

## THE KITCHEN FRONT - WORLD WAR TWO RECIPES AND COMMENTARY

*Taken from scripts for actual Radio Broadcasts and transcribed by World Carrot Museum (source UK National Archives, perused September 2012)*



Recipes/topics in this document include: Night blindness, Carrot Marmalade, Carrot Curry, Candy, Roll, Cookies & Various Carrot Dishes, Vitamins, Carrot Champ, Carrot Top and Potato Soup

**THE KITCHEN FRONT** by Margaret Grant HOME SERVICE FRIDAY 28th February, 1941 at 8.15 a.m, approx. for five minutes FROM LONDON

### NIGHT BLINDNESS

My daughter told me today of a friend who had just had a baby saying "My doctor says I'm to eat lots of raw vegetables, but what can I do, economy has to be studied, and lettuce is 9d a head and tomatoes 2/- a lb. After all, they are almost the only things one can eat raw." My answer to that is that at the moment I can only think of two vegetables that are not nice raw - potatoes and marrow. A nut mill costing about half-a-crown is worth its weight in gold for enabling us to eat and enjoy raw vegetables and benefit from the valuable fresh vitamins they contain. Raw carrot and tomato cure night blindness. I proved this for myself just before war broke out, and got very much laughed at in the effort.

My first three nights of ambulance driving, August 31st to September 3rd 1939, were fraught with anxiety that I should have to give up the job through not being able to see well enough. I resorted to my food chart for guidance, and after taking a large glass of milled carrot and sliced tomato each day for a week, I drove with ease and comfort.

Of course, well known forms of salad do not need grating in the mill, but cabbage, sprouts, carrots, turnips, cauliflower and artichoke, do need grating or shredding. Imagine what a decorative dish you can make with artistically grouped raw vegetables and the usual lettuce, tomato, etc. I use a good sized meat platter and get such lovely effects that I can hardly bear to see the being disarranged when it comes to table.

Tiny sprays of cauliflower are good and pretty; it need not always be grated, given that everyone present has good teeth and a good digestion. Simple French dressing is nice with this dish. Lovely dishes of cooked vegetables can also be achieved altogether on a platter. A cauliflower sprinkled with parsley, a group of curried rice, a group of sprouts, some mashed swede, white turnip, butter beans in tomato sauce - think of the lovely colours - green, orange, red, white and brown, and there are so many variations you can make if you let your imagination run riot. Baying one of these dishes in view makes a visit to the greengrocer quite an excitement.

I do want also to give you my tried and trusted vegetable casserole. Take a medium sized carrot two slices from a swede, one small parsnip, two medium sized potatoes, one dozen Brussels sprouts, one small sour apple and, if you are very lucky, two sliced spring onions. Dice the other vegetables and put the whole lot into a pan with 2 ozs. of fat, over a very low heat and fry for 10 minutes. Then add pepper and salt and one teaspoonful of bought vegetable extract and 3 tablespoons of vegetable stock or water. Cook in the oven for an hour and a half.

**THE KITCHEN FRONT:** by Freddie Grisewood. HOME SERVICE  
MONDAY, 3rd MARCH,  
1941 at 8.15 a.m. approx. for 5 minutes FROM LONDON



**CARROT MARMALADE** (*tested at the research station of Long Ashton*)

Good morning everybody. It seems to be my turn to talk about this food business and I thought to myself that I couldn't do better than start this morning with something about marmalade. I know it isn't very easy to get oranges but judging from all the letters I've been getting this only seems to make people more interested in the subject. Well, I've got two recipes. They're both economical. The first recipe, which I'll give to-day, spins out the oranges by using carrots but I must warn you that if you do use carrots you want to eat your marmalade within the next few months. Much sooner if you don't seal the jars hermetically.

My second recipe which I'll have to give later in the week, is an economy one for "ordinary" marmalade. You can take your choice. Well, if I'm going to get through this first recipe I mustn't dilly dally any more. CARROT MARMALADE. - It's for 5 lbs of marmalade. And here's the list of what you want: Water 3 pints. Scraped carrots 2 lbs. - Seville oranges 1 1/4 lbs - Sugar 2 lbs.

First wash your oranges, cut them in half and squeeze out the juice. Collect all pips into a muslin bag. Cut up the peel (not too finely) and then put the peel and the juice and the bag of pips into a basin. Cover them with 2 out of your 3 pints of water-and leave them to soak overnight. Next morning simmer this orange water gently until the peel is quite tender. The weight of your pulp should be about 2 1/2 lbs. When you've finished simmering take out the pips and squeeze the juice out really well. Now with your remaining pint of water cook the carrots in a covered saucepan until they're tender and then either mash them well or rub them through a wire sieve.

