

# TRENCH STEW

**PREPARATION TIME:** 5 minutes

**COOKING TIME:** 15 minutes

**NUMBER OF SERVINGS:** 3 - 4

**SERVING SUGGESTIONS:** For authenticity, allow to cool and serve with a cup of stewed tea

This recipe is based on the recollections of a soldier from the 9th Bedfordshire Regiment, who served in the trenches during WW1. Getting fresh hot food from the field kitchen to the front lines was impossible when a battle was raging. Soldiers lucky enough to have a small stove, or even candles, would boil up any food including stale biscuits or add these to the canned food provided.

## INGREDIENTS:

1 turnip  
2 carrots  
½ tin corned beef  
¼ stock cube  
2 biscuits (optional)  
1 pint of water

## YOU WILL NEED:

Sharp knife  
Measuring jug  
Pan  
Chopping board  
Masher  
Wooden spoon  
An adult to help you!

## METHOD:

Put the water on to boil  
Slice up the turnip and carrot  
Add to the boiling water  
Add the stock and stir then leave for 10 minutes  
Mash up corned beef and add to the mixture  
Add the biscuits and stir (optional)

# LEEK AND POTATO SOUP

**PREPARATION TIME:** 15 minutes

**COOKING TIME:** 35 minutes

**NUMBER OF SERVINGS:** 3 - 4

**SERVING SUGGESTIONS:** Serve hot for a tasty lunch.

This recipe is from a Home Front ration cookbook in the 1940s.

## INGREDIENTS:

1 tbsp lard or oil  
3 large leeks  
1 1/2 lb potatoes  
4 pints stock

## YOU WILL NEED:

Sharp knife  
Measuring jug  
Pot  
Chopping board  
Wooden spoon  
An adult to help you!

## METHOD:

Heat the oil over a moderate heat  
Add the cleaned chopped leeks and let them sweat for while until they start to soften.  
Add the potatoes, chopped into 2in chunks, and cook for a couple of minutes.  
Add the stock and cook until the leeks and potatoes have cooked, about 30 minutes.

# NOT-RATIONS PIZZA

**PREPARATION TIME:** 15 minutes

**COOKING TIME:** 15 minutes

**NUMBER OF SERVINGS:** 4 individual pizzas

**SERVING SUGGESTIONS:** Experiment with different topping combinations to find your favourite!

This recipe is not from a ration pack! Imagine if you were a soldier out on operations - what pizza toppings would you be hoping for? Which topping do you think is most popular?

## INGREDIENTS:

1 (14- to 16-ounce) ball pizza dough

1½ cups pizza sauce

6 ounces mozzarella or cheddar cheese, grated or cut into ½-inch cubes

Toppings of your choice (sliced peppers, onions, mushrooms, olives, cooked bacon, cooked chicken; cooked and crumbled sausage; sliced pepperoni; sun-dried tomatoes; etc.)

## YOU WILL NEED:

Cutting board and knife

Cheese grater

Prep bowls for toppings

Rolling Pin

Pizza pans or large rimmed baking sheet(s)

Pizza Cutter

## METHOD:

Preheat the oven to 500°F. Line two large rimmed baking sheets with parchment paper or grease them with a little olive oil.

Prep your toppings while the oven preheats, and place them all in separate bowls on a counter or table within easy reach of each pizza maker.

Cut the ball of dough into 4 equal-size pieces. Roll, stretch, or press each piece out to a 6- to 8-inch circle.

Place two rounds of dough on each baking sheet and add your toppings

Transfer the baking sheets to the oven and bake the pizzas for 10 to 15 minutes

Remove the pizzas from the oven and let them cool for a few minutes before slicing.