

Activity: Ration Recipes
Resource: Ration Recipe Resource

Jam Tarts

**Yield will vary based on size of tarts.

**Keep in mind that these recipes were used when certain items were rationed and not available. Try to stick to the ingredients listed here as much as possible for an authentic experience.

Ingredients

- 1 jar jam - any flavour
- $\frac{3}{4}$ cup plain flour
- $\frac{1}{4}$ cup butter or margarine – room temperature
- Water – as needed

Equipment

- Oven
- A mixing bowl
- Muffin tin liners (1-2 per person)
- Muffin tins or baking sheets (enough to hold all liners)
- A set of measuring cups
- A tablespoon

Directions

- 1) Preheat the oven to 350°F.
- 2) Measure the flour and butter/margarine and put them into bowl.
- 3) Using your fingers, mix the flour and butter/margarine in the bowl. If the dough sticks to your fingers, add a little more flour. If it doesn't form into a ball, add a few drops of water until it's smooth and workable.
- 4) Take small handfuls of dough and press them into a muffin liner, creating a little bowl.
- 5) Add a small drop of jam into each pastry bowl. Be careful not to overfill them.
- 6) Place the muffin liners into the muffin tins or onto baking sheets and into the preheated oven to bake for 20 minutes.
- 7) Allow the tarts to cool on the tray after baking.

Reference:

On the Homefront: Wartime in the Kitchen, *Valour Canada*, accessed September 2019,
<https://valourcanada.ca/wp-content/uploads/2019/07/Homefront-LP-AC.pdf>