

# ALL HANDS ON DECK



## Cook a Sailor's Meal

Copy the recipes to cook your own sailor's meal.

### Ship's Biscuit

I serve this hard, bland bread on board every day. Sailors soak 'em in their stew or water before eating 'em. You should too. We don't want any broken teeth around here.

2 cups whole wheat flour

A little water

Baking sheet

Damp cloth

1. Preheat oven to 175 degrees.
2. Mix flour and enough water to form a stiff dough. If the dough is sticking to your fingers, add more flour. Cover with a damp cloth and let sit for ten minutes.
3. Fold and beat the dough until it is 1/2 inch thick. Repeat until dough is smooth.
4. Cut into circles, about 5 inches across. Pierce four times with a fork. Dust lightly with flour.
5. Place on ungreased baking sheet and bake for 3 hours, or until dry inside.



This ship's biscuit is REAL. A sailor kept it as a souvenir, writing "Constitution" and recording the date, 1861.

Why do you think a sailor saved this?  
Can you imagine saving a piece  
of bread today?

Ship's Biscuit issued on board *Constitution*, 1861  
Courtesy of the Mariners Museum