (350 deg. F.) for 20 to 25 minutes, or until the fish is white and flaky. Sprinkle before serving with chopped parsley. Chopped mushrooms are delicious added to this sauce. For four.

FRIED MULLET FISH CUTLERS
Four one-inch thick cutlets of firm fleshed fish such as salmon, cod, snapper, 1 tablespoon cooking oil or melted butter, 1 lemon, pepper, salt. To 1 tablespoon grated cheese, 1 lb. potatoes, 2 teaspoons. Place cutlets in overlapping row on a thinly greased overproof platter. Brush with butter, squeeze of lemon and pepper, and salt. Bake in a hot oven (425 deg. F.) for about 30 minutes. Remove from oven and border on two sides with mashed potato and two ends with sliced tomato. Brush potato with melted butter or milk, season tomato slices, and sprinkle cheese on fish. Return to oven to reheat and brown. Sprinkle with lemon juice and parsley, and serve at once. For four.

PICTURE OF PLATTER-plate that does justice to the catch. The breed was taken in spiced vinegar and is served cold with mint. Try tiny minted potatoes with the greens.

FRIED SQUASH WITH CHEESE SAUCE
Two pounds squash, flour, pepper, salt, and fry, 2 eggs while saute, 2 tablespoons grated cheese, 1 teaspoon finely chopped onion, 1 teaspoon finely chopped chives, 1 dessertspoon finely chopped chives.

Cut the squash in 1-inch slices, coat 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 sauce, and heat thoroughly. Pour over the squash, garnished on a hot dish, sprinkled with mint. Serve at once with other vegetables, or with toast or fried bread. For four.

PEPPERTON PUMPKIN SOUP
Two cups diced pumpkin, 2 medium-sized tomatoes peeled, 1 bacon bone, 1 bay leaf, 1 pinch thyme, 1 teaspoon chopped mint, 1 teaspoon salt, good dash pepper, 1 cups water, 1 teaspoon curry powder, 1 cup sherry, or 1 tablespoon vinegar or lemon juice.

Cook the bacon bone in the wire with bay leaf and thyme for 30 minutes. Add pumpkin, tomatoes, salt, pepper, and onion and boil for 15 minutes. Skull through and add curry powder, stew, or lentil soup and thyme. Scald water, stard to taste, and serve at once. For four.

CREAMED CABBAGE
(With Cheese Potato Halves)
Eight cups shredded cabbage, 1 dessertspoon chopped onion, 1 teaspoon salt, 1 teaspoon pepper, 1 dessertspoon mustard, or bacon fat, or good beef dripping, 2 cups white sauce, 1 tablespoon chopped parsley, 1 lb. potatoes, 2 teaspoons.

Cook 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. Add the sauce and parsley. Cook the potatoes in their jackets until tender. Peel potatoes, cut in halves, lengthwise, season, and top with cheese. Grill until the cheese is brown and slimy. Grill the bacon. Serve the creamed cabbage with hot, rolled with bacon (if available) and surrounded with cheese potato halves.

FRENCH CHEESE-SOUP
Four cups boiling water, 2 teaspoons beets, 2 tablespoons finely grated cheese, 1 cup fresh bread crumbs, 2 eggs, salt, and pepper, dash of nutmeg.

Pour boiling water over beef extract, stirring until dissolved. Mix cheese and crumbs, and stir into beaten eggs. Gradually stir in the dissolved beef extract, season to taste with salt and pepper. 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