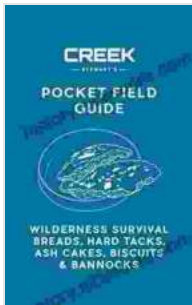


# Wilderness Survival Breads: Hard Tacks, Ash Cakes, Biscuits, and Bannocks

In the event of an emergency wilderness survival situation, having the knowledge and skills to create edible sustenance can be life-saving. Among the most important survival skills is knowing how to make Wilderness Survival Breads such as Hard Tacks, Ash Cakes, Biscuits, and Bannocks. These breads are easy to make, nutritious, and can provide much-needed sustenance in a survival situation.



## Pocket Field Guide: Wilderness Survival Breads, Hard Tacks, Ash Cakes, Biscuits and Bannocks by Creek Stewart

★★★★☆ 4.4 out of 5

Language : English  
File size : 3955 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 53 pages  
Lending : Enabled



## Hard Tacks

Hard Tacks are one of the oldest and most basic forms of survival bread. They are made from a simple mixture of flour, water, and salt. Hard Tacks are hard and dry, but they are also very durable and can be stored for long periods of time. To make Hard Tacks, simply mix together 2 cups of flour, 1 cup of water, and 1 teaspoon of salt. Knead the dough until it is smooth and

elastic. Form the dough into small, flat rounds and prick them with a fork. Bake the Hard Tacks at 350 degrees Fahrenheit for 30-45 minutes, or until they are golden brown.

## **Ash Cakes**

Ash Cakes are another simple but nutritious survival bread. They are made from a mixture of flour, water, and wood ash. The wood ash gives the Ash Cakes a slightly bitter flavor, but it also helps to make them more nutritious. To make Ash Cakes, simply mix together 1 cup of flour, 1/2 cup of water, and 1/4 cup of wood ash. Knead the dough until it is smooth and elastic. Form the dough into small, flat rounds and cook them over a fire until they are golden brown.

## **Biscuits**

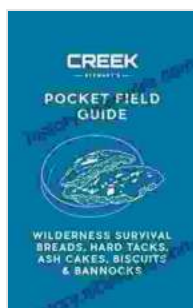
Biscuits are a more traditional type of bread that can be made in a wilderness survival situation. They are made from a mixture of flour, water, baking powder, and salt. Biscuits are soft and fluffy, and they can be cooked over a fire or in a Dutch oven. To make Biscuits, simply mix together 2 cups of flour, 1 cup of water, 1 tablespoon of baking powder, and 1 teaspoon of salt. Knead the dough until it is smooth and elastic. Roll out the dough to a thickness of 1/2 inch and cut out biscuits using a biscuit cutter. Cook the Biscuits over a fire or in a Dutch oven until they are golden brown.

## **Bannocks**

Bannocks are a type of flatbread that is popular in Scotland and Ireland. They are made from a mixture of flour, water, and salt. Bannocks are soft and chewy, and they can be cooked over a fire or in a skillet. To make

Bannocks, simply mix together 2 cups of flour, 1 cup of water, and 1 teaspoon of salt. Knead the dough until it is smooth and elastic. Form the dough into small, flat rounds and cook them over a fire or in a skillet until they are golden brown.

Wilderness Survival Breads are an essential part of any survival kit. They are easy to make, nutritious, and can provide much-needed sustenance in a survival situation. By learning how to make these breads, you will be better prepared to survive in the wilderness.

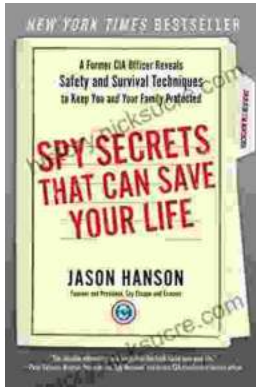


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