

“A Sailor’s Ration”

Sea Biscuits

by The Mariners' Museum <http://www.mariner.org>

You can make sea biscuits (hard tack) with the following recipe and experience what sailors often depended on to keep alive on 15th and 16th century sailing ships. There is a prime ingredient missing: the weevils!

Materials:

4 Parts Flour

1 Part Water

Salt to Taste

Instructions:

1. Make dough by mixing all the ingredients in a large bowl. Roll out on a floured surface to about ½ inch thick.
2. Cut into pieces about 2 ½ to 3 inches. Place each cracker on a backing sheet, poke holes in the top with a fork.
3. 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.