



## Captain's Biscuits

### Ingredients:

- 450g flour
- Pinch salt
- Water or milk as required

### Method:

1. Preheat oven to 210°C (fan oven 190°C)
2. Mix salt and flour together in a mixing bowl
3. Add the water or milk gradually, combining until you have a stiff dough
4. Divide the mixture into balls and roll out to flatten, pricking each biscuit all over with a fork
5. Bake for 15-30mins until cooked through





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Captain's biscuits (also known as ship's biscuits or hard tack) were a simple, dry biscuit, which would last for a long time. They were a vital part of a boatsman's diet before the introduction of canned food. They were very hard in texture, so may have been dipped in soup, broth or a drink to soften them before eating. We know that captain's biscuits were eaten on the "packet boats" (passenger boats) which travelled on the Lancaster Canal between Preston and Kendal in the 1800s, thanks to this account by a passenger:

*"This is pleasant travelling, this gliding along the water, with the cantering horses and a postilion at the end of the swinging rope before us. The banks are high and green with the freshness of early spring: over the left bank are occasional glimpses: through the balustrades of the Viaduct we see the broad [River] Lune flowing thro' its green meadows, with the Castle hill of Lancaster rising up in the sunshine beyond. Now we are again enclosed between the hedgerows on the bank sides, and the [Passengers] striking on the inner door of the Cabin, demand refreshment. Veal pies and plum cakes and broad Captains biscuits."*

*From "JOTS AND TITTLES" by "A Wandering Trio". (In manuscript, dated "Evesham, 1846").*



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