

MonLife Learning Activity Sheet

Wartime Trifle Recipe

Ingredients

- 3 oz. Stale cake
- 3 Teaspoonfuls jam
- $\frac{3}{4}$ Pint sweetened custard

How to make the trifle:

- Spread cake with jam
- Cut into cubes
- Put into an individual dish
- Pour custard over it

Did you notice that there is no cream on the trifle? That's because it became illegal to sell cream in wartime!

With many ingredients not available or in short supply because of rationing, people became very inventive and made up their own recipes using what was to hand.

If you would like some cream with your trifle try this recipe and make your own

Mock Cream

Ingredients

- 2 oz margarine
- 2 oz fine granulated sugar
- 1 tablespoon dried milk powder
- 1 tablespoon milk

How to make the Mock Cream

- Cream the sugar and margarine together until light and fluffy
- Add in the dried milk powder and milk and beat well until light and fluffy again