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| SODA BREAD | A picture containing text  Description automatically generated |
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| **Ingredients:*** 170 grams of self-raising, wholemeal flour
* 170 grams of plain flour
* ½ teaspoon of salt
* ½ teaspoon of bicarbonate of soda
* ½ pint of sour milk
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| **Method:**1. Preheat the oven to 400F/220C/Gas 6
2. Tip both flours, salt and bicarbonate of soda into a large mixing bowl. Stir
3. Make a well in the centre and pour in the milk
4. Mix quickly with a fork to form a soft dough
5. Turn onto a lightly floured surface and knead briefly
6. Form into a ball and flatten slightly
7. Place on a lightly floured baking sheet
8. Cut a cross in the top and bake for about 30 minutes – until the loaf sounds hollow when tapped
9. Cool on a wire rack
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| A close up of a bird  Description automatically generated | Abundant Borders (SC049008)web - abundantborders.org.uk & facebook.com/abundantborderscontact: robin@abundantborders.org.uk |