

Let's bake some victory tarts

Victory in Europe Day (VE Day) commemorates Germany's surrender at the end of World War II. At the time, people wanted to celebrate by making something tasty to eat. But, food was rationed during the war which meant people had to be inventive and use simple recipes.

Let's make some tasty jam tarts using ingredients that were available during rationing.



When using scissors or knives, make sure you have an adult to help you.

YOU WILL NEED

Ingredients:

- Jam
- 200g Plain Flour
- 100g Butter or margarine
- Cold water

Equipment:

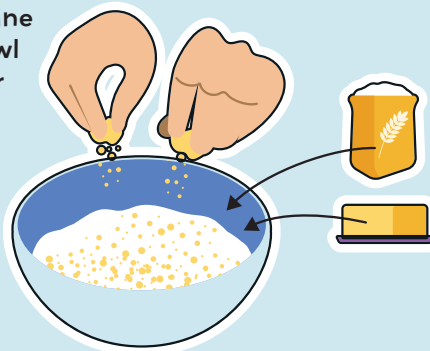
- Large mixing bowl
- Rolling pin
- Pastry cutter
- Shallow bun tin / yorkshire pudding tray



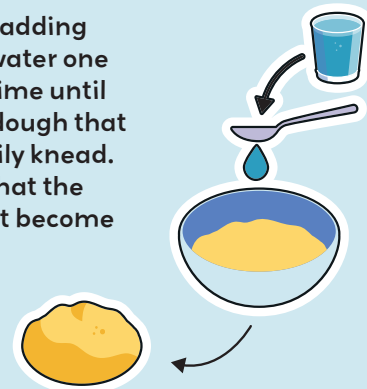
HANDY HINTS/TOP TIPS

- If you don't have a pastry cutter use an old jar to cut the tart bases
- It is better to use cold butter or margarine

- 1** Put the flour and butter / margarine into a large mixing bowl and rub them together until the mix feels like breadcrumbs.



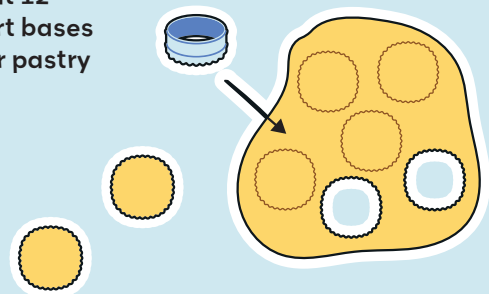
- 2** Start adding cold water one spoon at a time until you have a dough that you can easily knead. Be careful that the mix does not become too wet.



- 3** Lightly flour a surface and place the dough on to it. Roll it out until it is fairly thin.



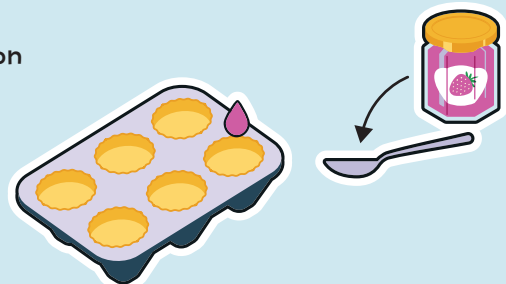
- 4** Cut 12 tart bases with your pastry cutter.



- 5** Grease your bun tin with a small amount of butter or margarine and place your tart bases into the tin.

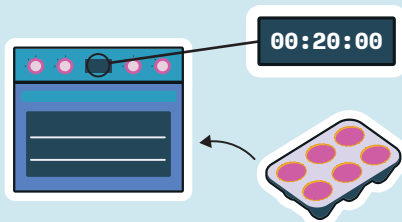


- 6** Add a teaspoon of jam onto each base.



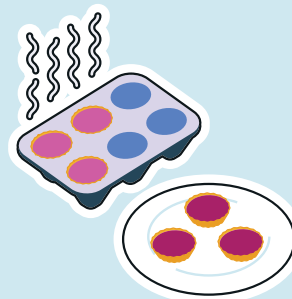


7 Pre-heat your oven to 200C / Gas mark 6 and place your tray inside for 20 minutes. You know your tarts are ready when the pastry looks golden.



When using an oven, make sure you have an adult to help you.

8 Take your tray out of the oven and let it cool down. You can celebrate VE Day by consuming your tasty jam tarts.



Rationing was introduced to make sure that everyone had access to basic amounts of food. Every person in the country, including children, were given a ration book. People had to register with their local shops and present coupons from their ration book to get basic foods such as sugar, meat, butter, flour and cheese.

Some of the items typically rationed during World War II included the following:

- **BUTTER:** 4 OZ (100 G)
- **TEA:** 4 OZ (50 G)
- **SUGAR:** 8 OZ (225 G)
- **MEAT:** WORTH ABOUT 1 SHILLING (6 PENCE TODAY!)
- **CHEESE:** 1 OZ (50 G)
- **MILK:** 3 PINTS (1800 ML)

