

Sea Biscuits recipe



REMEMBER TO WASH YOUR HANDS BEFORE COOKING

Equipment:

- Weighing scales
- Measuring jug
- Mixing bowl
- Saucepan or small bowl
- Sieve
- Rolling pin
- Cup or Cutters
- A fork
- Baking tray
- Wire tray (if you have one)

Ingredients:

- 1 lb/455g flour
- 1/2 pint water
- 1/2 tablespoon sea salt

Optional to suit more modern tastes:

- 2 oz/57g butter (This was not used in the original recipe, but it will make the biscuits easier to eat. You can leave it out if you wish but the biscuits will be very hard).
- Use 1/2 pint skimmed milk or alternative **instead** of water.
- Add dried herbs for additional flavour.

Method:

1. Measure out the flour and place in a mixing bowl
2. Measure out the milk and butter and place in a saucepan or small bowl if using a microwave
3. Melt the butter in the milk over a very low heat or in the microwave for 1min30secs
4. Add the sea salt to the flour and mix
5. Add the milk and butter then the flour and mix until you have a dough, kneading the dough until all the flour is absorbed (it should be a thick, shiny, stiff mix)
6. Roll the dough out until fairly thin (1cm)
7. Cut the biscuit shapes using a cup rim
8. Place on a baking tray and prick all over to let out any air when cooking
9. Bake slowly at only a moderate heat (180°C or Fan 165°C, Gas 4) until golden brown (30-45 minutes - the time will depend on thickness of the biscuits & oven temp). The biscuits should be dry right through or they might go mouldy when you take them to sea.
10. Turn off the oven and leave to cool. Store in a dry place until needed.