



# RECIPE

## Soda Bread



**NOURISH**  
FOOD SCHOOL



**FareShare**  
North East

# RECIPE

## Soda Bread

**MAKES**  
6 servings

**LEVEL**  
Easy

**READY IN**  
1 hour

### INGREDIENTS

350g plain flour (white, wholemeal or a mixture)  
50g oats  
1 teaspoon bicarbonate of soda  
1/2 teaspoon salt  
1 teaspoon sugar  
1 egg  
300ml buttermilk (or dairy milk)  
\*1 lemon if using milk

### HOW TO MAKE IT

1. Preheat the oven to 190C and add the lemon to the milk if using instead of buttermilk
2. Mix all of the ingredients together in a large bowl using a fork to begin with then squeeze together into a rough ball of dough.
3. Tip the dough out onto the worktop and squeeze and lightly knead into a ball - you don't need to work the dough a lot - just enough to bring it together.
4. Put on a baking tray and bake for 45 minutes until there is a firm crust and a hollow sound when tapped underneath.

INGREDIENT SWAPS	STORE IT
SWAP flour FOR any mixture of plain flour	Store in an airtight container, refrigerate and keep for up to 1 week.
ADD 100g grated cheddar cheese to the dough	USE IT DIFFERENTLY
LEAVE out the oats if don't have any	Serve as a side dish, a sandwich filling or mixed with pasta for a pasta salad