



Activity should be supervised by an adult.

Museum of Cardiff

Amgueddfa Caerdydd

# Make Your Own Soup



During the Second World War, food was rationed\*.

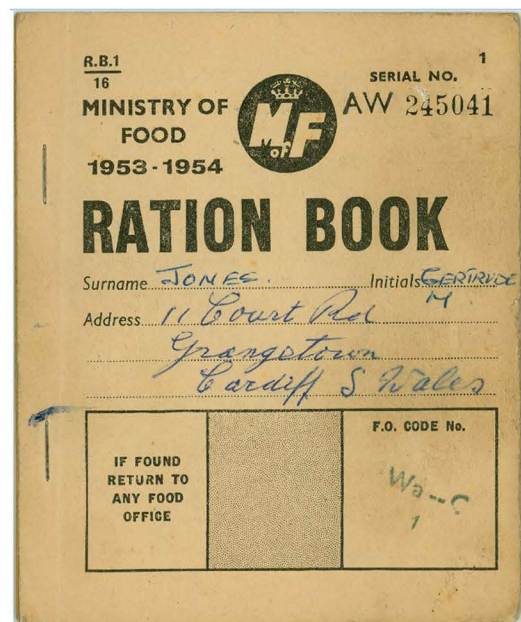
Bernice Maynard remembers rationing during the Second World War: *'Even things that were not actually rationed\* were often in short supply especially luxury goods like dried fruit and tinned salmon, tinned fruit etc...'*

## \*Rationed -

When things that people need are shared out in small amounts. For example, some food and clothes were rationed during the Second World War to make sure that what was available was shared.

### Did you know?

Rationing continued in the UK until 1955. Ten years after the Second World War ended.



Gertrude Jones' ration book from 1953/54.

# People were encouraged to grow their own food.

Bernice Maynard says:

*'A lot of people had allotments, but we never did. My uncle had one and often gave us a lettuce, cabbage or some kidney beans...'*

Families would make meals out of what was easily available to them.

Stews and soup recipes were popular, as they were healthy and would last for a few days too. If you didn't have a garden, potatoes were one of the easiest vegetables to grow, as they could be grown in a bag.



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# Potato Soup Recipe



**What you will need to make the soup:**

- A large saucepan
- A wooden spoon

*Tip: You can use a potato masher or a blender to make the soup smooth.*

**Ingredients:**

- 500g of potatoes
- 1 large onion
- Water or vegetable stock



*Tip: You can use other vegetables and leftovers to make different soups.*

## Step 1

*Pour 2 litres of water into a pan and place it on the oven hob.*

## Step 2

*Peel and chop one large onion into small pieces and add it to the pan.*

## Step 3

*Bring the pan to the boil.*

## Step 4

*Peel and chop your potatoes (4cm chunks) and add them to the pan.*

## Step 5

*Simmer for ten to fifteen minutes with the lid on (or until the potatoes are soft).*

*Tip: You could also add some fresh or dried herbs to your soup, like parsley, and add some pepper to taste.*

## Step 6

*Check that the soup is hot and that the potatoes and onions are soft.*



# Your soup is ready. Enjoy!

You can heat the soup up again for the next day and the soup will last for about three days in the fridge.

Recipes like this are good for us to use today. They can be made using vegetables, which count towards our 5 a day. This keeps us healthy and means that we can eat less meat, to help take care of our planet.