Now add the carrot mash and water to the orange pulp. Bring them to the boil and when they're boiling fast put in the sugar and stir that in until it's all dissolved. A good tip is to have the sugar warmed in advance, When the sugar's in boil as hard as you can (only don't let it spit) till the mixture thickens. This will probably be in about 25 minutes. Now, as I said earlier on, you have to eat this marmalade quickly. You can either keep it as it is and use it right away (I mean within 10 days) or you can seal it and sterilise it and it should keep for a few months.

For sealing you can use either fruit bottling jars or you can make an airtight seal the jam jars with a synthetic skin which is now on the market. In either case the sealed jars of marmalade should be immersed in a pan of hot water brought to the boil, and boiled for 5 minutes.

Goodbye till tomorrow.

*Transcribed by the World Carrot Museum from actual scripts available for perusal at the UK National Archives. Inspected September 2012.*

**THE KITCHEN FRONT** by Margaret Grant HOME SERVICE TUESDAY 25  
February  
1941 five minutes FROM LONDON



## **CARROT CURRY**

It is early in the morning to talk about curry, but at the risk of being called a "pukka memsahib", very "chota harzari" and all the other little joking names that those who have never been East use for those who like myself have been there, I am still going to talk about curry. It is a dish that can be so smart or so dowdy. The dowdy variety is rather yellow to look at and comes to table with a depressing little ring of rice round it in a house where they have forgotten about, or never bothered about, chutney or other exciting accompaniments.

Now the reason it's such a good war time dish is that you can make a beautiful curry of almost anything, meat, birds, fish or vegetables. Remember it is always worth while to buy a really good curry powder.

Here is a vegetable curry for eight people. Take 1 large carrot, 12 sprouts, 1 potato, a handful of sultanas, a stick of celery, 3 artichokes, 1 small white turnip and 1 lb. swede and 1 lb. of onions or leeks, if you can get them. Take 1 large carrot, 12 sprouts, 1 potato, a handful of sultanas, a stick of celery, 3 artichokes, 1 small white turnip and 1/2 lb. swede and 1 lb of onions or leeks if you can get them. If you cannot get onions or leeks, make up the quantity with extra sprouts and carrots. Dice or slice all the vegetables and fry on very low heat for 10 minutes, then add 1 teaspoonful of chutney if possible and a pinch of sugar and 1 dessertspoonful grated coconut and 2 heaped dessert spoonfuls curry powder, put in when the vegetables have given out their liquid. Add 1 teaspoonful vegetable extract and 2 tablespoons water (not more). Let all cook very slowly for one and a half hours.

Now as rice comes from overseas I am going to suggest that you serve parsley flavoured mashed potatoes with your curry instead of rice. If you have the kind of potato masher called a "ricer" put your hot potatoes through it and sprinkle with chopped parsley that has been twisted in a cloth held under the tap and wrung quite dry with an extra dry cloth on top of the damp one. If you haven't a ricer mash the potatoes with a little milk while hot and add parsley treated in the same way.

Potatoes (or rice if you have it) should be served separately and helped first, then hand round the curry in a deep dish, so that the curry goes on top of the potatoes, and some cold sliced cucumber when in season. To my mind a dish of curry is made so much more worthwhile by an apparently frivolous extra called a poppadum. This is a kind of thin biscuit.

For these you make a dough of 1/2 lb. of flour, 1 nut of margarine, 1 small teacup water in which a bay leaf has been soaked for 15 minutes and a teaspoonful of salt. Roll the dough out to wafer thinness, cut in rounds 6 inches across and bake in a moderate oven 5 or 10 minutes, to pale biscuit colour. A round oatcake tin lid makes a good cutter. Stored in a tin they keep for a long time.

For egg curry make the curry sauce separately and pour it over quartered hard boiled eggs. Or you can leave the shelled eggs whole if you prefer it. Doubtless we shall have to

wait a few weeks, when we hope eggs will be more plentiful, to indulge in this dish, though some of you far-seeing housewives may still have a supply of pickled ones that can be used for curry. It is wise to slice these. If you can manage chutney too, so much the better, though you may have to wait till the summer when you can make it yourself from apples or green tomatoes.

It's worth preparing double the quantity of curry that you are needing, I will tell you why tomorrow. There is just time to suggest a curried salad to you. Make a French dressing in the usual way and add a good pinch of curry powder. Stir into the dressing one grated carrot, a little chopped celery, some Shredded raw cabbage, teaspoonful Chopped parsley, and 2 large cooked potatoes, sliced. It looks well served on lettuce leaves which will come again with the summer.

