

Hardtack

You will need:

- 2 cups stone ground flour
- 1 cup water

Combine the flour and water. Knead until smooth. Sprinkle some flour on a smooth surface and roll the dough flat until it is 1/4 inch thick. Cut biscuits out with a can or a glass making each biscuit about 3-4 inches in diameter. Poke holes into each biscuit with a fork. Place on a floured cookie sheet. It should come out hard and dry.

Oven: 400 F

Time: 35-45 minutes

Yield: 12-15 biscuits

[Recipes](#)

Beef Jerky

You will need:

- 1 flank or london broil steak (or other very lean cut of meat)
- salt and pepper
- 1 cup soy sauce
- aluminum foil

Cut the steak into strips with the grain of the meat. It is very important to cut along the grain or the cooked meat will fall apart into small pieces! Pour the soy sauce into a bowl and dip the meat strips in it. Lay the strips out on a piece of foil and sprinkle generously with salt and pepper on both sides. Place the strips on a metal rack in the oven with foil below to catch the drippings.

Oven: 150 F

Time: 10 hours

** You can put your beef jerky in the oven at bedtime and it will be ready to take out in the morning before school.