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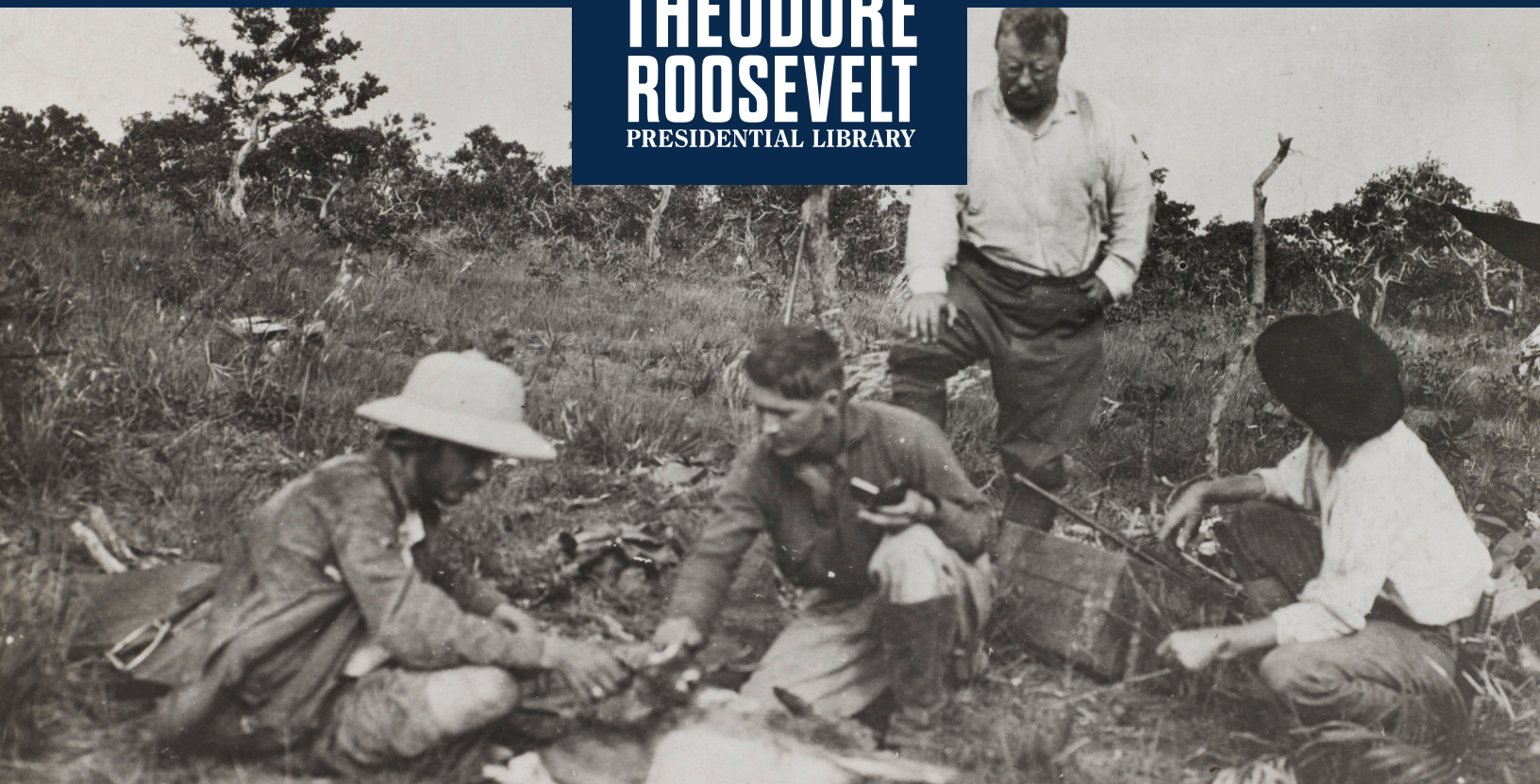
# THEODORE ROOSEVELT

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Hands-On History Activity

TR'S FRYING PAN BREAD





Hands-On History Activity

## How to make **TR'S FRYING- PAN BREAD**

Theodore Roosevelt mentions frying-pan bread extensively in his writings, including in *The Wilderness Hunter* (1891) and *A Book-Lover's Holidays in the Open* (1916). As TR described in *The Wilderness Hunter*, he went hunting for moose and elk with John Willis and left the wagon for several days to hunt. According to TR, "On these trips we carried neither blankets nor packs, as the walking was difficult and we had much ground to cover. Each merely put on his jacket, with a loaf of frying-pan bread and a paper of salt stuffed into the pockets. We were cumbered with nothing save our rifles and cartridges."

