World War I – Soda Bread

A shortage of strong bread flour inspired people to bake soda bread. This type of bread can be baked using any type of flour with reasonable ease and speed. Bicarbonate of soda is used to force the bread to rise during a quick bake.

Ingredients for Rich Soda Bread
1 cup castor sugar; ½ cup treacle syrup; 1 cup white flour; 2 cups whole-wheat flour; 2 cups buttermilk; 1 teaspoon bicarbonate of soda; 1 teaspoon salt:

Mix the sugar and syrup. Dissolve the bicarb. in some buttermilk. Thoroughly mix the syrup, buttermilk white flour dissolved bicarb. mix and salt. Add the wholemeal flour and work into a round loaf shape or put into loaf tins. Bake at 220°C for 25 minutes. Cool on a tray before eating.



Ingredients for Milk Bread
250g flour (preferably a white flour); 150ml whole milk, 1 teaspoon bicarb. salt.

Mix the dry ingredients thoroughly. Add enough milk to make a stiff dough and then form into a round loaf shape and bake at 200°C for 20 minutes.





Historical Bread Recipe