

Last week we asked our friends and colleagues here at RBLI to submit their 'classic' recipes that reminded them of the British Army. The results span 3 generations! We have Sarah's great grandmother baking ration cakes in WW1, Tim's 1990 Christmas lunch and Alex's current dinner of choice. Give them a go and let us know how you get on! If you think we've missed out a classic, let us know in the Facebook group!



## Trench Cake

A simple fruit cake sent to soldiers on the frontlines in 1914. It's warm, sweet and spicy and made without eggs as there was an expectation that everyone who kept chickens in their back yard would donate spare eggs to the war effort.

Prep Time	Cook Time	Total Time	Servings
10 Minutes	1 Hour	1 Hour 10 Minutes	8

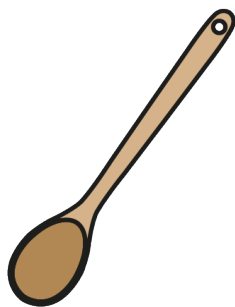
### Ingredients

225g plain flour	1 teaspoon vinegar
110g margarine	1/4 pint milk
75g currants	Suggested extra flavourings
2 teaspoons cocoa	- nutmeg ginger, grated
1/2 teaspoon baking soda	lemon zest.
75g brown sugar	





### Method

1. Preheat oven to 180C/350F/Gas 4.
2. Grease and line a small cake tin (about 15-16 cm )
3. Rub the margarine into the flour
4. Add the dry ingredients and mix well.
5. Dissolve the bicarb in the vinegar and milk
6. Add the liquid to the dry ingredients and beat well
7. Pour into the tin
8. Bake in a moderate oven for about 1 hour.



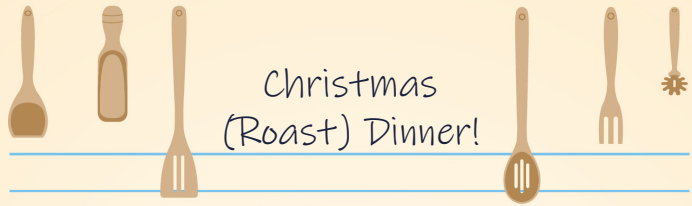
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# TOMMY'S RECIPES



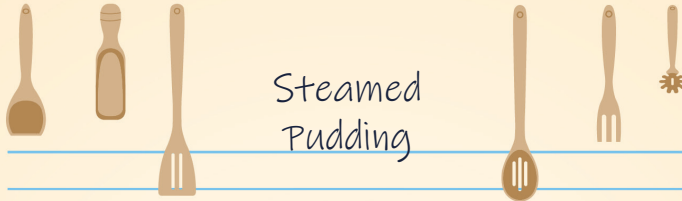
## Christmas (Roast) Dinner!

Now we won't bore you with a roast recipe - every family has their own version that they've probably made a few

hundred times before! But we couldn't resist including this gem from Tim. And any of the meat leftovers would work perfectly in the next curry recipe.

'Sunday lunch was always great. With three types of meat it was a bit like the Brewers Fayre all you can eat! Apart from Christmas Day 1990 when the whole Regiment came back early off leave to deploy to the Gulf, the Chefs weren't prepared, so they used tomato soup instead of gravy! With one can of lager to go with it.'

If you decide to put a tomato soup on your next Sunday roast we certainly want to hear about it! Otherwise why not try a classic steamed pudding recipe for dessert.



## Steamed Pudding

Prep Time	Cook Time	Total Time	Servings
25 Mins	1 Hour 30 Mins	1 Hour 55 Mins	6

### Ingredients

115g butter	170g plain flour
115g caster or soft brown sugar	1 tablespoon baking powder
2 eggs	2 tablespoons milk

### Method

1. Cream the butter and sugar in a bowl until fluffy and almost white.
2. Gradually add the beaten eggs, mixing vigorously.
3. Sieve the flour and baking powder into a bowl.

4. Gradually add the flour into the mixture as gently as possible, keeping to a dropping consistency by adding a little milk.

5. Place in a greased 2 pint pudding bowl, and cover with greaseproof paper and secure with string.

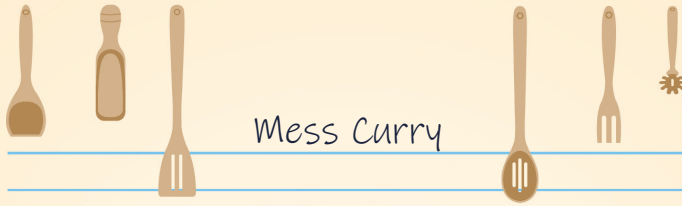
6. Place basin in a large pot or in a steamer insert of a stock pot, and fill with water until 2/3's of the pudding bowl is covered with water.

7. Cover pot and steam the pudding for 1 - 1 1/2 hours - checking every so often to see if water needs topped up.

8. Remove from pot, take off paper and run a spatula around the edge of the bowl to release the pudding.

9. Serve with custard and treacle syrup.





Mess Curry

Prep Time	Cook Time	Total Time	Servings
15 mins	1 Hour 15 mins	1 Hour 30 mins	4

Ingredients

Left over meat (beef, lamb or chicken work great!)  
 500ml chicken stock  
 2 tbsp madras curry powder or paste (or more)  
 2 onions peeled and chopped  
 4 cloves garlic, peeled and chopped

1 hot chilli, chopped  
 2cm square knob of fresh ginger chopped fine  
 1 tin of chopped tomatoes  
 1 tbsp tomato puree  
 100g frozen spinach

Method

1. In a large heavy casserole dish heat 1 tbsp oil over low heat.



2. When hot add onions, garlic, chilli and ginger. Fry gently for about 5 minutes and then add the curry powder or paste. Keeping stirring and make sure it doesn't catch or burn. If you are worried about it add a little water. Cook this for about 2 or 3 minutes until really fragrant.

3. Add the stock, chopped tomatoes and tomato puree and bring to a simmer, cook over low heat for about 30 minutes with the casserole lid on.

4. Pour 'gravy' into a food processor and blend. Pour back into casserole dish, add turkey and frozen spinach, put on lid and stick in oven (375F) until you are ready to eat.

5. Before serving you can add 1 tbsp or double cream or natural yoghurt if you want to make it slightly thicker and richer.

6. Sometimes accompanied by dishes of desiccated coconut, chopped banana (weird!?), raisins and mango chutney.

