



ROYAL  
VOLUNTARY  
SERVICE

# NO-KNEAD SODA BREAD

*by Alison Crouch*

## Ingredients

- 250g plain flour
- 1 tsp bicarbonate of soda
- ½ tsp fine sea salt
- Approx. 200ml yoghurt
- A little milk, if necessary

## Method

1. Sift the flour and bicarbonate of soda into a large mixing bowl and stir in the salt.
2. Make a well in the centre and pour in the yoghurt, stirring as you go. If necessary, add a tablespoon or two of milk to bring the mixture together; it should form a soft dough, just this side of sticky.



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- 3. Form into a ball of dough. Put the round of dough on a lightly floured baking sheet and dust generously with flour.**
- 4. Mark a deep cross in it with a sharp, serrated knife, cutting about two-thirds of the way through the loaf.**
- 5. Put it in an oven preheated to 200°C/gas mark 6 and bake for 40-45 minutes, until the loaf sounds hollow when tapped underneath.**
- 6. Cool on a wire rack if you like a crunchy crust, or wrap in a clean tea towel if you prefer a soft crust.**

### **OUR THANKS TO ALISON CROUCH FOR THIS GUIDE.**

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