Mock Crumpet – The Great War 1914-18

Potato was more easily available as a food ingredient than flour in the Autumn. This recipe was introduced from Ireland where they cook **potato farls** as a traditional food.

Thu 1 November 1917, Aberdeen Journal.
Using 4 tablespoons of mashed potato and a small cup of buttermilk, add a teaspoon of salt and a teaspoon of bicarbonate of soda. Mix thoroughly and shape into a flat round, about quarter of an inch thick. Cook on a cool griddle plate on both sides until firm and well browned. Cut into quarters whilst warm.





Thu 25 July 1918, Southern Reporter.
Use a small bowl of smooth mashed potatoes. Add salt and baking powder and mix well. Form into rounds on a baking sheet and brush with milk. Cook in a medium oven for 20 minutes.





This form of bread is just soda bread by another name, using mashed potato as the key ingredient. This form also works with mashed turnip or parsnip if a small quantity of flour is added to bind the mix.

Historical Bread Recipe