

HARD TACK

Soldiers in the Civil War had to carry food with them. With no refrigeration, and poor quality food, one of their standard rations was Hard Tack. Hard Tack is a hard flour cracker that can last for up to 50 years. This salt and flour cracker was too hard to bite off, soldiers usually soaked it in their coffee or water to eat. You can try it soaked in milk too. Because the hard tack swells when soaked you'll get so you feel full quickly. This was helpful for soldiers so they didn't need as much food.

What you need:

- 3 cups Flour
- 2 teaspoons Salt
- 1 cup Water
- Mixing Bowl
- Baking pan
- Rolling pin
- Nail or something with a sharp point

To Make:

1. Mix together flour, water and salt in a bowl
2. Once dough starts to form place it on a floured counter top and knead until not sticky.
3. Roll out ½ inch thick
4. Cut into approximately 3 inch squares
5. Pierce the squares with the nail (like saltine crackers) to make it easier to break
6. Place on an ungreased baking sheet in oven at 375° for 30 minutes, flip the hard tack, and bake for an additional 30 minutes
7. Once cool try soaking you hard tack in milk, coffee, hot chocolate or water. Once soaked you can add cheese, meat, jam, or anything else you have. Store leftovers in an airtight container. If thoroughly dried, and kept dry, Hard Tack should last for years to come.