



THE EDEN CAMP RATION CHALLENGE

1st - 7th November 2021

Welcome to the Ration Challenge!

November 2021

Welcome to the Eden Camp Ration Challenge! I hope you are looking forward to this opportunity to try the food of 40s and 50s Britain.

The winner of the challenge will receive a Season Pass for all those in their entry.

Over the course of the challenge, I will be acting as your 'Food Minister' providing information about your rations.

A brief overview of the week:

Day 1: Shopping during Wartime

Day 3: International Cookery

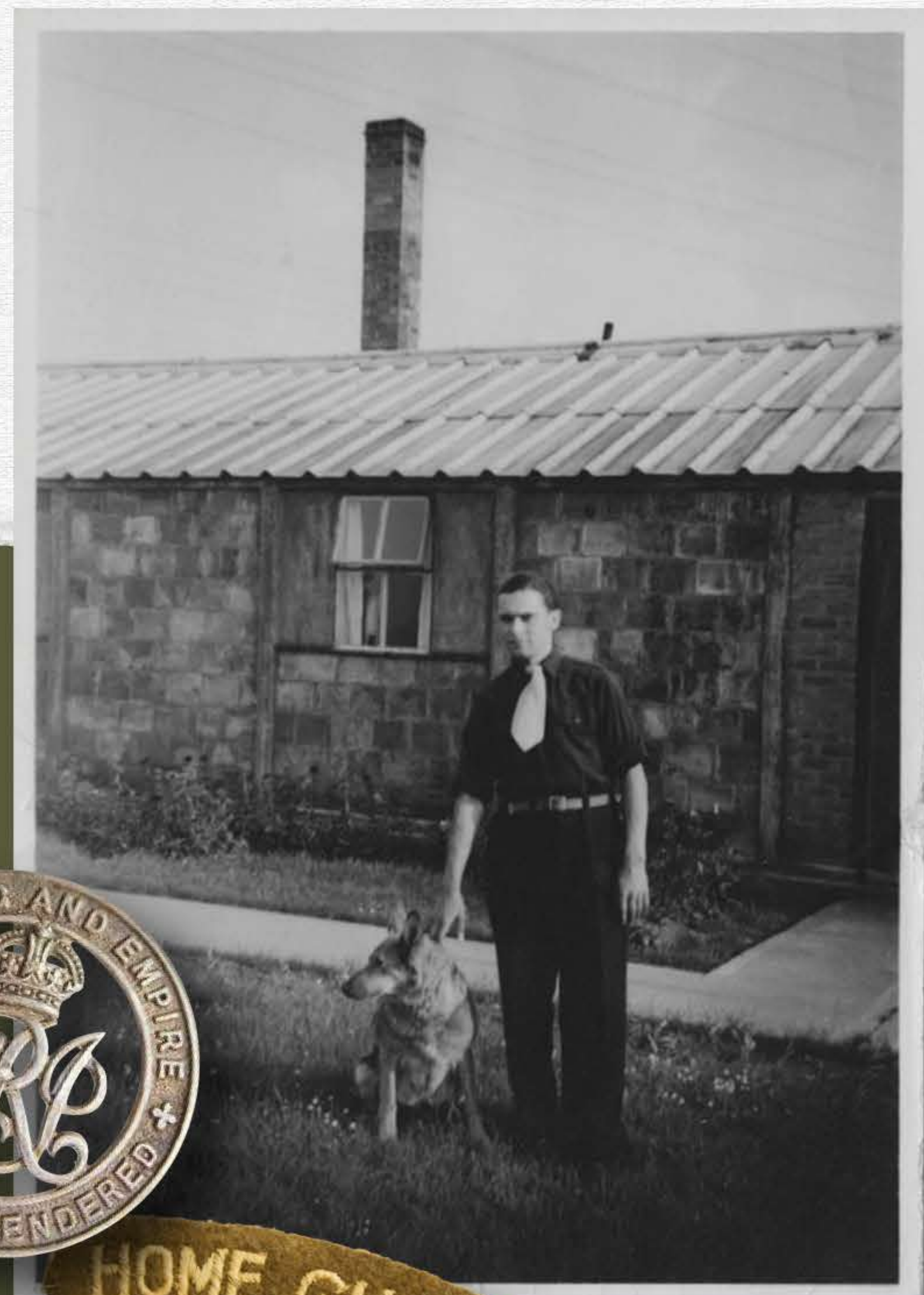
Day 5: The Victory Harvest

Day 7: A celebration party (*The reason to celebrate is currently secret*)

All information will be provided in your pack which you will receive at 8am on the 1st of November.

