

ACTIVITY SIX: FIRST WORLD WAR FOOD

Learning objectives

- To look at food soldiers would have eaten;
- To learn to cook some of the recipes.

Resources

- Ingredients below
- Cooking Utensils
- Oven

Introduction

See [Historical Context I I Food](#) to look at the complications of sourcing, keeping hygienically, cooking and transporting food on the Front.

MAIN TASKS

Maconochie Stew

Maconochie Stew was a tinned stew made by the Maconochie cannerie company. Labelled to be eaten hot or cold, it was not a popular item but a necessity! Try making the following recipe:

340g	Beef (or can of corned beef)
140g	Waxy potatoes (suitable for boiling)
30g	Carrots
30g	Onions
30g	Cooked beans (e.g. white beans)
60ml	Beef Stock or water
15ml	Flour
15ml	Fat or lard
to taste	Salt

1. If beef is fresh, cut into small pieces. Slice or dice potatoes, carrots and onions.
2. Steam or boil the above in a small amount of water until soft.
3. Heat the fat in a different pan and add the softened ingredients.
4. Make a batter of the stock or water with flour and add to the stew.
5. Heat until thickened. Add salt for taste.

Milk Biscuit Pudding (feeds 100 men)

15lb	Army Biscuits (use very hard biscuits)
3lb or tins	Milk
5lb	Sugar
4lb	Currants
1 packet	Spice
4oz	Candid peel

1. Soak biscuits until soft in cold water
2. Wash currants and cut up peel finely
3. Put biscuits, sugar and currants into a baking dish (or individual dishes)
4. Add milk and mix with spice and peel and place in oven.
5. Cook for 1 hour

Review

Discuss the nutritional value of these recipes. How important do you think our modern viewpoint of healthy eating would be to soldiers? Would everyone have been able to eat these foods?

Extension

Why not explore what soldiers eat these days and compare it with what they used to eat? What new innovations have been made in soldiers' food recently?