

Camouflage Roast

In early 1918, the Canadian Food Board became responsible for monitoring Canada's food production and management during the war effort. Similar to Great Britain's efforts, new government programs, publications and propaganda posters encouraged voluntary rationing, such as "meatless Fridays", and ingredient substitution.

Published in a 1918 American Cookbook, the following recipe for "Camouflage Roast" is one such example of a meatless recipe:

- 2 cups bread crumbs
- 1 cup peanuts (ground or pounded fine)
- Juice of half a lemon
- A pinch of mace
- 1 small grated onion
- 1 teaspoon butter substitute*
- 1 egg
- 1 cup milk
- 1 teaspoon flour or cornstarch



Stir flour into melted butter substitute, add milk and onion, and bring to boil; add nuts and bread crumbs; remove from fire; add lemon juice, egg and mace. Bake in a buttered pudding dish till brown and serve with tomato sauce.

*Butter substitutes were often margarine, shortening or drippings. See our recipe for "War Butter" as an interesting way to extend your butter supply!

Recipe Credit: Twentieth Century Club War Time Cook Book, 1918.

Image Credit: State Historical Society of North Dakota