Please feel free to contact me via email at any time if there is anything you'd like to discuss.

Jude Kershaw
Heritage Engagement Officer
jude@edencamp.co.uk



EDEN CAMP
MODERN HISTORY MUSEUM



Please look through the guide before starting, several days are themed with ideas of what to do, please try to stick the guide as much as possible.

Day 1 Shopping during Wartime

Evaluate your rations and plan your meals for the week, this preparation will make your experience easier!

Day 3 'The Friendly Invasion'

Britain becomes a melting pot of culture after Americans, European and Asian soldiers are relocated to the UK.

Day 5 The Victory Harvest

The war in Europe is over, but the WLA now face a greater challenge than during the war

Day 7 Celebration

With a new monarch and the end of rationing in sight, it's time to celebrate your hard work!

Items to consider over the week:

Check your emails daily

Important information about your rations will be updated daily.

Post updates on social media regularly

We love seeing what you've been upto! The competition is judged based on evidence! It doesn't have to be perfect, if it goes wrong tell us about that too! Remember to try as many new things as possible and document your meals on social media using the hashtag #ECRationChallenge !

Be a conscientious shopper

Think if the items you're buying were available during the era.

Enjoy yourself!

This is an exciting opportunity to try new things.

You can always contact the 'Food Minister' at jude@edencamp.co.uk



YOUR WEEKLY RATION 'LOOSE' FOODS

Your Weekly Rations

Bacon and ham	110g
Other meat	upto the value £4.00
Butter	55g
Cheese	55g
Only hard cheeses are available.	
Margarine	110g
Cooking fat/ Lard	110g
Vegetarians can swap for 110ml Vegetable oil	
Milk	3 pints / 1.7L
Can be swapped to plant based milk if required	
Sugar	225g
NO icing sugar - it has been made illegal!	
Jam	80g
Tea	55g
Tea can be bagged or loose	
1 egg	
1 Powdered egg packet every 4 weeks	
Sweets	30g

If you have any allergies please feel free to adjust accordingly.



Vegetarian & Vegan

Please choose one of the following:

Wartime Option:

Swap Meat ration for extra Cheese

OR

Modern Option:

Swap Meat & Dairy for plant based alternatives.

Please feel free to contact your 'Food Minister' if you have any questions:
jude@edencamp.com

Potatoes and root vegetables, lentils, beans and pulses were never rationed, so make the most of them!

Rabbit Meat was left off the ration as it was so plentiful, some families even bread their own!

Bread is not rationed but only wholemeal 'National Loaf' is available.

Don't forget you can forage for food! Think about what might be in season and how might you preserve it.

Please check anything you forage is safe to eat

Sorry!

Any other herb, spice, fruit or vegetable grown abroad is no longer available.

Spanish / Yellow Onions are in such high demand they are also unavailable.

