

Let's Make Hardtack Biscuits

(Make sure you have a little adult help with this baking challenge!)

Ingredients

2 cups (272g) of flour
1 cup (250ml) of water
1-2 (5.7/10g) teaspoons
of salt

Sailors Hardtack is a hard, traditionally square-shaped biscuit that was eaten on ships as it lasted a very long time. Recipes differed between regions, but they all were made from basic flour and water. The biscuits were baked four times to ensure that they would last for many years on the ship, but this meant that the biscuits were extremely hard to eat. Because of this, sailors often dunk them in brine, water or any liquid available so that it was easier to eat. Hardtack was part of the navy diet, until the introduction of canned foods made preserving food easier.

Have a go at baking your own Sailors Hardtack Biscuits!

1



Pre-heat the oven to 190°. Mix the flour and salt together in a bowl. Add the water and knead the dough until you have a ball. Add any of your favourite flavourings at this stage.

2



Roll the dough out into a flat 16 cm square, roughly 1/2 cm thick. Divide the dough into 4 equal(ish) squares.

3



Using a fork, poke holes in both sides of your squares, or you can make holes that go all the way through. This allows the air and moisture to circulate when cooking.

4



Place the biscuits on a lined baking tray and bake for 30 minutes, then turn the over and bake for a further 30 minutes. Remove the biscuits from the oven (be careful!) and leave to cool on a rack.

5



Be careful when eating your biscuits as they are VERY hard!

We recommend having some liquid at hand, water, milk or your favourite drink, to help soften them up.

Just like the sailors did hundreds of years ago!