



### Make Your Own WWI Trench Cake!

During the First World War (1914-1918) a whopping 3,240,948 tons of food was sent to France and Belgium to feed the British soldiers! At the beginning of the war each soldier was allowed 10oz (283g) of meat and 8oz (226g) of vegetables per day. This meant that each man was getting around 3,500 calories a day (that's 1000 more than what an adult should have today). Luckily for the men tinned food was available which included things like corned beef, Maconochie stew and condensed milk. However, not all the soldier's food came from the Quarter Masters Stores. 'Comforts' were items sent from the Home Front to the Front Line. The 'comforts' ranged from socks, gloves, jam and even cake (Trench Cake). The Trench Cake had to last the long journey from Britain to Europe so they contained no eggs and used vinegar and bicarbonate of soda to raise. It isn't much like any modern cake but it is a great insight into how tastes have changed over the decades!

#### Ingredients

- 225g plain flour
- 2 teaspoons cocoa
- 1/2 teaspoon bicarbonate of soda
- 75g brown sugar
- 75g currents
- Pinch ground nutmeg
- 1 teaspoon ground ginger
- 110g margarine
- 140ml milk
- 1/2 teaspoon lemon juice
- 1 teaspoon vinegar



#### Method

- Preheat oven to 180c (160c fan).
- Grease and line a cake tin.
- Rub margarine and flour until like breadcrumbs.
- Mix in dry ingredients (apart from bicarb')
- In a mug, mix milk, vinegar and bicarb'. Mix well.
- Pour wet mix into dry ingredients. Mix well.
- Pour mixture into cake tin.
- Bake in oven for 90-120 minutes (check every 15 minutes).
- Remove from oven and leave to cool.
- Cut slice and drink with cup of tea.