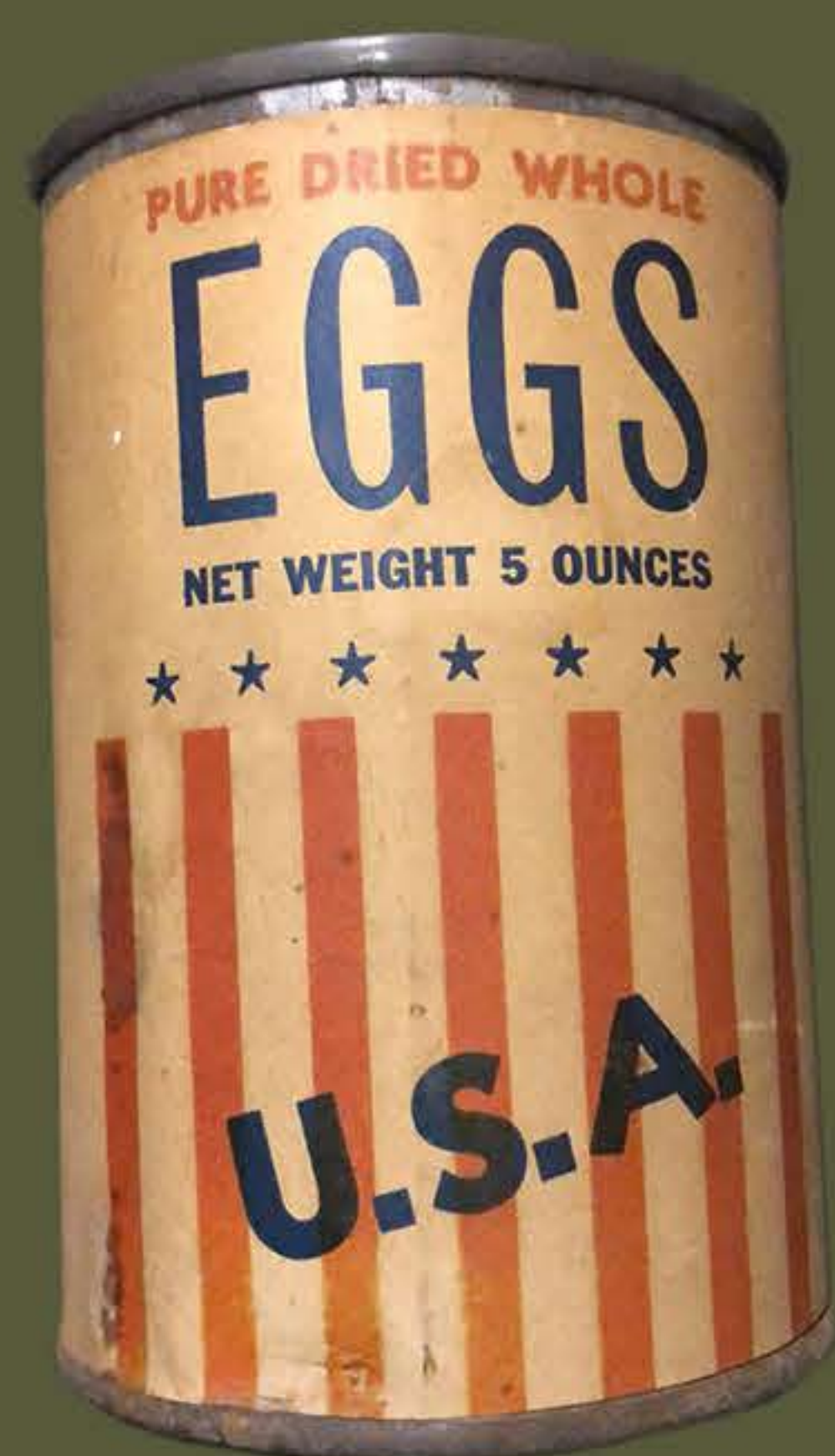
Alcohol other than beer and stout cannot be bought for the same reason.

Most Italian and German foods are not supplied in most shops as eating them is unpatriotic!

You will have to use whatever is left in your supplies from before the war!

YOUR WEEKLY RATION PACKAGED FOODS

As well as loose foods packaged foods were rationed by the government. on a coupon system. *Each person has 5 points per week, use them wisely!*



Breakfast Cereals (per 200g) (Branflakes, Porridge, Cornflakes)	1 point
'SPAM' (per 200g tin)	1 point
Corned Beef (per 300 tin)	2 points
Powdered Egg (available online via food specialists)	2 points
Powdered Milk (per 200g)	1 points
Condensed Milk (per 100g)	3 points
Shop bought biscuits and cakes (per 100g)	3 points
One tin of fruit (of your choice)	1 point
Snoek fish (Wartime staple now only available online)	1 point
Other tinned fishes	3 points
White rice, and other grains (per 500g)	1 point
'Camp' Coffee (per 240ml bottle)	1 point
Instant Coffee (per 250g)	4 points

If you would like links to any items please contact your 'Food Minister'.

Sharing posts on social media

To be eligible for the prize of a Season Pass* to Eden Camp we would like you to post as much as possible on Social Media.

What you post is upto you, your posts could take the form of: blog posts, images, videos, posters, anything you like!

Make sure all posts are shared publicly and tagged #ECRationChallenge.

There is also a Facebook Group for the challenge where you can share ideas and talk to others taking part. Just search 'Eden Camp Ration Challenge' on Facebook.

*The Season Pass will be valid for 12 months from our reopening in 2022 for everyone listed in your entry. Further T&Cs will be found on the Season Pass form. Please contact us if you have any questions.





