



Wartime biscuits

A little known fact from the war is that biscuits made on the frontlines were used to pass messages between friends or sent home to the soldiers' families. Soldiers also often carved and decorated the biscuits to make souvenirs of their time in the Army.

To commemorate the Battle of the Somme, why not get pupils to bake these wartime biscuits, whilst teaching them about the events of 1916. Below is an example of a biscuit the soldiers would have made themselves.

Ingredients:

- 3 cups of white flour
- 2 teaspoons of salt
- 1 cup of water
- A cooking sheet
- A mixing bowl
- A knife
- A nail or knitting needle

Cooking Method:

- Preheat your oven to 375°F (for today's oven this would be either 190°C or Gas Mark 5).
- Mix the flour and salt in a bowl.
- Gradually mix in the water to form dough that doesn't stick to your hands.
- Roll the dough into a square that is no more than half an inch thick.
- Cut the dough into nine even squares.
- Using the nail or knitting needle, make a 4x4 grid of holes in each piece. Push the nail or knitting needle all the way through to stop the hole sealing up too much as it cooks.
- Put the pieces on an ungreased cookie sheet and bake for 30 minutes.
- Turn the squares over and bake for another 30 minutes.
- Remove from the oven and allow to cool. Both sides of the biscuit should be slightly brown.

Before eating, soak in gravy, tea or water – the biscuits are hard!





Below is a recipe for a simple 'modern' biscuit.

Ingredients:

Serves: 5
100g (4 oz) butter
50g (2 oz) caster sugar
Few drops of vanilla extract
175g (6 oz) plain flour

Method:

- Preheat the oven to 150°C (Gas Mark 2).
- Add butter and sugar in a bowl and mix well until light and fluffy.
- Add the vanilla, mix, then add the flour and mix well. Roll out to about 5mm. Cut into shapes.
- Bake for 25 minutes or until golden brown.

Recipe taken from: www.allrecipes.co.uk/recipe/7517/easy-biscuits.aspx

If you want to make the biscuit more interesting, why not decorate one in red, white and blue for fun!
Or perhaps write a message to a friend on your biscuit.



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