

Simple Soda Bread

Serves 4



Ingredients (allergens in bold)

- 100g plain white flour
- 100g wholemeal flour
- 1 tsp bicarbonate of soda
- 1 tsp cream of tartar
- 25g butter
- ½ tsp caster sugar
- 150-175ml buttermilk
- a little extra wholemeal flour for shaping

Method

1. Heat the oven 190°C / Gas 5. Lightly grease the baking tray.
2. Put all the dry ingredients in the mixing bowl.
3. Add the butter and rub it into the flour. Make a 'well' in the centre of the ingredients.
4. Add almost all the buttermilk and, using a wooden spoon, mix quickly and lightly until a soft dough forms. If it's dry and not coming together, add the rest of the buttermilk *.
5. Shape the dough to a round. Put it on the greased tray. Dust the top lightly with wholemeal flour.
6. Mark a deep cross on the top of the dough then cut the dough right through to the tin to form farls.
7. Bake for 25 - 30 minutes until well risen and the bread sounds hollow when tapped underneath.



Equipment

- mixing bowl
- teaspoon
- measuring jug
- wooden spoon
- table knife
- baking tray

Recipe notes and tips

- *Don't over mix at stage 4 or the bread will become heavy and tough.
- Best when made and eaten on the same day.
- This bread is great served slightly warm with homemade soup.