Day 1: Shopping During Wartime

With rationing introduced in 1940 Britain was about to see the biggest change to the national diet in decades. Approximately 3/4 of all food consumed pre-war was imported, something now made impossible by German U-Boats.

Shoppers now had to be mindful of how they shopped, where they shopped and what they bought.

Most would go shopping every 2 or 3 days, most homes didn't have refrigerators meaning fresh food would spoil quickly. Shopping would be done locally to where you lived. Some chain grocers would be found across the country, providing the same quality items, these shops include Sainsbury's and Morrisons.

Queues could last hours for items you couldn't be sure would even be in stock.



Today you should plan your meals for the week. Plan where you will do your shopping and how might be best to use your rations.

Don't forget to combine rations if you're part of a household.



LISTEN CLOSELY!

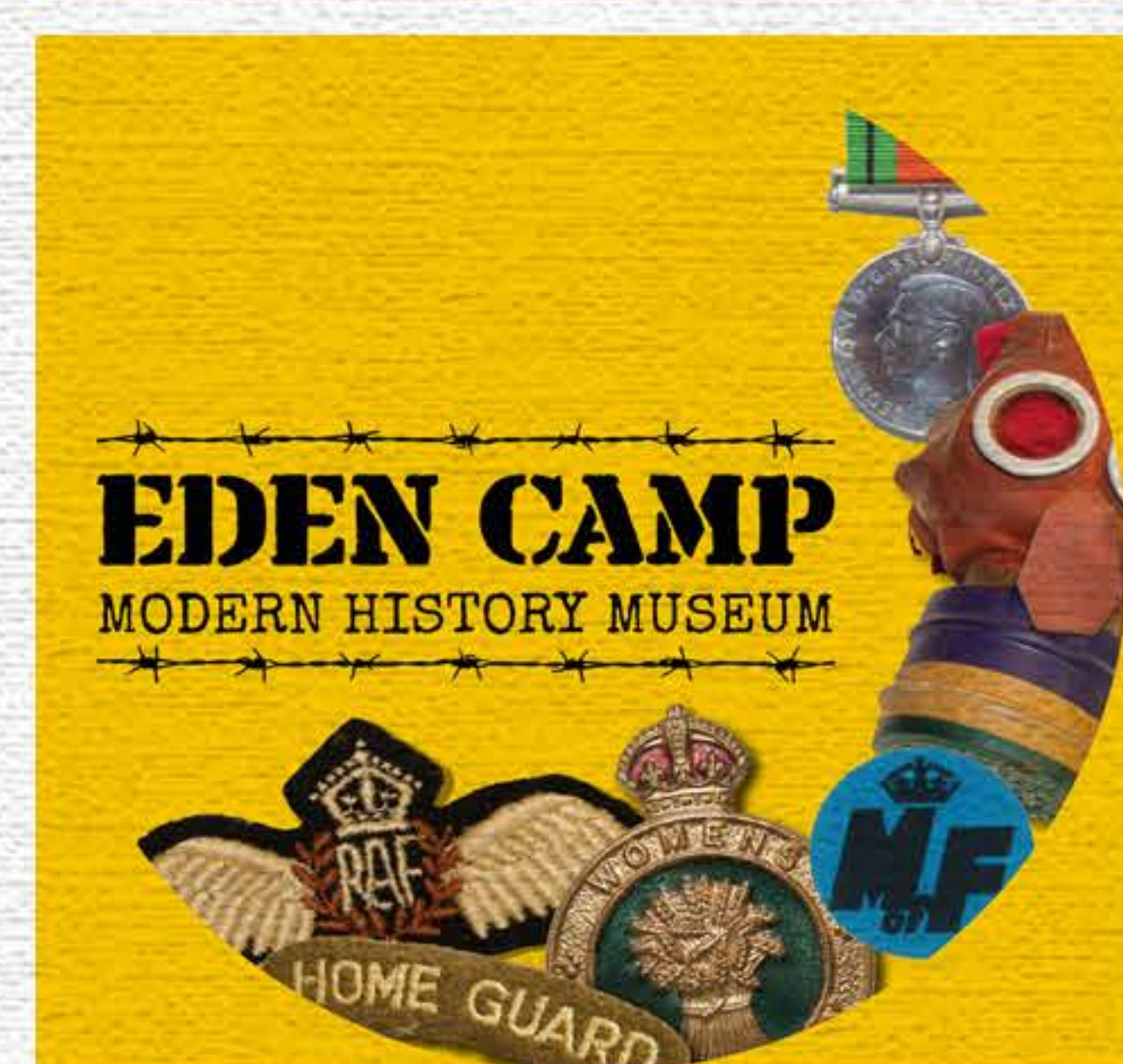
During the war it was encouraged to listen to the food minister, Lord Woolton on the BBC.

