

IRISH SODA BREAD

Prep: 15 minutes
Cook 35-40 minutes
Makes 1 loaf

450g plain flour
1 tsp **LoSalt**
1 tsp bicarbonate of soda
350ml buttermilk



1. Preheat the oven to 200°C, gas mark 6.
2. Sieve the flour, LoSalt and bicarbonate of soda into a large bowl
3. Make a well in the centre and pour in the buttermilk. Then using one hand, mix together to form a soft dough.
4. Knead for a few seconds, being careful not to over knead then roll into a ball.
5. Place on a lightly floured baking tray and flatten the dough slightly. Make a deep cross in the centre with a sharp knife.
6. Bake for 35-40 minutes until golden. Tap the base and if it sounds hollow the bread is done.
7. Allow to cool slightly before serving.

Cooks Tip

Best eaten on the day it was made. Add dried mixed herbs or onions for extra flavour or use plain wholemeal flour for extra fibre.

Nutrition information			
Typical values	per 100g	Per 51g serving	%RI per serving
Energy	909 kJ	463 kJ	6%
	214 kcal	109 kcal	5%
Fat	1 g	0.5 g	1%
of which saturates	0.4 g	0.2 g	1%
Carbohydrate	43 g	22 g	8%
of which sugars	2.4 g	1.2 g	1%
Fibre	2.2 g	21.1 g	4%
Protein	57 g	3.6 g	7%
Salt	0.6 g	0.31 g	5%