



Soda Bread

The delicious quick bread is often associated with Ireland, where country households made it fresh each day. You could add a handful of currants or sultanas to the flour, or chopped fresh herbs, such as thyme or basil. The quicker the dough is mixed the better, as too much handling will make the finished bread tough.

250g plain flour (plus extra for dusting)
200g wholemeal flour
1 teaspoon salt
1 teaspoon bi-carb (baking soda)
1 1/3 cups buttermilk (plus 2 tablespoons extra)

Herb Butter –

150g butter
10 stalks parsley
10 chives
10 sprigs oregano

1. Preheat oven to 230C. Weigh the butter needed for herb butter and set aside.
2. To make the bread dough, sift the 2 kinds of flour, along with the salt & bi-carb, into a large bowl. Make a well in the dry ingredients, and then pour in the 1 1/3 cups of buttermilk. Mix quickly with a fork (or your hand) until you have a dough. Dust the workbench and the baking tray with flour.
3. Tip the dough onto the workbench, and begin to knead briefly, and then flatten to form a circle, about 3cm high, the transfer onto floured baking tray.
- 4.