



**Old Ironsides
Activity Book**

Cook a 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.

Dandyfunk

The sailors cook this up themselves when they can find some leftover ship's biscuit and get extra ingredients from me. They need the cambouse (stove) to cook it, so they make sure to do it when I am not cooking.

1 piece of Ship's Biscuit (see Ship's Biscuit recipe) or 1 cup crushed, unsalted crackers

1 tablespoon vegetable shortening or lard

2 tablespoons dark molasses

1. Preheat oven to 350 degrees.
2. Put the biscuit or crackers into a plastic bag and crush into crumbs.
3. Mix crumbs with the shortening and add the molasses. Mix well.
4. Put mixture into a small, oven-safe dish.
5. Bake 15 minutes (or until it's brown and bubbling).



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Switchel

I mostly make this drink for the sailors during the summer months. The men love switchel because it tastes better than plain water and gives them more energy on a hot day.

5 cups water
1/2 cup vinegar
1/2 cup molasses
3 teaspoons ground ginger

1. Mix ingredients together in a bowl.
2. If it tastes too strong, add some water.
3. Serve cool and enjoy!

Hot Chocolate

Hot chocolate is a very popular drink with the crew. Sailors can buy chocolate from the Purser (the ship's storekeeper) for 37 cents a pound.

1 cup milk or water
2 tablespoons cocoa powder or 2 ounces semi-sweet or bittersweet chocolate
Sugar
Cinnamon (optional)
Chili powder (optional)
Vanilla (optional)

1. Heat the milk or water and stir in the chocolate until it's dissolved.
2. Remove the mixture from the stove, add sugar to taste, and froth it with a whisk.
3. Try adding different combinations of spices (or all of them) until you find your favorite!



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Plum Duff

Plum duff is another food that sailors can make for themselves. They have to be patient though; this doughy mixture takes four hours to cook.

2 pounds flour
1 pound shortening or lard
1/2 cup sugar
1/2 quart water
3/4 cup raisins
Cheese cloth
Kitchen string
Molasses

1. Bring a large pot of water to a boil.
2. Mix ingredients and knead the mixture with your hands, adding extra water if it's too dry.
3. Divide the mixture into four equal portions.
4. Wrap each portion in a piece of cheese cloth and tie at the top with a string.
5. Reduce the heat of the pot of water to medium-high.
6. Put the bags of cloth into the pot and boil for four hours. Serve with molasses.