



## IRISH SODA BREAD



### INGREDIENTS

- 150g white plain **flour**
- 50g wholemeal plain **flour**
- 1 teaspoon bicarbonate of soda
- ½ teaspoon mixed herbs
- 25g reduced fat mature cheddar **cheese**  
(optional)
- ¼ teaspoon salt
- 175ml skimmed or semi skimmed **milk**
- 1 teaspoon lemon juice
- 2 teaspoons porridge **oats** (optional)  
extra plain for dusting

### EQUIPMENT

- mixing bowl, teaspoon,
- measuring jug, wooden spoon,
- table knife, baking tray, pastry brush

**MAKES:** 4

**PREP TIME:** 10 minutes

**ALLERGENS:** cereals containing gluten,  
milk

**COOK TIME:** 20-25 minutes

### METHOD

- 1 Place the flour, bicarbonate of soda, mixed herbs, cheese (if using) and salt in the mixing bowl. Mix together and then make a 'well' in the centre of the ingredients.
- 2 Add the lemon juice to the milk and mix together. Pour  $\frac{3}{4}$  of the liquid into the bowl and, using a wooden spoon, mix quickly and lightly until you form a soft dough (add a little more milk if necessary).
- 3 Shape the dough into a round and place it on a lightly floured baking tray.
- 4 Using a knife, cut the dough into quarters or 'farms', then glaze the top with a little bit of milk and sprinkling of porridge oats or flour (optional).
- 5 Bake in a preheated oven, 190°C/Gas 5 for 20-25 minutes until golden brown, well risen and the bread sounds hollow when tapped underneath.
- 6 Serve the bread with a homemade soup or stew, or even with a homemade salad at lunchtime.

### HANDY HINTS

- \* Remember not to 'overmix' or knead the bread, as this will make it heavy and tough when baked.
- \* This bread is best eaten on the same day. However, any leftovers can be frozen for a later date.
- \* If you not able to purchase wholemeal flour, then just use white plain flour.