

## Wartime recipes

### Woolton pie

#### Ingredients

- 450 g diced potatoes
- 450 g cauliflower
- 450 g diced carrots
- 450 g diced swede
- 3 spring onions
- 1 teaspoon vegetable extract
- 1 tablespoon oatmeal
- A little chopped parsley

#### Method

1. Cook everything together with just enough water to cover, stirring often to prevent it sticking to the pan. Let the mixture cool. Spoon into a pie dish, sprinkle with chopped parsley.
2. Cover with a crust of potatoes or wholemeal pastry. Bake in a moderate oven until golden brown. Serve hot with gravy.

## Soft molasses cookies

### Ingredients

- 300 g sifted cake powder
- 1 ½ teaspoons baking soda
- ½ teaspoon salt
- 1 teaspoon ginger
- 1 ½ teaspoons cinnamon
- 100 g vegetable shortening
- 200 g sugar
- 1 beaten egg
- ½ teaspoon molasses
- 240 ml buttermilk
- ½ teaspoon vanilla

### Method

1. Sift flour on its own, then sift together with baking soda, salt and spices three times. Gradually add sugar to the shortening until creamy. Add eggs to the cream, beat thoroughly then mix in the syrup. Alternate adding the flour mixture and milk, stirring well after each addition. Add vanilla and place the dough in the fridge to chill for about two hours.
2. Drop teaspoonfuls onto a greased baking sheet and bake at 200°C for about 13 to 15 minutes.