

Irish Soda Bread

You will need:

1lb/454g Plain Flour (Mix it up - brown, wholemeal, self-raising, seeded whatever you like).

1tsp Baking Soda.

1tsp Baking Powder.

1/2 teaspoon Salt.

1/2 Tablespoon Sugar.

3/4-1 Pint Buttermilk.

Preheat oven - Gas 8/230C - middle shelf of oven.

Add the Flour to a large bowl.

You can sift it if you think it's a little lumpy.

Add the rest of the dry ingredients to the Flour.

Mix the ingredients thoroughly.

Add the buttermilk. A little at a time to start.

The dough needs to come together easily.

Not too sticky or too dry.

Bring the dough together with you hand.

You can turn the dough out onto a floured surface and knead for a little until you get a soft - unbitty dough.

I however, do the kneading in the bowl - saves on wash up and it's how I was shown how to do it.

Don't over-knead the dough as it will result in a tough bread. 30-40 seconds maximum.

Turn the dough over and gently shape into a ball.

Rub a little oil/spray an 8 inch baking tin.

Using a sharp knife, cut a cross into the top of the cake.

Place on middle shelf of the pre-heated oven.

After 20 minutes check the bread is cooking well and not burning. Turn the heat down a little Gas 7/220C.

Leave for another 30-40 minutes or until its thoroughly cooked.

Check for doneness by tapping the bottom of the bread for a hollow sound or place a skewer through the bread and if it comes out cleanly with no residue then the bread is done.

Remove from baking tin and allow to cool thoroughly on a wire rack.

Slice and enjoy.