

Irish Brown Soda Bread

On account of St. Patrick's Day, why not try a traditional Irish staple - Brown Soda Bread. It's a comfort food enjoyed all year round, with many ways to serve it making it incredibly versatile. It's enjoyed for breakfast, toasted with a bit of butter and jam, or for lunch with a bowl a soup. It's full of fibre and incredibly filling making it an essential in the kitchen for all to enjoy!

INGREDIENTS

- 250g wholemeal flour
- 200g plain white flour
- 1 tsp bread soda, sieved
- 1 tsp salt
- 1 egg
- 350ml buttermilk
- 1 tsp honey

NOTES

More buttermilk may be needed if the mixture becomes dry!

You can add oats or seeds to the top if desired.



METHOD

1. Pre-heat oven to 200 C (Gas Mark 6).
2. Mix flour, bread soda and salt together in a large bowl.
3. Combine egg, buttermilk and honey in a mixing jug then mix into the flour.
4. Pour the dough into a lightly greased loaf tin.
5. Bake for 45-50 minutes.
6. To know if it's cooked, tap the bottom of the loaf - it will sound hollow if cooked.
7. Remove from tin and wrap in a tea towel while cooling. This keeps the crust soft!
8. Enjoy!



Serves 6



Cost per serving: £0.20



Time to make: 1 hr 10mins