



Lockdown Bread






Background

Soda bread (traditionally an Irish bread) was the perfect lockdown solution to the virtual absence of all bread flour and yeast from the supermarket shelves. Don't forget to cut a cross in the top before baking.

This superstition may derive from a traditional Irish blessing – the slits apparently releasing the fairies otherwise trapped inside the dough. It is said that everyone in Ireland knows someone who knows someone who heard of people who didn't make a cross and were taken in their sleep!



Illustration by Nick Ray

 Prep time: 15 mins	 Cooking time: 20-30 mins	 Difficulty: Easy
 Serves: 2 - 4	 Course: Side	

You will need

Oven: 200c or Gas 6. Baking paper and tray or metal sheet.

Ingredients:

250	gr	Plain white flour
250	gr	Brown flour
1	tsp	Salt
1	tsp	Bicarbonate of soda
400	mls	Yoghurt (approx.)
1	tsp	Vinegar or lemon juice

Method

- Put all dry ingredients into a large bowl. Make a well in the centre.
Seeds, cheese and onion can be added with dry ingredients to taste.
- Pour in half the yoghurt. Stir through quickly with hands or table knife. Add as much yoghurt as necessary until all flour is absorbed to make a sticky dough.
- Tip on to floured baking powder.
- Shape quickly into a ball. Lift the whole, shaking off excess flour, on to baking tin.
- Flatten a bit then cut deep cross.
- Put in oven for 20 to 30 minutes until golden brown and hollow-sounding.
- Leave to cool.
- Delicious with butter, jam, or cheese