



Wholemeal Soda Bread

Ingredients (Makes 1 Loaf 2lb loaf tin)

- 520g Wholemeal flour (or a mix of 180g plain flour 340g Wholemeal Flour for a lighter mix)
- 2 level tsp. Bicarbonate of soda (Bread soda)
- ½ teaspoon Baking Powder
- Pinch of salt
- 25g Melted Butter
- 2 Eggs
- 500ml of Buttermilk or 500ml of Milk with a dessertspoon of vinegar or lemon juice or a good spoon of Natural yoghurt added to sour the milk
- 1 Dessertspoon of Treacle or Molasses
- 1 tbsp. mixed seeds (pumpkin seeds, sesame seeds and or Porridge Oats (if preferred))

Method

1. Preheat the oven to 200C and oil the loaf tin
2. Place all the dry ingredients in a bowl
3. Make a well in the centre
4. Put in the well the eggs the melted butter the treacle and most of the buttermilk
5. Use a fork or a small whisk to mix the liquid ingredients together
6. Then use your hand like a spoon and gently mix the flour into the wet ingredients, adding the last of the milk if required to make a fairly wet light mixture
7. Clean your hands and using a wet hand place the dough in the oiled loaf tin or use an oiled muffin tray to make individual Scones.

8. Sprinkle the seeds on top of the loaf/scones
9. Bake the loaf 50minutes
10. Bake the scones for up to 20 minutes
11. Remove from the oven and cool on a wire rack, covering with a damp cloth if a softer crust is preferred

Note: Buttermilk may be used instead of yoghurt and milk. A spoon of honey may be added for sweeter bread. Dried fruit may also be added – figs, raisins, mixed peel, sultanas, cranberries etc.