Recipe for Hard Tack

This is a nonperishable food item used often on wagon trains and as recently as World War I. It was so hard that one needed to dip it in coffee or fry it in salt pork fat.

3 "plus" cups white bleached flour

1 Tablespoon salt

1 nail

1. Preheat oven to 350°. Mix flour with salt. Add 1 cup water. Stir until stiff or unstirable. Knead dough in bowl adding more flour to make it very dry.

2. Press and pull dough into rectangle 1/2 inch thick. Divide into 2 inch squares. Punch holes with nail in each square. Place on ungreased baking sheet and bake 30 minutes until crispy and light brown.

Dried Apples

Ingredients:

apple corer (from the kit)

apples

String

paring knife

- 1. Using the apple corer, core the apples, peel them and cut them into thick slices with the hole in the middle.
- 2. Pass a length of string through the apple slices.
- 3. Hang the apples up to dry. It takes about three weeks.
- 4. When they're dry try storing them in paper bags (see activity card to make your own) until spring and use them in a recipe. When you want to use them, soak them in warm water until they are soft and use them as you would fresh apples in pies or sauce.