

A Logan Bread Recipe

John Fiske - June 2, 2014

I've used an old UC Hiking Club recipe for making Logan Bread since the 1960's, and I almost always have had some available for quick snacks. It was a mainstay during many backpack trips, and we've even taken it on foreign trips to supplement poor-quality airline foods.

I got a recipe from Dick Scheible, which was slightly modified by my wife Jean for the 1974 *Backpacker's Cookbook* (by Margaret Cross and Jean Fiske, Ten Speed Press, now way out of print and date). That recipe follows with my notes in italics. Where Dick got the recipe, I have no idea other than from another Hiking Club member.

Ingredients

- 1 cup enriched flour, or ¼ cup soy flour and ¼ cup wheat germ. *I've never used the latter option.*
- 4 cups whole-wheat flour or graham flour. *I've always used whole-wheat flour, and typically 5 cups, to make enough Logan Bread to fill two large baking pans.*
- 1 cup honey
- 3 tablespoons of molasses. *I use 'Grandma's', which is fairly sweet.*
- ¾ cup brown sugar. *No difference between golden brown or dark, to my taste.*
- ½ to ¾ cup dry milk. *I use ¾ cup if I'm using 5 cups of whole-wheat flour. Also, it helps to mix the powdered milk with a little water (forming a cream-like mixture) prior to mixing with the other ingredients.*
- ¼ cup salad oil
- 1 teaspoon salt
- 1 teaspoon baking powder
- 2 to 4 cups dried fruit and nuts. *I always use much more – up to 8 cups, so the resultant Bread is more like a fruit cake. Typically I use chopped or grated almonds, chopped walnuts, chopped pecans, chopped dried apricots (easy to add too many because dried apricots can dominate the flavors) raisins, dried blueberries (same caution as for the apricots), and (lots, up to about 3 cups) dried cranberries. Could add other kinds of nuts and dried fruits. Occasionally I've added sesame seeds, pineapples, or cherries ... whatever is on hand and appeals.*

Mixing and Baking

Mix all the ingredients, add some water to form a dough. *A heavy-duty kitchen mixer works well, also a sturdy wooden spoon, or your hands. Pre-treat the baking pan(s) with PAM or another non-stick substance. Pat or roll out on the baking pans to a thickness of about ½-inch. Score into squares (e.g., about 2 ½ inches on a side) before baking. I've found the scoring is more effective if done after about 30 minutes of baking. Bake about 45 minutes to 1 hour at 300 degrees F. The baking time depends on how dry you want the Logan Bread and how thick the dough is on the baking pans.*