

## **A SAILOR'S RATION**

### **Sea Biscuit Recipe**

You can make sea biscuits (hard tack) with the following recipe and experience eating what sailors often depended on to keep alive. There is a prime ingredient missing: the weevils!

- 4 Parts Flour
- 1 Part Water
- Salt to Taste

Make dough. Roll out on a floured surface about 1/2 inch thick. Cut into pieces about 2 1/2 to 3 inches. Place each cracker on a baking sheet, poke holes in the top with a fork and bake at 250 degrees for one hour or until lightly browned.

These biscuits are hard. Just like we crush crackers in soup they soaked sea biscuits in water, coffee, or stew.