

Soda Bread

Makes 1 x 500g Loaf

Ingredients

30g Salted Butter (plus more for greasing the tin)
300g Coarse Wholemeal Flour (plus more for lining the tin)
Half tsp Bicarbonate of Soda
1 tsp Baking Powder
1 tsp Fine Sea Salt
1 Egg, lightly beaten
300g Buttermilk

Method

1. Preheat oven to 200 C fan. Butter and flour a 500g loaf tin. (It is important to have the oven preheated and the tin prepared before starting the recipe as once the dough is mixed it is best baked immediately.)
2. Melt the 30g butter and leave to cool slightly. Put all the dry ingredients in a bowl and mix so that they are evenly dispersed.
3. Make a well in the centre, then add the cooled, melted butter, the egg and buttermilk and mix well and quickly with a spoon. (Your mixture should be wet and drop off the spoon)
4. Working fast, transfer the dough to the tin and bake for 10 minutes. Reduce the oven temperature to 160 C and cook for a further 35 minutes.
5. Allow to cool and remove the bread from the tin. (Once cool, it will stay fresh for longer if wrapped in cling film)

If not readily available, Buttermilk and Wholemeal Flour can be purchased at larger Supermarkets. Alternatively, Buttermilk can be made quickly and easily in the kitchen using various recipes according to availability and budget. Here are two that made no discernable difference to taste or texture of either the buttermilk or the finished loaf.

1. In a well sealed jar place 220g Soured Cream and 80g Water and shake vigorously.
or
2. Heat 300g Whole Milk until luke warm (not hot) and stir in 5ml Lemon Juice. Doing this immediately prior to starting the recipe will allow the milk to start to separate by the time it is required