



IRISH SODA BREAD

-  **Prep: 15 minutes**
-  **Cook: 35-40 minutes**
-  **Serves: 1 loaf**

INGREDIENTS:

- 450g plain flour
- 1 tsp **LoSalt**
- 1 tsp bicarbonate of soda
- 350ml buttermilk

METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Sieve the flour, **LoSalt** and bicarbonate of soda into a large bowl.
3. Make a well in the centre and pour in the buttermilk. Then using one hand, mix together to form a soft dough.
4. Knead for a few seconds, being careful not to over knead then roll into a ball.
5. Place on a lightly floured baking tray and flatten the dough slightly. Make a deep cross in the centre with a sharp knife.
6. Bake for 35-40 minutes until golden. Tap the base and if it sounds hollow the bread is done.
7. Allow to cool slightly before serving.

Each serving contains



of your guideline daily amount

COOKS TIP:

Best eaten on the day it was made. Add dried mixed herbs or onions for extra flavour or use plain wholemeal flour for extra fibre.