



# SODA BREAD

## 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

## 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

