

PEGGY'S KITCHEN

Peggy's Wartime Ration Recipes

25 real recipes from the war and the ration years. Still cheap today.



Real recipes from the war years

Still cheap today

CONTENTS

What's inside

MAKING IT GO FURTHER

Blitz Soup	9
Potato Floddies	10
Wartime Champ	11
Dried Egg on Toast	12
Mock Banana Sandwiches	13

DINNERS

Woolton Pie	15
Mock Goose	16
Homity Pie	17
Potato Piglets	18
Toad in the Hole	19
Corned Beef Hash	20
Russian Stew	21
Stuffed Hearts	22
Rabbit Stew	23
Baked Herrings with Parsnips	24
Fish and Chips	25

PUDDINGS AND BAKES

Apple Crumble	27
Bread Pudding	28
Carrot Christmas Pudding	29
Mock Apricot Flan	30
Potato Pastry Jam Tarts	31
The Eggless Sponge	32
Economical Gingerbread	33
Rock Cakes	34
Carrot Cookies	35

AND THE REST

A note from Peggy	3
How this book works	4
How the ration book worked	5
One grown-up's weekly ration	6
Wartime kitchen words	7
Index	36

Peggy is an AI-made character. The recipes, prices and history are real.

Prices are rough UK supermarket costs per portion for the ingredients listed, with US dollars at about \$1.33 to the pound. Sides are extra.

Ovens and hobs vary, so use the times as a guide. Make sure meat and fish are cooked right through, and reheat leftovers until piping hot. Check labels for allergens.

© 2026 Peggy's Kitchen · littlepeggyskitchen.com. This book is for your own kitchen: print as many copies as you like for yourself, but please don't share or sell the file.



A NOTE FROM PEGGY

Right then, love. Kettle's on.

This little book is about how our mums fed a family on the ration, through the war and for years after it.

One grown-up got four ounces of bacon a week, two of butter, two of cheese, and one egg if the hens were laying. And there was still a hot dinner on the table every night.

They managed it with potatoes, carrots, oats and stale bread, and more imagination than most of us have needed since. Rationing didn't end until 1954, so my generation grew up on the tail end of it.

Fifteen of these recipes are from my video. The other ten come from the Ministry of Food's own leaflets and the wireless, and every one still works today, without costing much.

Waste not, want not. Let's get the pinny on.

Love, Peggy x

How the ration book worked

Here's how the ration book worked, because the young ones never believe it.

ONE BUTCHER, ONE GROCER

Every family registered with one butcher and one grocer, and that's where you shopped. The shopkeeper marked off your coupons, and when they were gone, that was it till next week.

POINTS

From the end of 1941, tins and dried fruit were on points. You got 16 a month to spend at any shop, and you spent them like gold.

QUEUES

If you saw a queue, you joined it, and asked what it was for when you got to the front. If the grocer liked you, the odd tin came out from under the counter.

THE CHILDREN'S EXTRAS

The little ones got their milk, cod liver oil and orange juice. Plenty of children grew up healthier on the ration than they'd been before the war.

NEVER RATIONED

Potatoes and bread, all through the war. Fish, offal, rabbit and sausages too, if you could find them, and fresh vegetables when the shops had any.

BRITISH RESTAURANTS

About 2,000 canteens in halls and schools, serving three courses for ninepence. No coupons needed.

HOW LONG IT LASTED

Bread was rationed from 1946 to 1948, after the war was over. Sweets came off in February 1953, and meat on 4 July 1954. Fourteen years of making do.

**1**

MAKING IT GO FURTHER

Blitz Soup

Hob · saucepan with a lid

About 45 minutes

Makes 3 bowls

About 35p a bowl (45¢)

YOU NEED

- 1 carrot
- 1 small turnip, or a wedge of swede
- 1 leek or onion
- 2 medium potatoes
- 1 stick of celery

FROM THE CUPBOARD

A stock cube, 1 tsp Marmite or Bovril, salt and pepper

METHOD

- 1 Peel and chop all the veg small, about 1cm. Small pieces cook quicker and save gas.
- 2 Put them in a saucepan with 1 litre of water and the stock cube, and bring it to the boil.
- 3 Put the lid on and simmer gently for 30 minutes, till everything is soft.
- 4 Stir in the Marmite, taste it, and add salt and pepper. Serve with a slice of bread.

PEGGY'S TIP

Wartime cooks simmered a few bones in it for flavour. A stock cube does the same job, with nothing to fish out.

KEEPING IT

Fridge within 2 hours, eat within 2 days, or freeze for 3 months. Reheat once till piping hot.

From Gert and Daisy's Wartime Cookery Book. The comedy sisters gave cooking tips on The Kitchen Front, and this was their soup for the Blitz.

**6****DINNERS**

Woolton Pie

Oven 200°C · 180 fan · gas 6 · 400°F

About 1 hour

Serves 4

About 50p a plate (65¢)

YOU NEED

- 1kg mixed veg: potato, carrot, swede
- A few cauliflower florets and 1 onion
- 1 tbsp porridge oats
- 300ml vegetable stock
- Mash or pastry for the top
- A little grated cheese

FROM THE CUPBOARD

Salt and pepper; gravy, to serve

METHOD

- 1** Dice the veg. Simmer it in the stock with the oats for 10 minutes, stirring now and then.
- 2** Tip it into a pie dish. Top with mash or pastry, then the grated cheese.
- 3** Bake about 30 minutes, till brown on top and bubbling at the edges. Gravy on the side.

PEGGY'S TIP

People joked it was steak and kidney pie without the steak and kidney. With a drop of gravy, nobody minds.

KEEPING IT

Fridge within 2 hours, eat within 2 days, reheat once till piping hot. Freezes for 3 months.

Named after Lord Woolton, the Minister of Food, and created by the head chef at the Savoy Hotel, no less.