



Bake Your Own Ship's Biscuits

You will need:

Ingredients:

450g wholemeal flour (medium coarse stone ground flour if possible)

7g salt

Water (enough to make a stiff dough)

Cooking Equipment:

Mixing bowl, mixing spoon, fork, weighing scales, 7.5cm round pastry cutter, jug, baking tray & cooling rack

Method:

1. Place the flour and salt into a mixing bowl
2. Add in the water, a little bit at a time, until you have a stiff dough
3. Knead the dough, then leave to stand in the bowl for 30 minutes
4. Turn the oven on and pre-heat to 220⁰c (Gas Mark 7)
5. Roll out the dough so that it is roughly 2.5cm thick
6. Using a round pastry cutter, cut the dough into roughly 7 biscuits
7. Prick the top of each biscuit a couple of times with a fork
8. Put the biscuits onto a baking tray and carefully place into the oven
9. Bake for 30 minutes
10. Remove from oven and place on a cooling rack so the biscuits can harden and dry out
11. When ready, soak the biscuit in water or milk for 15 minutes before eating.

