



## WWII RECIPE

BBC  
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HISTORY

# PARSNIP WHIP

**Importing foods into the UK became very difficult during the war as the ships were frequently attacked on their journey. This made exotic foods like bananas very hard to find. This inventive recipe recreates mashed banana using parsnips and banana flavouring for a World War Two style tea-time treat.**

### Ingredients (per person):

- 1 parsnip
- 100ml double cream
- Sugar to taste
- Banana flavouring to taste

### Method:

- Wash and peel the parsnips and cut into large chunks. Remove the coarse core of the parsnips and reserve these to add to a stew or soup (they are a little coarse for this particular recipe).
- Boil or steam the parsnip until soft.
- Puree the parsnips while still warm to a fine puree.
- When cold, lightly whip the cream and carefully fold it into the parsnip puree.
- Add sugar and banana flavouring to taste (banana flavouring is very strong, so add a few drops at a time and keep testing until you achieve the desired taste).

Recipe provided by Gerard Baker, Food Historian and Chef.



[bbc.co.uk/handsonhistory](http://bbc.co.uk/handsonhistory)



## WWII RECIPE

## RABBIT AND SQUIRREL STEW

**Rationing only provided enough meat for three meals a week, so people had to look beyond the butcher's shop for their dinner. Some schools even kept rabbits and at the end of term each child could take one home to eat!**

**Ingredients (serves 4):**

- 1 kg rabbit and squirrel meat (optional), cut into 2 cm cubes
- 2 tsp bacon fat or dripping
- 1 large sliced onion
- 1 large chopped carrot
- 1 stick chopped celery
- Salt and pepper to taste
- Liquid – either water, stock or beer
- Herbs – thyme, bay leaf and parsley

**Method:**

- Heat half the fat or dripping in a large frying pan over a medium to high heat.
- Add the meat and stir to brown lightly on all sides (if you only have a small pan, cook in batches).
- When the meat is cooked, transfer to a bowl while you prepare the vegetables.
- Add the peeled and chopped onion to the pan and cook for a couple of minutes with a little salt until it begins to colour at the edges and soften.
- Add the chopped carrot and celery and cook all together for a couple of minutes.
- Add the meat and stir to combine.
- Add a sprig of thyme, a bay leaf and a little chopped parsley, and enough liquid to cover the ingredients.
- Bring to a simmer and cook until tender – about 45 minutes depending on the age of your animals. Top up with liquid as necessary to keep the meat covered.
- When ready to serve, simmer until the liquid is reduced a little.
- Season to taste.

Recipe provided by Gerard Baker, Food Historian and Chef.