

Soda bread

Serves 8



A super quick bread recipe, containing no yeast, which can be made in the hour. Serve with a hearty vegetable soup to make the perfect lunch.

INGREDIENTS

240g wholemeal strong flour
100g self-raising flour
1 tsp bicarbonate of soda
1 tsp baking powder
1 tsp sugar
½ tsp salt
284 ml buttermilk
50g oats for dusting

ALLERGY ADVICE

Contains gluten & dairy.

DIETARY COMPONENTS

Wheat is naturally rich in dietary fibre, although much of this is often removed in refined flour. By consuming wholemeal bread, you can significantly increase the fibre in your diet.

EQUIPMENT

Bowl
Weighing scales
Measuring spoons
Baking tray
Knife
Cooling rack

METHOD

1. Heat the oven to 200C/180C fan/gas 6.
2. Measure the dry ingredients into a bowl and combine.
3. Make a well in the flour and add the buttermilk.
4. Mix well with your hand to form soft dough. Do not over mix or the bread will be heavy.
5. Shape the dough into a ball and place onto a baking tray lightly dusted with half of the oats. Sprinkle the remaining oats onto the top of the bread and gently pat down to secure.
6. Using a knife cut a deep cross in the top of the bread.
7. Place into the pre-heated oven and bake for 30 minutes until a firm crust has formed and it sounds hollow when tapped on the bottom.
8. Remove from the oven and place onto the cooling rack. Allow to cool before slicing and serving.