We encourage you to listen to our podcast to learn more about rationing.

Listen to your food minister, Jude, talk about how food rationing might affect you.

Ep 1. 'Gravy Legs' can be found on all podcast platforms.

<https://anchor.fm/eden-camp-podcast/episodes/Episode-1---Gravy-Legs-e17uqg6/a-a6ji251>

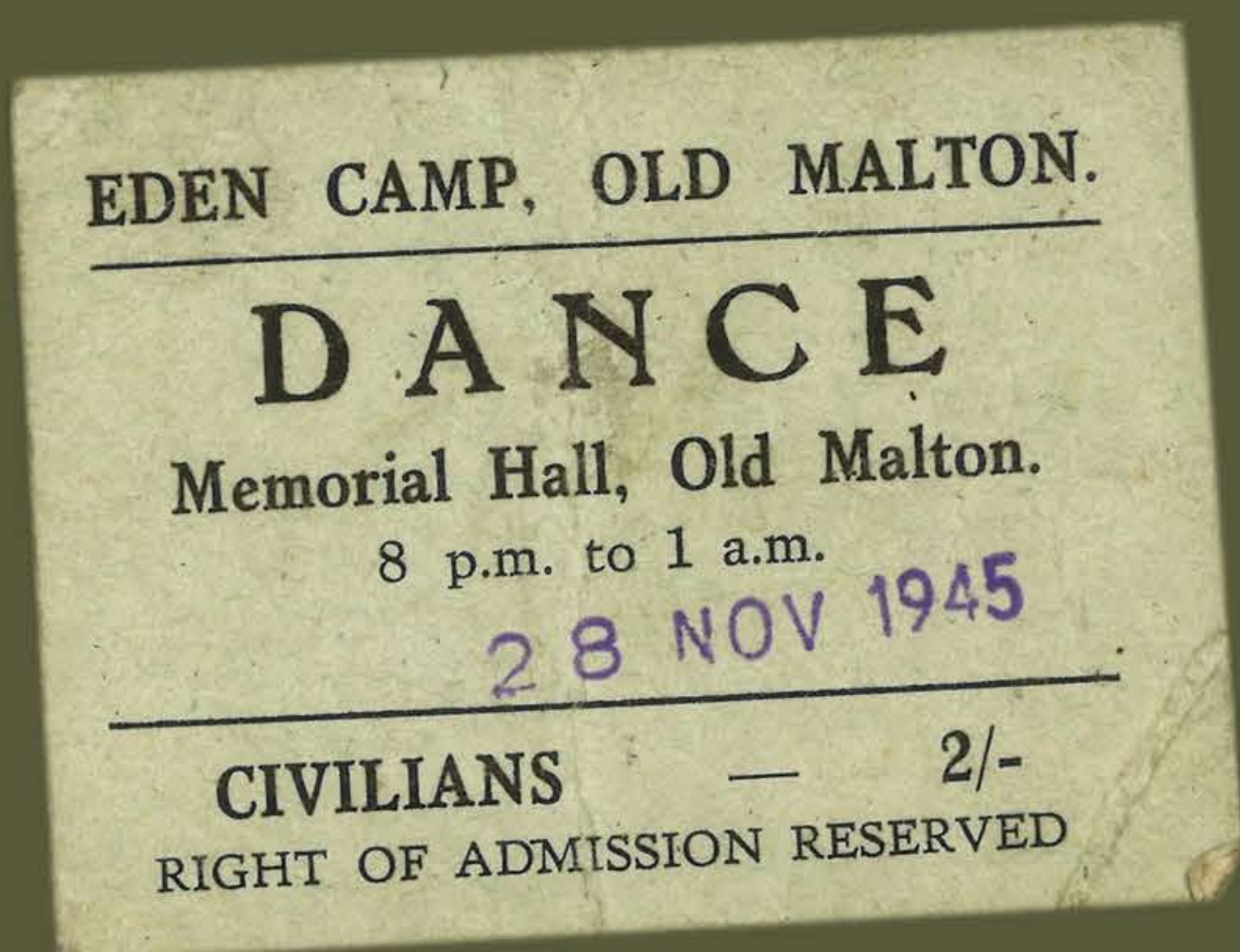


Day 3: The Friendly Invasion

As the war drags on more countries join the fight. These international servicemen were billeted all over the country and could have been living near you.

