# Wartime Carrot Cake

During the Second World War when sugar was rationed
to 8 oz. per week, carrots were
used to naturally sweeten cakes and biscuits.

The sweetness of the carrots replaced
some of the sugar used in the original recipes.

8 oz. self-raising flour
3 0z. margarine or cooking fat
3 oz. sugar
4 oz. finely grated carrot
2 oz. sultanas
a little milk or water
1 reconstituted dried egg or 1 fresh egg if obtainable
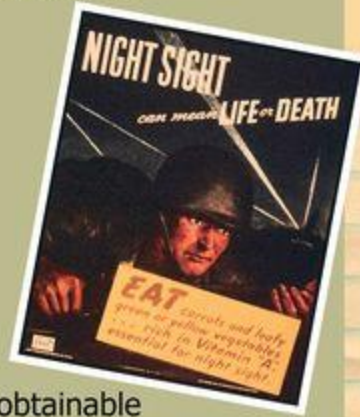
METHOD

Preheat oven to 220c/ 425f/ Gas Mark 7

Sift the flour into a mixing bowl

Rub in the margarine or cooking fat

Add sugar, carrot, sultanas and egg

Mix well and then add sufficient milk or water to make sticky

Pour mixture into a lined baking tin and cook until golden in colour

1 ¾ cups of self – rising flour

3/8 cup of butter/fat 6 Tbsp

2/3 cup of sugar

1 cup grated carrots

¼ cup raisins

- 1 cup Gluten Free Flour or All-purpose Flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- For GF only 1 tsp baking binder** **if your blend does not contain it (Mine does)

This is what I use.

Our Gluten Free Vegan Egg Replacer is a simple, clean, and easy-to-use vegan baking essential. Great for muffins, cakes, cookies, quick breads and more!

- Another 1940s Carrot Cake
- <u>Ingredients</u>

2 cups white sugar
1 1/4 cups vegetable oil
4 large eggs
2 cups all-purpose flour
2 teaspoons baking soda
1 tablespoon cinnamon
1 teaspoon salt
3 cups carrots, grated

2 cups white sugar

1 cup walnuts, chopped (pecans can be substituted)

12 ounces confectioners' sugar

6 ounces cream cheese, at room temperature

1 teaspoon vanilla extract

2 tablespoons butter

2 tablespoons milk

Steps:

- Preheat oven to 350 degrees.
- In large bowl, beat sugar and oil. Add eggs and beat well.
- Sift together flour, soda, cinnamon, and salt into egg mixture; mix well; fold in carrots and nuts.
- Place batter in greased 9x13 pan; bake for 45 minutes.
- FROSTING: Beat together powdered sugar, cream cheese, vanilla, butter and milk; spread on cooled carrot cake.