

# Hands on History at Home

This is a family activity with adult supervision required.  
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## Ration Recipe

Have a go at cooking a tasty treat using the limited ingredients available during WW2

During the **Second World War**, Britain was unable to import as much food from overseas. This meant that it was difficult to get hold of lots of products.

The government decided the fairest thing to do was to share the food out equally between everyone. This was called **rationing**.

Many foods such as **meat, jam, flour, sugar, eggs and sweets** were rationed.

People could grow and eat as many vegetables as they liked as they weren't rationed. Lots of wonderful recipes developed as people tried to make the most of what they had.



Rationed ingredients were carefully measured on scales like these in our village shop.

Which foods would you miss the most during rationing?

Find out more about the effects of rationing by using a real wartime recipe.

Without much flour, it was hard to make cakes, so this recipe uses potatoes to help the flour go further. Let us know if you enjoyed it...

**Potato Scones** - Recipe makes approx. 10 small or 4 larger scones

### Ingredients

2 oz cooked potatoes  
½ oz sugar  
1 oz self-raising flour  
1 teaspoon marmalade  
½ oz dried fruit  
½ oz margarine

**Oz is short for ounce. All our ingredients are in ounces as this is the unit of measurement used before decimalisation.**

### Method

Mash the potatoes  
Mix the mash with the flour  
Beat the margarine, sugar and marmalade together, then add the flour and potato mixture with the dried fruit  
Divide into small portions  
Put some flour your hands and then roll the portions into small balls and gently flatten into scones  
Cook for 3-4 minutes in a frying pan, flipping halfway to ensure each side is crisp and golden brown (depending on your pan you may need to add a little oil or butter).  
Sprinkle with a little sugar before serving hot or cold

