

Tudor-Style Ship's Biscuits

To produce a ship's biscuit, a medium coarse stone-ground wholemeal flour should be used.

Add water (or beer) to 1lb/0.45kg wholemeal flour and $\frac{1}{4}$ oz/7g salt to make a stiff dough.

Leave for 30 minutes and then roll out very thickly.

Separate into 5 to 7 biscuits.

Bake in a hot oven approx. 420°F/215° C for 30 minutes.

The biscuits should then be left undisturbed in a warm dry atmosphere to harden and dry out.

