

Centenary Recipe: World War I Cake

About this recipe: Released by the government 100 years ago this recipe was designed to be made at home and sent to the war battlefields.

The cake recipe considers ingredients that were in shortage during the hard years of the war. For this reason you will find no eggs or butter in this cake.

What you need/ingredients

- 300gms brown sugar
- 75gms raisins
- 2 tsp shortening
- 300 ml water
- 2 tsp ground cinnamon
- 1 tsp ground cloves
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 450gms flour
- 37gms powdered sugar



How to make the cake...

Preheat oven to 180°C.

Grease a cake tin.

Add a greaseproof paper to the bottom of the tin.

In a medium size saucepan, mix the sugar, water, cinnamon, cloves, salt, shortening and raisins.

Boil over medium heat 5 minutes.

Set the saucepan away from the stove and let the mixture cool off for 50 minutes or so.

Place the saucepan in the large mixing bowl filled with ice to cool the mixture off quickly. Or, leave until cool.

Next, add the flour, baking powder and baking soda to the liquid mixture.

Stir well.

Pour the batter into the baking dish.

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

Let the baked cake sit in the pan to cool before slicing. Sprinkle the cake top with the powdered sugar mixed with the ground cinnamon, if desired.

About this cake: light and full of raisins, this simple cake is big on flavor and great with a tea or coffee!