

Ship's Biscuit Recipe



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A ship's biscuit was a hard piece of bread that sailors on board USS *Constitution* ate at nearly every meal. The ship's biscuit was baked on land, stored on board the ship, and then sent out to sea with the sailors. Sailors soaked the rock-hard biscuit in their stew to soften it before taking a bite. If you bake a ship's biscuit and would like to taste it, make sure you follow the sailors' example and soak it in water or stew before eating!

Ingredients

2 cups flour

1/2 teaspoon salt

1 teaspoon shortening

1/2 cup water

wooden mallet or rolling pin

greased baking sheet

lightly floured work surface

Directions

- 1 Preheat oven to 350° F
- 2 Combine flour and salt on work surface. Work in the shortening and add the water.
- 3 Beat with mallet or rolling pin until 1/2 inch thick. Fold and repeat several times.
- 4 Cut the dough into cookie-sized pieces. Place on baking sheet and cook for 30 minutes.