In fact, it was these mentions of frying-pan bread in *The Wilderness Hunter* that prompted a twelve-year-old boy from Schoharie County, New York, to write to TR and ask for his recipe, which was published in an [article](#) in *The Critic* on November 23, 1895. Although the young man didn't know if Civil Service Commissioner Roosevelt would reply, he did:

# The Wilderness Hunter



By  
Theodore Roosevelt

*DEAR SIR: —I am glad you like my book. I am sorry to say that I am not now very much on my ranch, so there would be little chance of finding me there. I am glad you enjoy hunting and camping out. The way I make frying-pan bread is to grease the bottom of the pan, then make a thin cake of dough with flour, water and baking-powder, and after it has been warmed enough to have some consistency, tip the pan in front of the coals, turning the cake over when necessary. I am a very poor cook, however, and only eat my own frying-pan bread from dire necessity. Yours truly,  
THEODORE ROOSEVELT*

Like this young man from Schoharie County, New York, **you too can make TR's frying-pan bread recipe by following the directions below.**

## INGREDIENTS+SUPPLIES

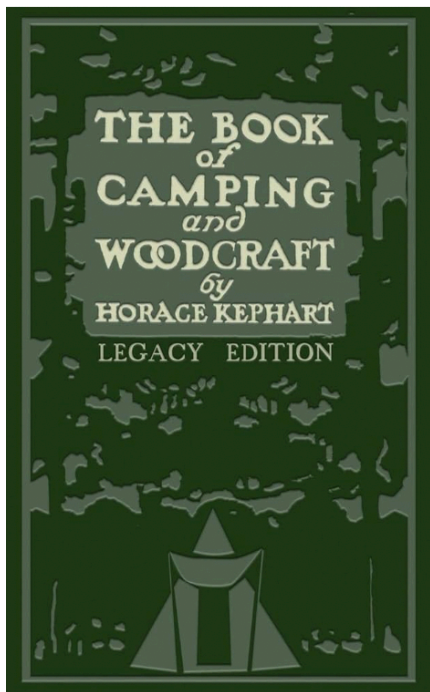
**Yield:** One loaf of frying-pan bread

**Ingredients:** You will need 1 tablespoon cold grease or cooking spray, 2 cups flour, 2 teaspoons baking powder, and 2/3 cup cold water.

**Equipment Needed:** You will need a mixing bowl, wooden spoon, measuring cup, measuring spoons, spatula, and a skillet—preferably a cast-iron skillet.

## INSTRUCTIONS

- 1 In a mixing bowl, mix flour and baking powder with a wooden spoon. Then stir in the water and mix with the spoon until well combined. It will be a stiff dough.
- 2 Grease the skillet and cover the bottom of the pan with the dough. Over a gas burner on medium heat, warm the dough until it forms a light crust on the bottom—roughly one minute after putting it in the pan. Next, using a spatula, flip the loaf over to brown the other side.
- 3 Continue to flip the loaf as needed to ensure that it is cooked all the way through. When the loaf is firm enough to keep its shape, remove it from the skillet to a plate and allow it to cool before eating.



## TIPS



**Don't Mix With Your Hands:** Theodore Roosevelt's contemporary, Horace Kephart, who included a recipe for frying-pan bread in his 1906 book *The Book of Camping and Woodcraft*, recommends, "Do none of the mixing with your fingers; it makes the [bread] 'sad.'"



**Use Whatever You Like to Grease the Skillet:** Horace Kephart says that the cold grease used "may be lard, cold pork fat, drippings or bear's grease." If you don't have any bear's grease, PAM Cooking Spray will work just fine.



**You Don't Have to Use a Frying Pan:**

Although it's called frying-pan bread, you don't have to use a frying pan. Horace Kephart notes, "A tin plate or thick slab of non-resinous wood heated till the sap begins to simmer may be used in place of [a] frying pan."



**You Can Make This Bread Inside or**

**Outside:** According to an [article](#) by Jim Ferguson in the December 1918 issue of *Field and Stream*, an important component of frying-pan bread is the fire. "[I]f the cake is to be made in the house a two flame gas stove is best, for the flame can be regulated. A certain amount of cooking should be mastered first in the house, then when tried outdoors, the camping will be a joy."