



## Basic Soda Bread

Easy, fresh and none of that Chorleywood nonsense (see reverse)!

### Ingredients

12 oz. wholemeal flour & 4 oz. plain flour

425ml Oatly (soya/rice milk work but Oatly gives best results)

1 tsp bicarbonate soda & 1 tsp salt

1 tbsp vinegar or lemon juice

### Method

1. Add vinegar/lemon juice to milk and leave to sour for 20 mins
2. Preheat your oven to 220 C
3. Mix dry ingredients in a large bowl & make a well in the centre
4. Add the soured milk gradually
5. Mix liquid into dry ingredients by hand. Make a claw with your hands and rotate in circles until the dough comes together.
6. The dough should be wet but not too sticky or too dry, add extra milk or flour as necessary
7. Turn dough out onto a floured surface and shape into a round (minimise kneading to get the bread in shape, as this will only compact the dough as there is no yeast to help it rise)
8. Once shaped score a deep cross on the top of the loaf and prick each quarter once with a fork. This helps the bread cook evenly.
9. Put bread on a floured baking tray and place on centre shelf of oven for 10 mins. The initial high temperature creates a lovely crust.
10. Reduce heat to 200 C. Bake another 30 mins, until a knife into the centre comes out clean & the base sounds hollow when tapped.

### Notes

- Good to leave in the oven to cool to ensure it's cooked through.
- Serve warm or leave to cool and freeze in foil in the freezer. Defrost overnight in foil and warm in the oven if desired.
- The recipe doubles easily if you want to freeze one for another day.

Andrew Whiteley founder of the Village Bakery in Cumbria summed up the state of British bread as "sad, soggy, nutritionally depleted and adulterated with hidden additives".

But it does keep "fresh" thanks to a good coating of E282 - Calcium Propionate. It's all down to Chorleywood. Not the station on the Metropolitan line but an industrial triumph that produces 80% of the UK bread. Most of that comes from just three big companies. How can you tell you've got a slice of Chorleywood? Well it's light and forms a sticky starchy ball when squeezed in the palm and it's sold 'almost' everywhere..

### *What's in White, Chorleywood, type bread?*

- Flour (English flour requires additional gluten)
- Water
- Yeast
- Salt
- Amylase
- Chymosin
- Transglutaminase
- E471 - Synthetic Fat: mono diglycerides of fatty acids
- E472 " " " " " " "
- E300 - Ascorbic acid
- E920 - L-Cysteine
- "Processing aids", which need not be declared
- Maltogenic amylase - usually made from a genetically modified bacterial source
- Phospholipase which may be derived from the pancreas of pigs

Further reading at: <http://www.breadmatters.com>

At Unicorn, we feel that everyone deserves better. Why fill up on springy bread, when a slice or two of good wholesome is more satisfying and far, far tastier? It may not last a fortnight in your breadbin, but then who wants to savour flavours of Calcium Propionate? Instead, try freezing 1/2 a loaf at a time, or better still, make your own!