

Soda Bread



Recipe By FoodieBook

Ref: 470

Heading: Bread & Baking

Cuisine: British & Irish

Food Type: Vegetarian

No of Portions: 8

Ingredients & Prep

375 g White flour
100 g wholemeal flour
285 ml Buttermilk
100 g Butter unsalted melted
20 g Caster sugar
1 tsp Bicarbonate of Soda
1 tsp Baking powder
1 Egg large
1 tsp Salt

Method

Step 1 - Put butter in a bowl (not metal) in microwave oven for 1 min & set aside, pre heat an oven to 170'c

Step 2 - Place both flours, bi carb, baking powder, sugar & salt in a bowl & mix well, then make a well in the flour mix.

Step 3 - In the butter bowl add buttermilk & egg then whisk all together, tip the buttermilk mixture into the flour mixture & mix well.

Step 4 - Tip out dough onto a floured work top, knead using floured finger tips & bring together from the edges inwards, then turn over & wipe off excess flour, you can either place in a loaf tin, push dough down flat in the tin, then with a knife make a cut a line length ways about 2cm deep. Or bake traditionally by forming dough into a doughnut shape, place on a non-stick baking sheet & make a cross cut with a knife 2cm deep.

Step 5 - Place in the oven & bake for 35 min in a loaf tin or 30 mins traditionally, push a skewer in the middle, pull out & if clean you know its cooked, should sound hollow when taped on the base.

Suggestion & Tips

Once the dough is made bake as soon as possible. Soda bread is great with a fry up.