HARD TACK RECIPE

Makes six biscuits

Ingredients

1 ½ cup self-raising white flour (1 cup flour = 150g)

3 cups self-raising wholemeal flour

5 tablespoons sugar

3 tablespoons milk powder

Pinch salt

1 cup water (1 cup = 0.25litres) you can more if needed

Equipment

Large mixing bowl

Mixing spoon

Board and rolling pin

Baking tray

METHOD

1. Preheat the oven to 180C.
2. Place dry ingredients in a large bowl and mix together.
3. Make a well in the centre and add the water. Mix together until an even dough is formed.
4. Turn the dough onto a floured board and knead for a few minutes. Shape the dough into a ball and let rest for half an hour.
5. Divide the dough into three and then roll each ball into thick 1cm sheets.
6. Cut the rolled sheet of dough into 9 cm squares, using the edge of a steel ruler, rather than a knife. This pressing action helps to join the top and bottom surfaces of the biscuit and will improve the "lift" in baking.
7. Now make a regular pattern of holes in each biscuit, five holes across by five holes down (25 holes in all). The ideal tool to use to make these holes is a cotton bud with the cotton wool cut off or the thick end of a bamboo skewer. Push it through to the bench, twist slightly and withdraw. (Some historians claim that each biscuit had 49 holes.)
8. Place on a slightly greased baking tray, being careful that the biscuits are not touching. Form a wall around the outside edge with scrap dough. This will stop the outside edges of the biscuits from burning.
9. Bake on the centre shelf for 30-40 minutes or until golden brown. Be careful not to burn them!
10. Leave the biscuits on a cooling rack until they harden. Or switch off the oven and return the biscuits to the oven until it becomes cool.

Warning. **Hard tack is really hard!** There are many stories of soldiers breaking their teeth on them, so please be careful!