Crisp Camp Biscuits with Water-Cocoa

8 crisp rectangular biscuits and 2 small cups of water-cocoa; 4 biscuits and half the drink per snack portion, not a complete meal · Active 25 min · Total 120 min

Ingredients

• About 3/4 cup plus 1 tablespoon all-purpose flour (100 g), weighed, plus up to 2 teaspoons (5 g) for rolling

• 2 teaspoons cold unsalted butter (10 g), finely diced

• 1 1/4 teaspoons granulated sugar (5 g) for the biscuits

• Scant 1/4 teaspoon fine salt (1 g) for the biscuits

• 3 tablespoons drinking water (45 ml) for the dough

• 2 tablespoons unsweetened cocoa powder (10 g), not a sweetened drink mix

• 1 tablespoon granulated sugar (12 g) for the drink

• 1 1/2 cups drinking water (360 ml) for the cocoa, divided

Set out

Conventional oven, Kitchen scale, measuring jug and spoons, Mixing bowl, fork and cover, Clean board, rolling pin, ruler and dough scraper or knife, Rimmed metal baking sheet with usable flat base at least 12 x 10 in/30 x 25 cm, Baking paper rated for at least 350°F/175°C, Wire cooling rack and oven gloves, Small saucepan of at least 2 cups/500 ml, Small whisk and heatproof cup for the cocoa paste, Thin broad spatula for turning the biscuits, 2 heatproof drinking cups, each at least 1 cup/240 ml

Allergens

Wheat; Milk from butter. Label notes continue on page 2.

Make it

1. Mix the 100 g flour, biscuit sugar and salt. Rub in the cold butter with clean fingertips until no large pieces remain. Add the 45 ml dough water and stir, then press and knead briefly into a firm, cohesive dough. Cover and rest for 20 minutes. Do not taste raw dough; wash flour-dusted hands and tools before handling ready-to-eat food.

2. During the rest, heat the oven to 350°F/175°C, conventional, with a middle rack. Line the cold tray with suitable baking paper. Use only as much of the measured rolling flour as needed. Roll the dough into an 8 x 6 1/4 in/20 x 16 cm rectangle, about 1/6 in/4 mm thick. Square the edges by pressing the dough inward, not by throwing away trimmings. Cut 4 columns and 2 rows to make 8 rectangles, about 2 x 3 1/8 in/5 x 8 cm each; divide any trimming evenly among them and roll those pieces to the same thickness.

3. Place all 8 biscuits in one layer on the tray, leaving at least 3/8 in/1 cm between them. The 4-by-2 arrangement occupies about 9 x 6 3/4 in/23 x 17 cm before the surrounding clear tray space. Prick each biscuit in several places with a fork. Bake for 20–25 minutes, rotating the tray once, until the surfaces are set and the edges begin to color.

4. Turn the biscuits with a spatula, reduce the oven to 300°F/150°C and bake for another 15–20 minutes. They should be lightly golden, dry and firm through their centers, with no wet or floury seam when a sacrificial edge is broken. Continue in short intervals if necessary. Move to the rack and cool completely, about 30 minutes; they become crisper as they cool. These are crisp household biscuits, not deliberately rock-hard preserved rations.

5. Near the end of cooling, whisk the cocoa powder and drink sugar with 2 tablespoons/30 ml of the cocoa water in the heatproof cup until smooth. Heat the remaining 330 ml cocoa water in the saucepan. Whisk in the paste, bring to a gentle boil and simmer for 1 minute, whisking. Divide all the drink between the two cups, let it cool to a comfortable drinking temperature and serve each with 4 biscuits.

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Allergens and label notes

Wheat; Milk from butter. Read the flour, butter and cocoa labels for ingredients and cross-contact warnings. No dairy appears in the water-cocoa itself, but the biscuits contain butter; this is not an allergen-free serving.

A useful detail

The dough weighs about 161 g before the optional rolling flour, roughly 20–21 g per raw biscuit. A 20 x 16 cm sheet at about 4 mm is a practical geometry target; keep the cut pieces uniformly thin rather than making thick blocks. The 120-minute schedule allows 25 active minutes, 20 minutes resting, up to 45 minutes baking and 30 minutes cooling, with the cocoa cooked during the final cooling stage. A thicker dough or slower oven needs longer. The drink uses its own 360 ml water; the 45 ml dough water is separate.

Keep it well

Cool the plain biscuits completely before closing them in a clean dry airtight container. For best texture, use within 2 days in a cool dry place, or freeze well wrapped for up to 1 month for quality; thaw covered. This short household storage guidance is not a shelf-stable or expedition-ration claim. Make the cocoa fresh if possible. Refrigerate any leftover drink separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below; use within 1 day and bring back to a boil while whisking. Do not store biscuits soaking in the drink.

Modern recipe and historical connection

These thin, unleavened biscuits use a little butter for a crisp bite. A small pan of cocoa is mixed with water rather than milk. Biscuit and cocoa echo two named components; pemmican is deliberately omitted. The formula, sweetening, shape, oven and household portions are modern choices.

An original domestic snack and drink inspired by two documented food categories. It does not reconstruct a ration, identify a historical biscuit recipe, equate the cup with a pannikin, or reproduce the whole supper. No raw dried meat, foraged ingredients, camp fuel or survival use is involved.

Another way

For a slightly sweeter modern drink, increase only the cocoa sugar from 12 g to 16 g; keep the biscuit formula and both water allocations unchanged.