

PEOPLE'S KITCHEN

Irish Soda Bread



Ingredients

6oz self-raising wholemeal flour

6oz plain flour

½ tsp salt

½ tsp bicarbonate of soda

½ pint buttermilk

Method

Preheat the oven to 200C/Gas 6.

Tip the flours, salt and bicarbonate of soda into a large mixing bowl and stir.

Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough. (Depending upon the absorbency of the flour, you may need to add a little milk if the dough seems too stiff but it should not be too wet or sticky.)

Turn onto a lightly floured surface and knead briefly.

Form into a round and flatten the dough slightly before placing on a lightly floured baking sheet.

Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack