



Recipe

Soda Bread

A traditional Irish bread

Ingredients for 1 loaf:

450g flour

1 teaspoon of salt

1 teaspoon bicarbonate of soda

300-400ml milk

½ lemon – juice

1 tablespoon of treacle





Method

1. Heat oven to 220 degrees
2. Squeeze lemon into 300ml of milk – leave for 10 minutes
3. Measure the flour, salt and bicarbonate of soda into a bowl
4. Add the ‘soured’ milk and treacle into the flour
5. Mix – you may need more milk to create a soft dough
6. Form dough into a disc, above 1 inch thick, cut a cross ALMOST all the way through
7. With a knife prick each ‘wedge’ of your loaf – according to Irish folk law sets the fairies free!
8. Bake for 30-40 minutes – the bottom of the loaf will sound hollow when tapped.