The U.S.A's army was segregated by race. It was common for black G.I.s to be sent over first. The local communities soon got used to their guests, most prejudices against their race were soon dispelled with the thought of these soldiers playing their part in beating the Nazis.

In Pontypool, Wales residents welcomed these soldiers into their homes. Some soldiers fathered children with Welsh women. Many of these men would not return after D Day.



Britain also welcomed servicemen from occupied Europe and the Empire. Today try some new international dishes your wartime counterparts might have learnt.

'The Stork Wartime Cookery Book'
S.Croft, Unilever House C.1942

CURRIED VEGETABLES

Cooked potatoes, onions, carrots, cauliflower, brussels sprouts, green beans and haricot beans, etc. To every pound of cooked vegetables allow this amount of curry sauce :—

1 small onion, sliced
1 oz. Stork Margarine
½ oz. green or crystallized ginger, chopped finely
Small piece of bay leaf
1 tablespoonful curry powder
½ pint of rice stock
Salt and pepper
1 tablespoonful lemon juice
4 ozs. Patna rice

Wash the rice thoroughly in cold water. Put it on to cook in boiling water with

Curry Sauce

Melt the Stork, cook the sliced onion in it until it begins to turn brown, then add one tablespoonful of curry powder and the chopped ginger. Cook for a moment, then take the pan from the heat and add ½ pint of rice stock from the boiled rice. Add the bay leaf, bring to the boil, then reduce the heat and simmer the sauce for half an hour. Season with salt and pepper and lemon juice.

Cut the potatoes and carrots in slices and pull the cauliflower to pieces. Add

1 teaspoonful of salt and a squeeze of lemon juice. Boil fast, with the lid off, for 15 minutes, then try a grain between the teeth. If it is soft, strain off the rice stock, turn the rice on to a sieve and let cold water run all over it for 3 minutes. Put a piece of greaseproof paper into the saucepan, or into a baking-dish, turn the rice on to it and put it on the back of the stove, or under the hot-plate of a gas stove to dry. Dry for at least an hour; 1½ or 2 hours is not too long if you can spare the time.

them and the beans, etc., to the sauce and heat them in it before serving. Make a border of the rice, which should be white and quite dry, and pour the vegetables into the middle.

No flour is needed to thicken this sauce; there is enough starch in the rice water to make it hold together.

Any vegetable can be used; those left over from one or two previous meals can be reheated and used up in this way.

1 lb. vegetables serves 4-6.

Day 5: The Victory Harvest!

Are you a female aged 17 to 50? The Women's Land Army needs you!

With the Second World War coming to an end in 1945 some in Britain hoped that rationing would end. Sadly for them, this was not the case. American aid has ended and most of Europe is ruined from conflict.

