



SODA BREAD

Season:	all year
From the garden:	
Type:	quick <i>bread</i>
Difficulty:	easy
Country of origin:	ireland
Serves:	<i>1 loaf for 10 small rolls</i>
Source:	www.bbc.com/food

Equipment

- **mixing bowl*
- *measuring cup
- *mixing spoon
- *measuring spoons
- *baking tray
- *knife

Ingredients

- **3/4 cups plain flour*
- *1 cups wholemeal flour
- * 1/3 cup oats
- *2 tsp caster sugar
- *1 tsp salt
- * $\frac{1}{2}$ tsp soda
- *2 tbsp linseed (or any other seeds)
- *220 ml yogurt or buttermilk

Method

- 1. preheat oven to 200 degrees*
- 2.measure all the ingredients into a bowl and mix with a spoon
- 3.dip the dough out and knead with your hands till everything is mixed up

4. divide dough into 10 small rolls and put them on a baking tray
5. flatten them a bit and with a knife cut a deep (nearly all the way down) cross on top
6. put them in the oven and bake for 10-15 minutes

Notes: *soda bread is a quick bread and the rise in the bread comes from the reaction of the buttermilk/yogurt with the soda.* its has been made for over a hundred years in many countries, but the recipe most people use these days is similar to irish soda bread.

Skills: *measuring, kneading, dividing*