

# Carrot buns (War time)



## **History:**

*Carrots are very easy to grow in our country, so people were encouraged to grow and eat them during the war. Propaganda also targeted children and used a character called Dr Carrot to entice children into eating them. The saying that 'carrots help you see in the dark' also stems from propaganda used during this time to encourage children that carrots would help them during blackouts.. The carrots in these buns help to add moisture and natural sweetness.*

## Ingredients

*Makes 8 small buns*

- 1 tbsp. margarine
- 2 tbsp. caster sugar
- 1 tsp vanilla extract
- 100g self raising flour
- 60g grated carrot
- 2 - 3 tbsp. cold water

## Equipment

- Mixing bowl
- Mixing spoon
- Weighing scales
- Measuring spoons
- Grater
- Chopping board
- Baking tray
- Baking paper
- Oven

## Method

1. Line a baking tray and preheat the oven to 180°C.
2. Measure the margarine and sugar into the mixing bowl, mix until fluffy and creamy.
3. Then add the vanilla extract and give it another good mix.
4. Weigh the flour and add this to the bowl. Mix slowly this time!
5. Grate a carrot onto the chopping board and weigh the correct amount out.
6. Add this to the bowl and mix well.
7. Finally, add the water and have one last mix to combine all the ingredients. It should be quite wet.
8. Spoon the mixture into small dollops onto the baking tray.
9. Bake for 10 minutes (until golden and slightly risen).