#### **Carrot Candy** - 23 December 1941

4 medium sized carrots; 4 tablespoons of syrup or treacle  
2 tablespoons of water; 1 tablespoon of lemon juice (using lemon substitute)

Chop the carrots into small dice and place all the ingredients into a strong pan. Bring to the boil and simmer for 20 minutes. Take them off the pan, let them cool, then simmer again, until all the liquid has evaporated and the mixture is of the consistency of toffee.

Drop small spoonfuls onto greased paper. When they are fresh they are quite brittle, but go soft if you leave them too long.

(On the same show they made "Russian Cream" using bread boiled in the water which you have boiled carrots in, with flavouring and colouring – turns into a jelly - delicious!)

#### **Carrot Sausage Roll** – 9 December 1941

6 carrots; 1 lb sausage meat (beef or pork); 3/4 lb of shortcrust  
Boil the carrots until they are almost done and dry them thoroughly. flour the pastry board and flatten the sausage meat until it is thin enough to make six portions large enough to wrap a carrot in each. Pinch the meat around the carrot until all covered. Divide the crust up into six portions and roll up one sausage carrot in each. Keep the carrot shape as much as you can and cook in a moderate oven for 25 minutes. Take them out and prick one end and stick a piece of parsley in the hole so it looks like a carrot again. Careful – HOT. Eat hot or cold.

#### **Carrot Cookies** 18 November 1941

Cookies for 4 1/2 d:- 1/2 pound carrots (1 1/2d) ; 3 tablespoons sugar (1d); 2 tablespoons cooking margarine (1d); 5 tablespoons self raising flour (1d)

Cream together the margarine and nearly all the sugar - keeping back about 1 dessertspoonful. Grate the carrot and beat it into the margarine and sugar. Fold in the flour lightly until the dough is soft and creamy. You can add a tablespoonful of water if the carrots happen to be dry ones. Drop spoonfuls of the mixture into greased patty pans, sprinkle the tops with sugar and put it in the oven to cook about 25 minutes before the meat is done. You can eat them hot or cold.

*Transcribed by the World Carrot Museum from actual scripts available for perusal at the UK National Archives. Inspected September 2012.*

**THE KITCHEN FRONT** by Mrs Hudson HOME SERVICE SATURDAY 9  
August 1941 five minutes FROM LONDON



### **VARIOUS CARROT DISHES**

Good Morning. It's nearly a year now since we began to eat carrots regularly and they really have done a good job for us in that time. We got through the winter without an epidemic, didn't we? There's no doubt carrots had a lot to do with that. They've got the sunshine vitamin; Vitamin A. 'A' helps us to keep off colds and 'flu; and it strengthens our eyes so we can adjust them quickly to the dark. Good black-out food, you might say, and now that double daylight saving comes to an end, we'd be wise to eat more of them. We all thought it rather funny when we were first told to eat raw carrots. I've been eating them for years and we're all getting to like them now. I know plenty of children who are eating and enjoying them every day. There's so much sugar in the raw carrot - and in squeezed carrot-juice; that's why it's well worth giving to a child who has a craving for sweets. If the child doesn't take to the idea I always think the best way to introduce carrots is to make some attractive little sandwiches with grated carrot filling. These usually go down very well. Sprinkle a few currants in the filling if you have them. The golden rule for a child is two heaped tablespoons of carrot every day.

But we mustn't get our vitamins mixed. Carrot juice isn't a substitute for fruit juice. Swede juice is. Don't confuse the two. -With swedes or cabbages you do get Vitamin C, the fruit vitamin. But odd as it may sound, there's very little 'C' in carrots.

Now here's a recipe.

Carrots and peas go beautifully together this way. Dice your carrots and put them into a saucepan with a very little salted water. They take a little longer than the peas, so put them in five minutes ahead; then they finish together. Keep the lid on the saucepan please or you'll lose some of the colour and the flavour.

After you've put the peas in, cook for another fifteen minutes. Toss a little margarine in with them; or better still make a white sauce with the water you boiled them in.

And here's a grand carrot main dish for a day when you've used up your meat ration. Make a nice potato suet crust. Eight ounces of flour; two grated raw potatoes; two ounces of suet; mix it all with a little water to make a soft dough. Roll it out into an oval. Now give the dough a good thick sprinkling of grated carrot ... don't be minging with it; a good thick sprinkling. Now do a sprinkling of gravy powder, salt and pepper. Roll it all up in the good old roly-poly style and boil it for about an hour. You serve it with brown gravy. It's a winner; especially with the children.

