

Social History – Food

During the war, rationing, plain food and not a lot of it, little meat, few sweets, growing your own vegetables, powdered eggs, rabbits for food not pets, camp coffee, offal, bread and dripping.

Food delivered by the butcher delivery boy and milk delivered by horse and cart.

Cooking equipment was a range, gas cooker with an overhead grill. Food kept in the pantry or cool safe in the garden.

50s onwards saw the introduction and popularity of world foods including Chinese, Indian and Italian. We saw more mass produced food eg Vesta curries, Findus pancakes. We started eating prawn cocktails, Black Forest gâteau, fondues, tinned salmon. Supermarket ranges developed to provide an exotic range of fruit (strawberries all year round), processed foods to meet all current lifestyles and a wider selection of world wide supplies.

During the 40's - early 70's women did all the cooking. Celebrity male chefs were a thing of the future.

Our group fondly remembered and missed their mum's cooking, favourites included bread and butter pudding, home baking, rice pudding, semolina, tapioca and sago.

The whole exercise was a foray into memories of growing up in different era's and the nostalgia it brought along the way.