

Soldiers' Hard tack

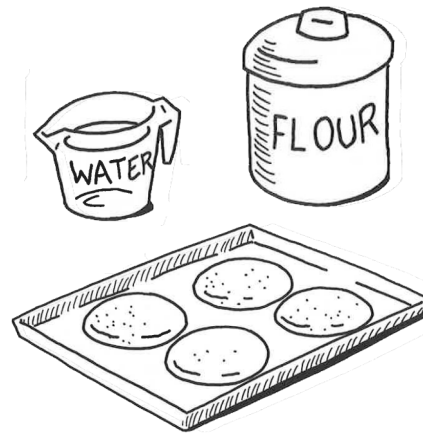
During the Revolutionary War, women and children made cartridges, ran bullets to the soldiers, made wallets (soldiers' bags), and baked biscuits (soldiers' food). Here's how to make the hardtack biscuits that soldiers ate. Would you like to eat like a soldier?

Ingredients

- 3 cups flour
- 1 cup plus 1 tablespoon water

Utensils

- Mixing bowl
- Measuring cup
- Measuring spoons
- Rolling pin
- Biscuit cutter or drinking glass
- Baking sheet, greased with shortening



Directions

Preheat oven to 450 F. Add water to the flour and mix thoroughly to make a soft (but not sticky) dough. Dust flour on the tabletop to keep the dough from sticking. Knead and punch the dough on the tabletop for about 10 minutes. The dough will become elastic, like chewing gum.

Roll the dough out 1/2 inch thick and cut in circles with a biscuit cutter or the rim of a glass.

Lay the biscuits on the baking sheet. Prick them a couple of times with a fork to keep air bubbles from forming as they bake.

Bake for 7 minutes. Turn the oven down to 350 and bake 7 to 10 minutes more. The biscuits should be hard as a rock.

Hardtack never spoiled. Soldiers sometimes ate it years after it was baked. To help soften these up, try soaking them in a cup of hot broth.

Recipe from *Colonial Kids: An Activity Guide to Life in the New World* by Laurie Carlson (Chicago: Chicago Review Press, Inc. 1997) 77.