

Soda Bread

Ingredients

To every 2 lbs. of flour allow 1 teaspoonful of tartaric acid, 1 teaspoonful of salt, 1 teaspoonful of carbonate of soda, 2 breakfast-cupfuls of cold milk.

Method

Let the tartaric acid and salt be reduced to the finest possible powder; then mix them well with the flour. Dissolve the soda in the milk, and pour it several times from one basin to another, before adding it to the flour. Work the whole quickly into a light dough, divide it into 2 loaves, and put them into a well-heated oven immediately, and bake for an hour. Sour milk or buttermilk may be used, but then a little less acid will be needed.

Source: Mrs Beeton's Book of Household Management (1861)

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