



## Soda Bread

**Soda bread originates in Ireland and is made every day in many homes throughout the country.** It gets its name from the bicarbonate of soda that is used in it to help it to rise. It is delicious eaten alongside a warming soup or topped with ham for lunch or a light supper, or even spread with marmalade at breakfast.

Nutritional information per portion (48g):

calories	fat	saturates	sugars	salt
93.3	0.7g 1%	0.3g 2%	1.9g 2%	0.5g 8%

of an adult's guideline daily amount



Wheat/gluten and dairy

### Equipment

- Weighing scales
- Baking tray
- Large mixing bowl
- Sieve
- Palette knife
- Measuring jug
- Measuring spoons
- Spoon
- Sharp knife
- Oven gloves
- Pan stand
- Cooling rack
- Small mixing bowl

### Ingredients

**Serves 8**

- 100g plain white flour (plus extra for sprinkling)
- 100g plain wholemeal flour
- ½ x 5ml spoon bicarbonate of soda
- ½ x 5ml spoon salt
- 100ml natural yoghurt
- 75ml semi-skimmed milk



### Top Tips

- The bicarbonate of soda will start to work as soon as the liquid mixes with the dry ingredients, so you need to get the dough into the oven as quickly as possible from this point. If there will be a delay before you can cook it, do not mix the wet and dry ingredients together until you are ready to bake.
- If your hands are very sticky from forming the dough, wash them before doing the final moulding, as clean dry hands will help you make a good shape.





## Soda Bread

### Method

1. Preheat the oven as high as it will go, to 230°C/210°C fan or gas mark 9.
2. Prepare your baking tray by sprinkling it with flour.
3. Tip the wholemeal flour into a large mixing bowl, and sift over the white flour. Add the bicarbonate of soda and salt and mix the dry ingredients together well using a palette knife.
4. Pour the yoghurt into a measuring jug, then top up to 175ml with milk.
5. Make a well in the centre of the flour and pour in all the liquid. Mix it together making a figure of eight motion with the palette knife until large lumps form.
6. With your hand, gently bring the dough together. Do not be tempted to knead it, as the air will be pushed out and it will end up heavy and dense.
7. Gently form it into a ball (don't worry if some bits of flour are left in the bowl) and place it onto the baking tray. Turn it upside down and pat it down so that it has a flattish top (it should still be about 6cm deep).
8. Using a sharp knife, cut a deep cross (about two-thirds of the way through) across the top of the dough. Then, using the tip of the knife, carefully prick small holes in the quarters between the lines of the cross.
9. Put the dough into the oven as quickly as possible and set the timer for 10 minutes.
10. After 10 minutes, turn the oven down to 180°C/160°C fan or gas mark 4 and set the timer for 20 minutes.
11. After 20 minutes, take out the bread, turn it upside down on the tray and return it to the oven for the last 5 minutes. This will help the bottom to cook. Please note the total cooking time is 35 minutes.
12. The bread is ready when it sounds hollow when tapped on the bottom.
13. Remove the bread from the oven and place it on a cooling rack so that the bottom doesn't go soggy. Cut into wedges to serve.

### Prepare now, eat later

- This is a quick recipe that doesn't need to be prepared in advance; just have all the equipment and ingredients ready and the oven hot.
- Soda bread freezes very well, wrapped tightly in foil and then put in a freezer bag and labelled. Freeze for up to 3 months. Unfrozen the bread will last about 2 days, but you will probably have to slice and toast it on the second day.



### Something to try next time

- For white soda bread, just swap the wholemeal flour for plain white flour.
- To add flavour, mix flavourings through the dry ingredients before adding the liquids. 20g chopped olives, 1 chopped clove garlic and 20g chopped sundried tomatoes make lovely flavours, as do 1 x 15ml spoon chopped walnuts or 1 x 10ml spoon seeds.

