



## Tea Times

In this session we have four recipes: Eggless Tea Sponge, Wartime Loaf, Berry Shortbread, and Glory Rolls.

We will have a Fairy Tale teatime, a Mythology teatime, and a Fable teatime:

Fairy Tale Tea: *Snow White and Rose Red*, by The Brother's Grimm

Mythology Teatime: *A Wonder Book*, "The Dragon's Teeth" by Nathaniel Hawthorne

Fable Teatime: *Aesop's Fables*, "The Crow and the Pitcher"

We also recommend having a "Big Band Jazz" teatime, which you could listen to while baking or eating. We have included a link on our website to listen to a collection of music pieces by Louis Armstrong, Glenn Miller, Duke Ellington, and many more!

Tea Times

# Eggless Tea Sponge

Rationing was a vital part of life during World War II. Though difficult for everyone, it was an important part of the war effort because it ensured that everyone had enough to eat, and that essential items were available for the troops.

Ration books with coupons were issued to every person, and they had to line up at shops to exchange those coupons for food. The main food staples they had to ration were meat, eggs, butter, and sugar. As a result, women had to come up with creative ways to use their rations and make sure their families were fed.

A popular phrase was to “make do and mend,” which meant repairing clothes rather than buying new ones, and making use of every scrap of food.

This eggless sponge bread was a creative way to reuse leftover tea and make a dessert or breakfast food without eggs.



## Ingredients

2 ½ cups whole wheat flour  
1 ¼ cups tea (without milk or leaves)  
⅓ cup butter  
⅓ cup sugar  
⅓ cup raisins  
1 tsp allspice

## Directions

Melt butter in a saucepan and mix tea, butter, sugar, and raisins for about 5 minutes. Allow to cool. Add flour and allspice and mix well. Pour mixture into a greased cake pan and cook for 45 minutes at 350F.



## Wartime Loaf

### Ingredients

- 7 cups whole wheat flour
- 5 tsp quick rise yeast
- ¼ tsp sugar
- 1 ½ tsp salt
- 2 tbsp melted butter
- 2 cups warm water
- 1 tbsp rolled oats (for top)

### Directions

Mix all dry ingredients (except oats) in a large bowl. Add butter and water and mix thoroughly.

Knead dough for 10 minutes or in a kitchen aid for 2-3 minutes until the dough is firm and no longer sticky. Placed in a large greased bowl, cover, and let rise until doubled in size. (About an hour.)

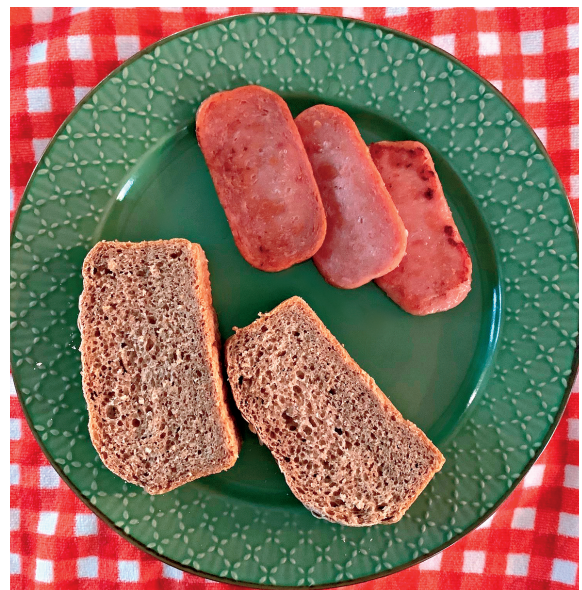
Briefly knead dough again and separate into two even loaves. Place in two greased bread pans. Brush tops with water and sprinkle with oats. Let rise for 20 minutes.

Bake for 30-40 minutes at 350F

## Spamwich

During the war, spam became an important food staple. It was difficult to get fresh food to the soldiers on the battlefield, so when they needed meat, spam was the solution. The canned pork was an easy way to get the proper nutrition to the soldiers in a timely fashion, since it kept a long time and could be eaten a variety of ways.

Try frying up some spam and eating it with the homemade bread as a sandwich!



# Berry Shortbread

## Ingredients

2 cups whole wheat flour  
½ cup butter  
½ cup sugar  
1-2 handfuls of fresh berries

## Directions

Sift sugar and flour together. Melt butter and add to flour mixture. (Add water if the mixture is too dry.)

Gently fold in berries and press into a shortbread tin or small casserole dish.

Bake for 20 minutes at 350F or until golden brown.



# Glory Rolls

## Ingredients

2 ⅓ cups whole wheat flour  
¼ cup butter  
¼ cup sugar  
1 cup warm water  
3 tsp quick rise yeast  
1 tsp cinnamon  
pinch of salt  
¼ raisins (optional)

## For Glaze

3 tbsp water  
3 tbsp sugar

## Directions

Mix dry ingredients together in a large bowl. Add butter and warm water and knead well.



Divide the dough into 12 segments and roll into balls. Place on a greased tray, cover, and let rise for an hour.

Bake for 15 minutes at 350F and let cool. Prepare glaze by mixing water and sugar and heating until dissolved. Use a pastry brush to apply the glaze.