



## Make Your Own Ships Biscuits

**Ships biscuits, also known as hard tack, were an important food on Discovery as they last a long time without going off and are very simple to make. The downsides are they are extremely hard, not very tasty and in the old days often contained burnt insects that had been living in the flour!**

### What you will need:

Oven pre-heated to 215c or 190c for fan assisted  
Baking tray  
Rolling pin  
Cookie cutter (an upside down cup can be used if you don't have one)  
Large mixing bowl

### Ingredients:

450g Flour (medium coarse stone-ground wholemeal flour would be the most authentic but any flour will do)  
Water  
....and that's it!

### What you will do:

- Put all of the flour in to the mixing bowl and add a small amount of water. Mix together using your hands (much more fun than using a spoon!) and continue to add water – **just little amounts at a time** – until you have a very stiff dough.
- Leave the dough for around 30 minutes.
- After the 30 minutes roll the dough out but not too thin as ships biscuits are quite thick. Cut out with the cookie cutters and place onto the baking tray. Use a fork to prick the biscuits as this will help to let any air out when cooking.
- Put the tray into the oven (this will be very hot so be careful and maybe ask for help during the baking stage)
- Cook for 30 minutes or until golden brown.
- Allow to cool and then eat!

Sailors would often find the biscuits so hard they would soften them by soaking in tea, coffee, hot chocolate or even beer! They can be made a little tastier by spreading some butter or jam on top or adding a slice of cheese. How do they compare to your favourite biscuits?

Obviously your flour will not have insects inside but to make your biscuits have that authentic look there why not add some small bits of chocolate chips into the dough.