



# Sparkle Kitchen

## Hardtack

### Ingredients

1 cup flour (\*for the gluten free version use Bob's Red Mill All-purpose GF flour\*)  
approximately ½ cup water  
1 teaspoon salt  
½ tablespoon butter, chopped into small bits

### Directions

Preheat your oven to 350 degrees.

In a medium bowl, mix the flour, salt, butter, and ¼ cup of the water. Mix with a spoon until a loose dough forms, and then pour out onto a floured cutting board.

Sprinkling with additional water as needed, use your hands to bring the dough together into a ball. Knead it for about 5 minutes — it won't ever be as smooth and silky as a good pizza dough, but it should have some elasticity.

Roll the dough out to about ¼ inch thickness, cut it into large squares, and place them on a baking sheet lined with parchment or a Silpat. Use the narrow end of a chopstick to prick the tops.

Bake for 20 minutes. Then, carefully remove the hardtack from the oven, flip it over, and return it to the oven for approximately 20 more minutes. Keep a close eye on it for the last 5-10 minutes to be sure the edges don't get too brown.

Allow the hardtack to cool slightly before serving. Historical purists will want it plain, but serve it with honey for everyone else.