The Quintessential Survival Bread

Categories: Homesteading, Recipes

Baking your own bread is at the heart of homesteading and self-sufficiency. Bread is one of our main sources of carbohydrates, it is a cornerstone of most of our diets and nothing beats the taste and smell of freshly baked bread. You only have to look at the photo above to know it smells and tastes great...

The problem is baking bread can be quite a long-winded process which takes several hours to complete, and this is a problem if you are living a self-sufficient lifestyle, as time isn't usually a luxury you have in abundance. When you are living this kind of lifestyle, there is a need to be efficient and effective with your time. With this in mind, if you could simplify the daily bread making process in some way, it would make a big difference...

Well this was the issues that faced Enola from the Paratus Familia Blog and she has settled on a great Irish soda-bread recipe. If you want to get the recipe click out the link below and check out Enola’s tutorial

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(Photo from: Paratus Familia Blog)