Ship’s biscuits or "hard tack" were one of the most common types of food on Royal Navy ships in the 19th century. Why not have a go at making your own by following the recipe below!

**Ingredients**
- 1lb wholemeal flour
- Half a tablespoon of sea salt
- Half a pint of water (if you like you can change the water for skimmed milk for a nicer biscuit)
- 60g melted butter (not in the original recipe but will make the biscuits easier to eat)

**Method**

**Step 1** - Preheat oven to 215C (190C fan)
**Step 2** - Mix the flour and the salt together in a large bowl
**Step 3** - Slowly add the water (or milk and melted butter) until you have a thick, stiff dough
**Step 4** - Leave the dough for 30 minutes
**Step 5** - Roll out the dough to about 1cm depth and cut out round biscuits
**Step 6** - Place the biscuits on a greased baking tray and prick all over with a fork
**Step 7** - Bake the biscuits for about 30 minutes or until the biscuits are golden brown. Then enjoy!

Remember the biscuits will be very hard so mind your teeth!!!!! Also why not try adding raisins to the mix as the weevils.