Canadian Trail Bread

This old recipe is a development from the Welsh Griddle Cakes which allowed people to quickly produce nutritious bread in all weathers, as long as a fire could be lit. The dry mixture would be carried in a waterproof bag. Simple add water and fry in fat for an instant meal. It goes with anything…..and there are endless variations on the basic recipe.

The dry ingredient mix consists (proportionally) of the following;

- 300g Wholemeal self raising flour
- 35g Sugar
- 2g Bicarbonate of soda
- 75g Powdered milk
- 25g Currants or sultanas

Add water to a mug full the dry ingredient mix per person. Mix and shape into a flat round cake (whatever size suits you best) no more than ⅔ inch thick (2cm). Fry in hot oil in a pan (butter, lard or margarine can be used) until browned on both sides.

Note: with this bread, the burnt bits are the best bits.



Trail Bread is a very nutrient rich food source. It has mainly starch and carbohydrate for energy, vitamins and minerals and a small amount of protein. When eaten with meat or fish, this provides a very balanced diet. It was an excellent and welcome addition to the food supplies of backwoodsmen and hunters in the Canadian forests of the late 1800s and early 1900s.

The mix could be varied by adding wild herbs or mushrooms.