

Hudson Bay Bread Recipe

This is a recipe for what the Charles L. Sommers Wilderness Canoe Base (Northern Tier) calls Hudson Bay Bread. In the 1960's, the Base got the recipe from the Minnesota Outward Bound School, and for several years it was baked at the Barbara Ann Bakery in Ely. At the bakery, it was baked in a convection oven, so it is difficult to get exactly the same effect in a conventional oven.

Rolled oats should be used (not instant oats) and be ground up. A blender works fine a cup at a time, but a food processor works better.

Bay Bread is most excellent as lunchtime fare on canoe trips when you are burning thousands of calories each day. It is convenient, easy to pack, and is a concentrated food source that everyone seems to look forward to on the trail. When you see the ingredients, you will see why it does not make a very good "light snack" at home.

- 1 ½ lbs. (3 cups) butter or margarine - soft
- 4 cups sugar
- 2/3 cup corn syrup (Karo Light)
- 2/3 cup honey
- 2 tsp. maple flavoring (Mapleine)

Cream together the above ingredients.

Gradually add:

- 1 ½ cups sliced almonds
- 19 cups finely ground rolled oats (see above)

Press into cake pan or large sheet pan about ¼ to ½ inch thick. Bake at 325 degrees for about 20 minutes. Do not overcook, as it will get crispy and brittle. Take out of the oven and use a spatula to press down (keeps it from crumbling). Cut into exactly 3½ inch squares. Package in plastic bags with as many as there are crew members (one each for lunch). Slather with massive quantities of peanut butter and jelly. Wash it down with some Red-Eye and you will know you ate lunch!

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