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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/abundantborders  contact: robin@abundantborders.org.uk | |