

Military Food

Code: EL1 and MID and HIG: LS, SS

Soldiers needed imperishable food that was easy to carry and fix. They relied on salty meats, beans, coffee and hard tacks (biscuits).

Soda Biscuits

1 Lb. Flour
1 Teaspoon baking soda
1 Teaspoon salt
1 Egg yolk optional

Directions:

Take 1 Lb. of flour, and mix it with milk enough to make a stiff dough; dissolve in a little milk 1 teaspoon of baking soda; add this to the paste with a teaspoon of salt. Work it well together, and roll it out thin; cut into round biscuits, and bake them in a moderate oven. The yolk of an egg is sometimes added.

Adapted from Sarah J Hales New Cookbook 1857.

Jerky

Lean meat
Seasoning salt

Kitchen items
Magazine or other padding
Paper towels
Wax paper
Butter knives

Directions:

Slice lean meat with the grain in 1/4 inch thick pieces. Meat is easier to slice if partially frozen. Remove as much fat as possible. Every student should prepare his/her own padding with a magazine covered with a paper towel and wax paper. Lay sliced meat out on each student's padding.

Sprinkle meat with seasoning. Give each student a butter knife and let them pound the meat gently with the handle to work in the seasoning and tenderize the meat. Turn meat over and repeat pounding on other side.

Meat can then be placed directly into food dehydrators/dryer, or in a covered bowl and allowed time to marinate until put into the oven. Place meat on racks in oven, crack the door to prevent steaming meat, set on lowest setting (about 150-200 degrees). Cure four or five hours with heat on, then let set overnight to dry. This method produces jerky dry enough to keep indefinitely.