

How to make soda bread



Mix together:

1 cup flour,
1 cup nutty wheat (or wholewheat flour, or digestive bran, depending how nutty you want it to be),
1/2 heaped teaspoon bicarb of soda,
1/2 teaspoon salt and
3/4 teaspoon brown sugar.

Then add 1 cup buttermilk / plain yoghurt / sour milk and mix with your hands (deliciously squidgy!) until it forms a dough.

Turn the dough onto a baking tray in whatever shape you like (oval is the most common) and wet the top with water. You can cut a cross into it if you like, and if you want to get fancy you can sprinkle sesame seeds or poppyseeds on top.

Bake at 180°C for 45 mins to 1 hour, and eat warm with lashings of butter and mature cheddar.