

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!