

A suggestion from Tamara Shanks

Bake some Irish Soda Bread! It won't cure Corona virus but it's quick, although that's not vital at the moment, it's easy and it has only a few ingredients that most have in their kitchen. Google a recipe without buttermilk as you can sour milk with vinegar or lemon juice to create the chemical interaction that causes the bread to rise (Science lesson). Try this one <https://recipeforperfection.com/soda-bread-without-buttermilk/> Baking bread is supposed to help sell a house, well with Irish soda bread the aroma is not as strong or yeasty but who can resist it when it comes out of the oven. Just make sure you cut a very deep cross, even that might help in these stricken times.

Have Fun

Tamara