

**Irish Broth**

**Ingredients**

4 oz broth mix

1lb potatoes

1lb mix root vegetables (i.e. carrot,parsnip,swede)

1 large onion

2 pints of stock made with stock cube

Oil to fry

Dry herbs to taste

**Method:**

1. Fry onions until softened in oil
2. Add cubed vegetables, gently mix together
3. Add rinsed broth mix
4. Add stock and herbs to taste
5. Bring to boil and then reduce to gentle simmer
6. Cook until vegetables softened and broth mix softened approx. 30 mins

with Soda Bread

**Ingredients**

6oz self-raising wholemeal flour  
6oz plain flour  
½ tsp salt  
½ tsp bicarbonate of soda

½ pint soured milk

**Method:**

1. Preheat the oven to 400F/200C/Gas 6.
2. Tip the flours, salt and bicarbonate of soda into a large mixing bowl and stir.
3. Make a well in the centre and pour in milk, mixing quickly with a fork to form a soft dough
4. Turn onto a lightly floured surface and knead briefly.
5. Form into a round and flatten dough slightly before placing on a lightly floured baking sheet.
6. Cut a cross on the top and bake for about 30 mins or until loaf sounds hollow when tapped.
7. Cool on a wire rack.

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