

AQ26 - Arctic Activities

A Taste of the Tundra

Shackleton's Polar expeditions relied on a variety of foods, including Pemmican, Hardtack, tinned tripe, and concentrated lime juice to combat scurvy. When desperate, they also supplemented their rations with seaweed or with animals like sled dogs and seals.

Why not spend an evening trying rations of polar explorers? You don't have to worry about sled dogs or seals being on the menu!

Make Hardtack

Hardtack, also known as ships biscuits, were a staple source of energy for polar expeditions. The recipe for hardtack is simple and only requires flour, water and salt. Remember, Hardtack needs to be soaked in milk, tea or soup before it can be eaten

Ingredients - Makes 10 –12 biscuits

2 cups plain flour
3/4 cups water
1 1/2 teaspoons salt (optional)

Equipment

Measuring cup & spoons, mixing bowl, rolling pin, cutting board, silicone spatula, baking sheets, oven mitts, cooling rack and an oven. Plus, airtight food containers.

Instructions

Preheat oven to 375°F/190°C

Mix the flour, water and salt in a bowl.

After mixing completely, the dough should be a little dry (and not stick to your fingers).

If your mix is still too sticky, you can add more flour in small increments until the dough is dry enough.

Use a roller to spread out the dough on a counter, large cutting board, etc. until it reaches a thickness of roughly 1/3 to 1/2 inches.

To prevent sticking to the counter or cutting board, you should spread a little flour on the surface before rolling the dough. Also spread a little flour on top of the dough to prevent the roller from sticking to the dough.

Cut the dough into squares (e.g. 3 inch squares).

Poke narrow holes in the hardtack biscuits with a chopstick or fork. The holes should go all the way through to the other side of the hardtack. This prevents the hardtack from puffing up.

Place the hardtack biscuits on a baking sheet/tray.

Put the baking sheet into the oven and bake for 30 minutes

Flip the hardtack over with a spatula and bake for another 30 minutes.

Remove from the oven and allow to cool

When completely cooled, place the hardtack in an airtight container.

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Corned Beef



Dried meats



Tinned Fish



Bovril



Tea



Broth Soup



Lime juice/squash



Chocolate