

## COLONIAL FIRE CAKES

Due to the meager rations the soldiers received at Valley Forge, they were forced to use whatever was on hand. The men mostly resorted to making fire cakes which were their main source of food throughout their stay at the encampment. There is no true "recipe" because each man would make it a bit differently. For the most part, it is a mixture of flour, water, and salt if it was available. They were given the name fire cakes because the dough was often cooked on rocks in the fire or directly in the ashes. Once the bread would harden, it could keep for a month or longer.

### Ingredients:

- Flour
- Water
- Salt

Add water to the flour until it forms a thick, damp dough. It should be about the consistency of play dough. Form flat biscuits in your hand about the size of your palm.

### Original cooking instructions:

Place dough on a rock in the fire or directly onto the ashes and bake until hardened. Remove the bread and let cool. For storage, place the bread back on the fire and allow to cook until dry and hard. This was the most common method.

### Modern cooking instructions:

Place dough on a greased cooking sheet and bake in the oven until hard.

GEORGE WASHINGTON'S  
MOUNT ★ VERNON

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