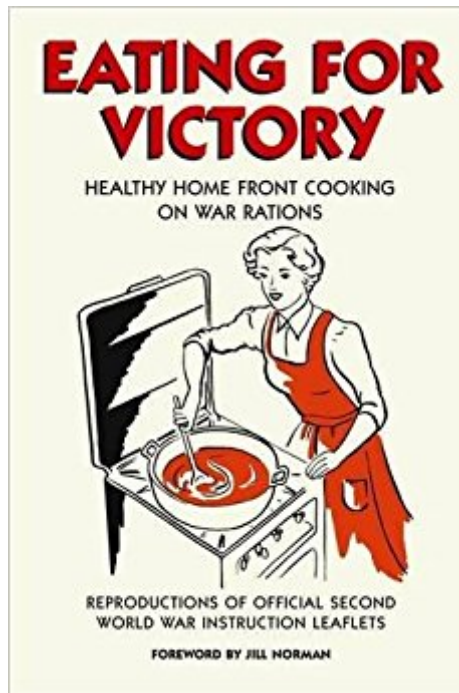




The book was found

# Eating For Victory: Healthy Home Front Cooking On War Rations



## Synopsis

Food rationing was introduced in England in January 1940 after supply ships were attacked by German U-boats. The first food items to be rationed were butter, sugar, bacon, and ham, though restrictions were also eventually placed on meat, fish, jam, biscuits, cheese, eggs, and milk. In response, the Ministry of Food produced a series of "Eating for Victory" pamphlets that advised the general public on how to cope with these shortages. Designed to lift spirits in a time of shortage, these jolly leaflets contained a variety of recipes and cooking advice ranging from how to make steamed and boiled puddings and hints on how to reconstitute dried eggs. For all the hardship that rationing brought, the food restrictions resulted in many people eating more healthily than ever before. A nostalgic look back at one of the most difficult and yet healthiest times in history, this quaint collection is also a relevant guide to good eating today.

## Book Information

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## Customer Reviews

"A fascinating slice of social history." [Daily Telegraph](#) --This text refers to an out of print or unavailable edition of this title.

Jill Norman is a noted chef and the author of *The Cook's Book* and *Herb and Spice*.

It has become my favorite book on British life during WWII. I've actually cooked many of the recipes.

For the most part they were all quite good. I've rotated a few of the dishes into my regular monthly meals.

I really love this book, it gives a little perspective into the hardships that people can (and absolutely did) work through. I only wish it had all of the leaflets that were issued during this time, or at least that the ones included were in order (because I'm picky enough for it to bother me...) Well worth the read!

I have been searching for the ministry pamphlets. Little did I realize that exactly what this book is! So good.

arrived quickly and as described. collection of pamphlets issued to British citizens with tips and ideas for tasty, nutritious meal planning and creation while stretching limited, rationed food resources as far as possible. also offers a bit of insight into Home Front life during and after WW II. interesting read, and i look forward to trying some of the receipes. only complaint is that some of the print is a little small for my middle-aged eyes and typeface a bit muddy, but that was often the case with mass-produced flyers and booklets of the era. recommended for cooks who enjoy penny-stretching receipes and using whole foods. much is very English, so unusual to my experience and palate.

This is good just for reading pleasure, with its pictures from the propaganda pamphlets of the era, but it's also full of useful recipes for simple, basic cookery, using basic, inexpensive ingredients. I would think it might be good for someone just learning to cook, and would be helpful for making budget meals, as well. It's interesting to read how differently nutrition was viewed in that time. Leaves me wondering how much of it was actually scientific understanding of the era, or whether it was a cleverly turned phrase for the benefit of the national war effort. It's campy, entertaining, and ultimately useful!

It reminds me of how lucky I am that I can pop into the supermarket and just get what I'd like - no shortages, no rationing, no wondering about the future (like they had to). This book is a must for kitchen history buffs, and it's really useful, actually, in today's kitchen. If you're on a budget, this has some great tips. Also, the shortcrust recipe is really, really good for making meat pies.... it holds up.

Since purchasing this book, I've actually gotten a fair amount of use out of it. Not only is the book of historical interest, the recipes provided in the leaflets are, if a bit bland, very healthy and economical. As several other reviewers have pointed out, it's easily used and very handy information to have in the current economic situation. The book itself is sturdily bound and clearly printed, with a very good cross-section of pamphlets chosen to reflect a variety of foods, cooking techniques, and nutritional information. My only tiny quibble is that the editor saw fit to include a table of contents, but not to label the pages with numbers, which rather defeats the purpose. My experience with actually cooking many of the recipes provided is that some of the recipes are not immediately to current American tastes (again, they lack the amount of spices and seasonings we're accustomed to), and a few things didn't turn out quite how I'd expected, most notably the Mocha Whip recipe included on page 19 in the One Pot Meals leaflet. Generally speaking, however, this was a fantastic purchase and I heartily recommend giving it a try. Well worth the \$15. I can also recommend the companion volume, Make Do and Mend, for the same reasons as this one.

I love the older books and I'm very interested in the WWII era. This book is very informative and very helpful. I would recommend it to everyone who loves to cook and also prepping for an emergency from weather or hazards.

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