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## **VITAMINS (Rickets and Teeth)**

Here's the second instalment on vitamins.

First vitamin A - or to be More accurate shortage of it. Some troubles of the eye are due to shortage of vitamin A. It may mean difficulty in seeing in the dark, or that fashionable complaint, night blindness. It may mean ulceration of the surface of the eye.' It may mean dryness of the surface of the skin - sometimes. called toad skin when the condition is bad. At it's very worst there may be blindness, real blindness, but fortunately that is seldom seen in this country.

We can avoid shortage of vitamin A by eating our full ration of butter and margarine, by giving, fish liver oil to children and by eating green leaves and carrots raw or lightly cooked. Oddly enough, in the last war, Denmark exported so much butter fat that it left itself short of these vitamins so that there was a lot of eye trouble. Shortage of fats also played a big part in the German's collapse in 1918. Green vegetables, and carrots you'll remember contain carotene which turns into vitamin A in the body.

By the ways don't overdo the night blindness story. There are many reasons for difficulty in seeing in the dark, including the simple reason that it's just dark!. It might be that you are short of vitamin A. You may be short sighted. You may be just nervous. Eat Carrots by all means but don't regard a carrot in the stomach as a sort of internal torch battery. It ain't. But eat plenty of carrots as they are a grand food.

Now for vitamin D, the bedfellow of vitamin A - for they are found together in butter and marg. Shortage of D is a cause of rickets. Thirty years ago rickets or its results were everywhere to be seen. - Today its rare though there are still cases of the milder sort. Mothers should always be on the look out for it in infants.

Vitamin D is the bone and teeth maker. It works on the lime and the phosphates of our food to make good hard bones and teeth. Shortage of it means soft bones which become deformed, and soft teeth which become decayed teeth.

You know the picture. The baby pale and big -headed, the tummy podgy and the head tending to sweat. Someone has described a rickety child as having the head of a philosopher, the chest of a greyhound, the legs of a grand piano and the tummy of a poisoned pup. It's not a beautiful pictures but It describes rickets at its worst. And no one need have rickets. Shortage of D in the grown-up may mean softness of the bones and muscular pain, though this is rare.

The remedy is more fats with vitamin D and less starchy food. For the infants fish liver oil and all the sunshine that's going. I say sunshine because the sun's rays actually manufacture vitamin D in the skin.

Eskimos don't have rickets because the foods they eat is full of D. Countries that abound in cattle don't have it, for their peoples eat much animal fat. It's worse in the sunless months than it is in the sunny months, It's more liable to happen in wartime and immediately after a war than in ordinary times. It was rampant on the Continent after the last war. We must take good care it doesn't happen here.

With cod liver oil available for every expectant mother and young child in the country there shouldn't be a case.

Lastly a word about teeth - We in this country have no reason to be proud of our teeth. There are few of our boys and girls in this country whose teeth are quite free from decay. This is due, partly to shortage of D in their food. It is due partly to eating too much sweet or starchy food, to eating things which stick to the teeth without finishing a meal with something hard which cleans the teeth.

Its a good habit to finish a meal, when you can get it, with a carrot or a stick of celery or a hard crust of bread or an apple, Yes, I've said a good word for the apple. However posh the toothpaste is, the scientific use of the brush is more important. Whiteness is not all - far from it. Clear out the particles of food from all nooks and crannies with a brush or a toothpick.

The gateway to our tummies is all too often guarded by ivory soldiers which are decayed and diseased. But here I am digressing and my time is up.

### **Carrot and Cheese Cream (1941)**

1 ½ lb of carrots

4oz grated cheese

tablespoon of margarine

tablespoon of vinegar

half teaspoon of salt and dry mustard

shake of pepper, pinch of nutmeg.

Boil carrots then mash and stir in the margarine, vinegar and seasonings. Add the cheese and stir over a low heat until creamy. serve it on toast, or with mashed potatoes or Brussels sprout or any combination.

*Transcribed by the World Carrot Museum from actual scripts available for perusal at the UKNational Archives. Inspected September 2012.*

**THE KITCHEN FRONT** BY Mrs Yeomans Friday 30 May 1941 five minutes FROM LONDON

**“Champ” & Cocoa Fingers (use of carrot tops)**

3 lbs potatoes 1 lb carrots 1 lb. spring greens.

That'll come to - say – 10 1/2d.

Then 1/2 pint of milk - to bring it to 1 1/2d. and a wheatmeal loaf 1/3d in all and a ha'porth of parsley.