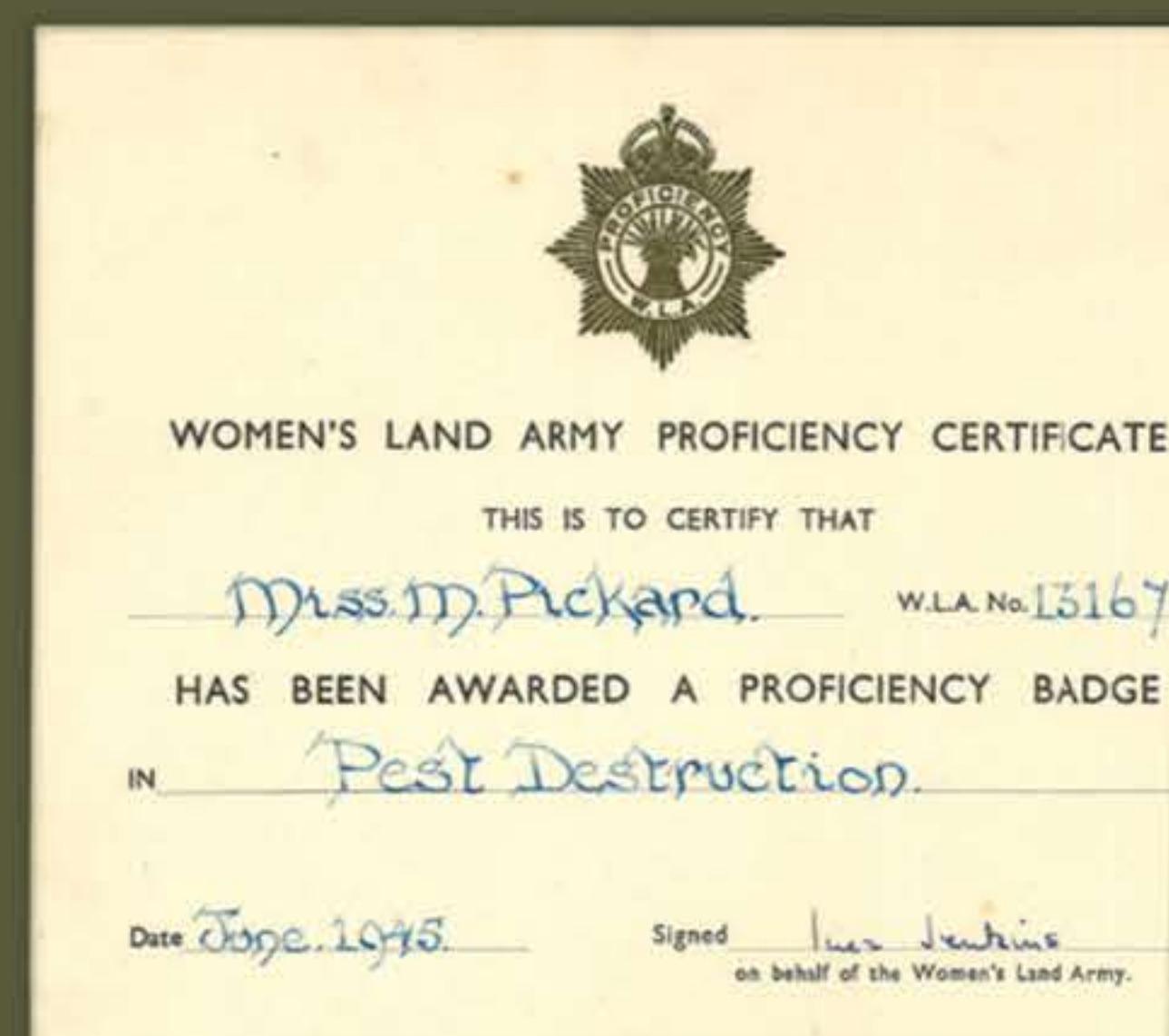
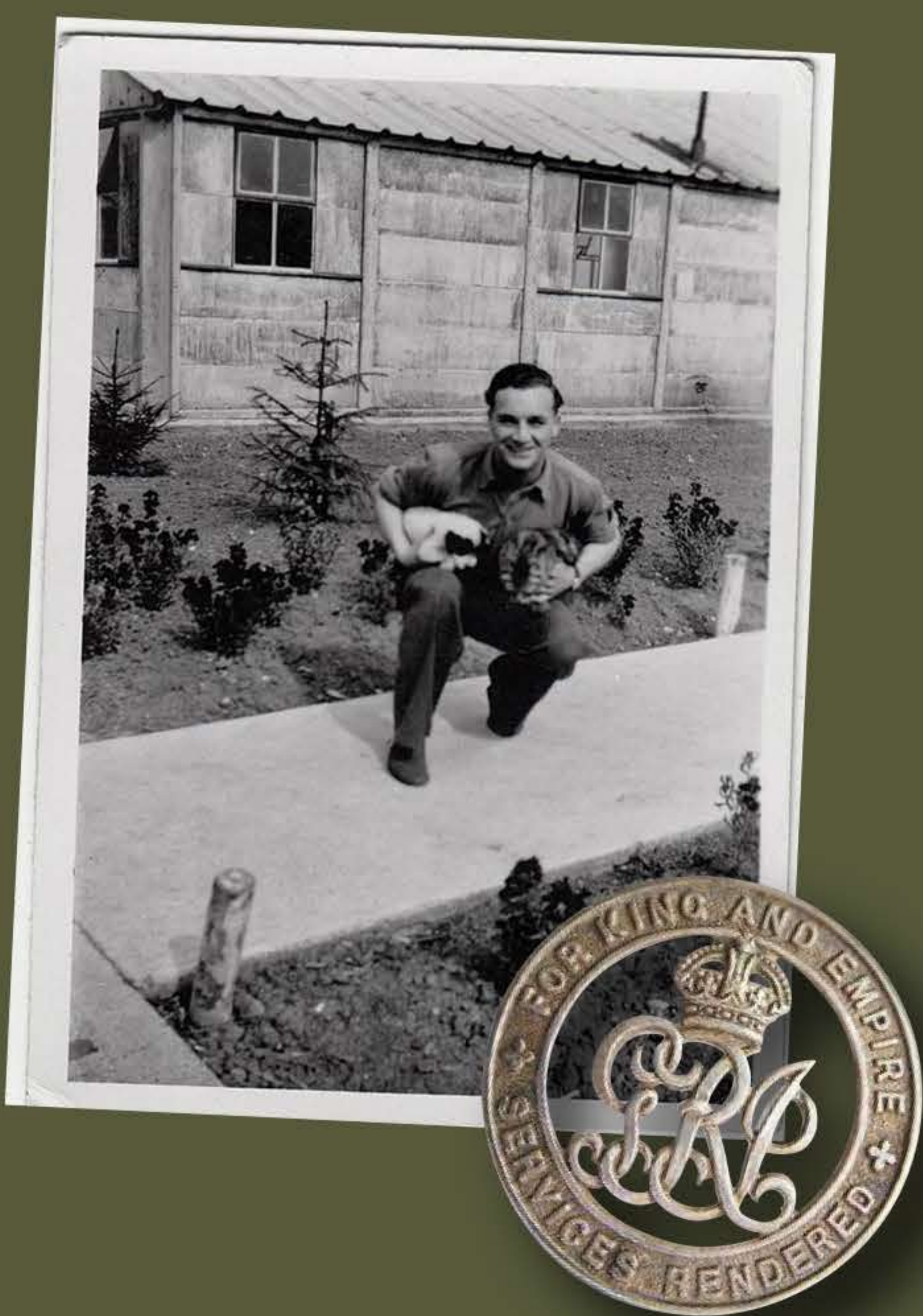
It was now the Land Girls were working harder than ever before, not only to help feed Britain but other nations too. For the first time bread was rationed

