

How to make Roman Hardtack

<http://pass-the-garum.blogspot.com/2014/10/bucellatum-roman-army-hardtack.html>

Hard tack is a hard dry biscuit that is baked at low temperatures for long enough to remove all moisture from the bread. This enables it to last for long periods without spoiling and made it a good travel food in the first century. It is still eaten in Alaska today.

Ingredients: (makes 8)

- 2 and 3/4 cups flour (Wholemeal)
- 2.5 oz Water (about 1/3 cup)
- 1 tsp Salt
- 1 tbsp Olive Oil

Method

- Mix the flour, salt and butter.
- Add the water, a bit at a time, to create a stiff (dry) dough. Hardtack is supposed to be completely dry when finished.
- Roll the dough out until it is 1/2 inch thick.
- Use an upturned glass or round cookie cutter to cut out the biscuits.
- Punch holes in the dough with a fork or chopstick to allow the air and moisture to escape while baking.
- Place onto a baking tray and into an oven preheated to around 250°
- Cook for about 2 and half hours. Halfway through, turned the biscuits over and re-punch the holes.
- Leave the hardtack to cool in the oven for several hours. If any are still moist, cook in the oven until totally dry.
- Place onto a baking tray and into an oven preheated to around 120 Celsius - you want to cook the hardtack at a low heat for a long time. Mine took 2.5 hours. Halfway through I turned the biscuits over and re-punched the holes.
- Leave the hardtack to cool in the oven for several hours. If any are still moist, cook in the oven until totally dry.