


SIMPLE HARDTACK

Submitted by **Sica6488**

"The other recipes on here have more ingredients this is a simple basic way to make it. Perfect survival food. I recall when I was younger them having some on a plate at Plymouth Plantation and they said that even though it was hundreds of years old it was still ok to eat. This recipe was found on Survival News Online.
<http://www.survivalnewsonline.com/index.php/2012/02/hardtack-a-great-survival-food-stock/>"

 Ready In: 1hr 30mins

 Yields: 12-15 biscuits

 Ingredients: 3

 Serves: 12-15

DIRECTIONS

1. Mix the flour, water and salt together, and make sure the mixture is fairly dry.
2. Then roll it out to about 1/2 inch thickness, and shape it into a rectangle. Cut it into 3x3 inch squares, and poke holes in both sides.
3. Place on an un-greased cookie or baking sheet, and cook for 30 minutes per side at 375? (or 350? if you have a convection oven).
4. When it's done, you'll want to let it dry and harden for a few days, just out in the open. When it has the consistency of a brick, it's fully cured. Then simply store it in an airtight container or bucket. To prepare for eating, soak it in water or milk for about 15 minutes, and then fry in a buttered skillet. You can eat it with cheese, soup or just plain with a little salt added. Any way you do it, it's delicious!

INGREDIENTS

- 4 -5 cups **flour**
- 2 cups **water**
- 3 teaspoons **salt**