

Soda Bread

This amount makes two loaves, so I usually make one each of wholegrain and white. As buttermilk comes in 284ml cartons, you need to top it up with milk or water, or thinned down natural yoghurt.

500g Flour (White, Wholegrain or Gluten-Free)

4tsp Baking Powder

10g Salt

300ml Buttermilk

I also add a dollop of honey to the wholegrain mixture

- Preheat the oven to Gas 9/240° C, and place a baking sheet on the middle shelf.
- Combine the dry ingredients in a mixing bowl.
- Add the buttermilk and knead briefly (just occasionally it's necessary to add a little more liquid, but literally a teaspoon at a time or it will turn very sticky).
- Roll it around on a very lightly floured work surface to achieve a ball shape.
- Flatten slightly, cut a deep cross in the dough almost to the bottom, and sprinkle a little extra flour over the top of each loaf.
- If you can leave it to rest for about ten minutes, so much the better (particularly for the wholegrain), but it's not essential.
- Place on the preheated baking sheet for ten minutes, then turn the temperature down to Gas 6/200° C for a further 15-20 minutes, until the loaves sound hollow when tapped on the bottom.
- Break the loaves into quarters rather than cutting, and eat the same day – soda bread goes stale quickly because there's no added fat. However, it's fine for toast for a couple of days or so, and it freezes well (I freeze the quarters separately so it's easy to take out what you need).