The Victory Harvest of 1945 would have seen the prisoners at Eden Camp help gather crops. Even groups like the W.I helped by making preserves to prolong the shelf life of seasonal produce.

With this in mind, how do you think you could help with The Victory Harvest?

For dinner tonight you have offered a place at your table for a local Land Girl. Consider what meal would help feed an active young woman, serve this for your evening meal tonight.

Suggested Meal:
Rabbit Pie
Jam Roly Poly and Custard



Visit Hut 8 to learn more about the WLA.

Day 7: Celebration!

Here's some suggested items for your party!

Sandwiches

Pilchard
Cucumber
Egg Mayonnaise

Savoury Dishes

Sausage rolls
Cheese and onion rolls
Cheese Straws
Tomato, cucumber and lettuce salad
Duck and apple salad
Potato salad
Salted Potato crisps
Julienne carrots with avocado dip
Coronation Chicken

Sweet Dishes

Blancmange
Tinned fruit in Jelly
Sherry Trifle
Meringue Nests
Victoria Sponge
Fruit cake

Alcoholic Drinks

Pale Ale
Milk Stout
Babycham
Sweet Sherry

Soft Drinks

Tea and Coffee
Lemonade
Vimto



GOD SAVE THE QUEEN

Boiled Egg Swans - Fanny Cradock

4 Boiled eggs
2 Tbsp creamed potato
White Pipe-cleaners

Optional:
Piping Bag
Food colouring

Remove the egg shell with by rolling on the counter.
Take a sharp knife and remove two thin slices on the longest sides of the egg.
Now bend a white pipe cleaner into a number 2 shape and insert into the body.
Take your creamed potato and either pipe or spread along the egg.
Place the wings of the swan onto the body.
Serve or use as table decoration for your buffet.

