

Centenary Recipe: First World War Trench Cake

About this recipe: This recipe was released by the government 100 years ago so that the public could bake a traditional cake, with the ingredients they had available to them, to send to soldiers in the trenches during the First World War.

Trench cake includes no eggs and has more familiar cake ingredients replaced with vinegar, milk and margarine.

What you need/ingredients

225g plain flour

110g margarine

1 teaspoon vinegar

140ml of milk

75g brown sugar

75g cleaned currants

2 teaspoons cocoa

1/2 teaspoon bicarbonate
of soda

A pinch of ground nutmeg

A teaspoon of ground ginger

1 teaspoon of grated
lemon rind or lemon juice

How to make the cake...

Preheat oven to 180°C.

Grease a cake tin.

Add a greaseproof paper
circle to the bottom.

Rub margarine into the flour
with your fingers in a bowl.

Add the dry ingredients
to the bowl.

Mix well.

Add the bicarbonate of soda with the
vinegar and milk. Mix well in to the bowl.

Pour mixture into your tin.

Bake at 180°C for about 1.5 – 2 hours –
or, until knife comes out clean. Do not open
the oven for the first 20 minutes of baking.

Remove from tin once slightly cooled
and then leave to cool completely.

About this cake: this cake is very dense and heavy. It could be used as a paperweight. But, do not be tempted to waste it – it's pretty darn good. Make a nice cup of tea, cut yourself a small slice and tuck in!

Source: UK Government