

MonLife Learning Activity Sheet

Eggless Sponge Cake

Eggs were rationed during WW2. Each person was only allowed 1 fresh egg per week. Dried egg was widely used as an alternative but some recipes were designed so that no eggs were needed.

The recipe is from the wartime Ministry of Food, why not give it go!

Ingredients

- 6oz self-raising flour with 1 level teaspoon of baking powder OR plain flour with 3 teaspoons of baking powder
- 2 ½ oz margarine
- 2oz sugar
- 1 level tablespoon of golden syrup
- ¼ pint of milk or milk and water
- jam for the middle (or you could use mashed potato chocolate spread)

How to make the cake:

- Sieve the flour and baking powder together
- Beat the margarine, sugar and golden syrup until light, add a little of the flour and then a little of the liquid. Repeat until you have a smooth mixture.
- Divide the mixture between two 7inch greased tins.
- Bake for approximately 20minutes in a moderately hot oven.
- Leave to cool and place jam (or chocolate spread) in the centre.