

So you might wonder what the 1940s Ministry of Food's honey biscuits would be like. Today, I found out.

The recipe calls for:

2.5 oz margarine (the wartime ration was for 4oz margarine per person per week)

1 oz sugar

2 tbsp honey

6 oz self-raising flour

1 tsp cinnamon

pinch of salt.

The instructions are simple:

Cream the margarine and sugar. Add the honey, work in the flour, cinnamon and salt. Roll out until $\frac{1}{4}$ inch thick. Cut into rounds, place on a baking sheet, and bake in a moderately hot oven for 10 minutes.

The recipe is said to make approximately 45 biscuits.

I found I needed a little more fat in order to bind the dough together (when I discovered this, I thought of my counterpart from 70 years ago, panicking having already used up more than half their weekly ration of marga) and I failed to roll out the dough as thin as $\frac{1}{4}$ inch, which meant I made far fewer biscuits. However, what I made were delicious.

These oat, sweet, buttery, wartime biscuits are really delicious

This recipe is super simple and quick.

Ingredients

4 oz (115 g) butter.

3 oz (85 g) of sugar (I use unrefined caster sugar)

7 oz (200 g) of rolled oats

5 oz (150 g) self-rising flour or plain flour sifted with 1 teaspoon of baking powder and a pinch of salt

1 fresh egg

A little milk

Method

* Pre-heat the oven to 180C (350F) or Gas Mark 4.

* Grease two baking trays well or use parchment/baking paper instead.

* Cream the margarine/butter with the sugar until soft and light.

* Add the rolled oats and mix.

* Sift the flour, baking powder and salt and add the egg (if used) into the * mixture and mix well again before adding in a little milk to moisten. The dough should be stiff and quite dry but sticks together. Knead together.

* Divide out mixture into about 20 lumps the size of a walnut.

* Press between palms to flatten to about 1/4 inch thick and place on baking tray and press into shape.

* Bake for about 15 minutes until edges are golden.

* Leave on baking trays to cool.

Makes about 20.