"We've got parsley in the garden"

"Good. Got any fat left from your ration?"

"Margarine and cooking fat: about two penny worth altogether I should think", she said.

"Fine, and we'll count it into the cost of the meal. Now we've 1d. left and we'll deal with that later."

First the champ:-' "Scrub the potatoes very well, take out the eyes, cut into pieces, trim and scrub the carrots, cut small. Strip the nicest green off the carrot top and chop it up. Wash the green vegetables, removing the toughest stalks and cut leaves up small. Don't discard the dark outer leaves because they are the best."

"Put potatoes and carrots into a pan of boiling salted water. Mind the water only comes half way up. Put on pan lid tight. Simmer for 15 minutes, then add the cabbage and carrot tops, if any. Put on the lid again and cook for about 10 minutes longer.

Drain well, saving liquid for soup. Now pour in a teacupful of the milk and sprinkle in pepper and more salt if you need it, and mash all together as smooth as you can. I like a wooden spoon, but some people prefer a fork. Whichever you use, do it with a will and get one of the youngsters to help you. In Ireland, where this dish comes from, it was considered Father's job to beat up the huge family bowl of 'champ' with a great wooden pestle."

"Now, it's ready. Pile it up on their plates, all steaming hot, and put just a pat of margarine on top of each pile. Cut the four crusts off your loaf and serve with the champ. I'll tell you what to do with the crumb directly,"

"I think I can manage the champ alright," she said, "- but what about the afters?"

"Well, you've got some milk and the crumb of the loaf left and a bit of the dripping. Can you spare a dessertspoonful of cocoa and a tablespoonful of sugar?" "Yes."

"Good! That accounts for our last penny and brings us to 1shilling 6d."

"Cut the bread into slices - 1 inch thick, and again into fingers. Put the milk into a soup plate and dip each finger into it. Drain the pieces round the rim of the plate (you can add the drainings to your pot of champ). Mix cocoa and sugar together, with just a teaspoonful of milk. Spread one side of the fingers with the mixture. Fry them in the hot fat, plain side first - cocoa side last - and serve all crisp and delicious."

Well, my visitor seemed to like the idea and went off to try it out. I expect her in next week to tell me what she thought of it.

*Transcribed by the World Carrot Museum from actual scripts available for perusal at the UK National Archives. Inspected September 2012.*





**THE KITCHEN FRONT** BY Moira SavoniusYeomans Saturday 11 July  
1942 five minutes FROM LONDON



**Carrot Greens and Potato Soup (use of carrot tops)  
Spinach Pies**

The other day I was looking at a row of carrots in my garden, trying to make up my mind whether or not to start thinning them. It seemed a pity to pull up the little things that were hardly fit to eat, but on the other hand if I left them any longer none of them would ever be fit to eat, so in the end I decided. to be hard and ruthless. So up they came - tiny little roots no thicker than a baby's finger. I put those in a salad just as they were, after washing them of course, though they didn't go very far they were lovely and crunchy and sweet.

The feathery green tops were still lying on the kitchen table when I came out to start the washing up after lunch. My first impulse was to put them in the bucket for the rabbits, but on second thoughts they looked too good and tender even for my sweetest baby rabbits, so I decided to try and do something with them for supper for ourselves.

What I did in the end, was to make a carrot-top and potato soup, and though it tasted quite different from anything we'd tried before, we liked it very much, and I felt extremely bucked at having invented a new dish. It was very easy to make, and this is how I did it.

I happened to have some stock in the larder, so I put it in a saucepan and while it was coming to the boil chopped up the feathery carrot tops on the board, quite roughly, and peeled four large old potatoes. As soon as the stock boiled I added the carrot tops and then the potatoes, cut into dice. Then I left the soup simmering with the lid on. After about twenty minutes the potato cubes were cooked, and I then added a little milk, and thickened the soup with some flour.

A good pinch of some and it was ready. We each had a large plateful and some bread and cheese to go with it., and felt we had really discovered something – a carrot dish that did not taste at all like carrots, but was extraordinarily good all the same.

Before I finish I just want to tell you of another dish from the garden, which I made for my husband to take to work with him some days ago. These were some little spinach pies and they too are easy to make.

Cook the spinach and chop it finely and mix it in a small amount of chopped fried onion or shallot, or some chopped chives and season with salt and pepper. Make some short crust pastry roll out thinly and cut into rounds the size of a saucer. Put a little spinach on each round, fold over into half moon shape, press the edges together and bake in a warm oven until crisp and done. They are good hot too, but specially suited for the lunch basket.

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