

IRISH SODA BREAD

EQUIPMENT

SMALL AND LARGE MIXING BOWLS, SCALES, BAKING TRAY, BAKING PAPER, FORK, CHEFS KNIFE, CAKE RACK

INGREDIENTS

180GM WHOLEMEAL SELF RAISING FLOUR, 180GM PLAIN FLOUR, 5GM SALT,
5GM CASTER SUGAR, 5GM BI-CARB SODA, 300GM BUTTERMILK

METHOD

PLACE BOTH FLOURS, SALT, BI-CARB SODA AND CASTER SUGAR IN A LARGE MIXING BOWL AND BRIEFLY MIX TOGETHER.

ADD THE BUTTERMILK TO THE DRY INGREDIENTS AND USING A FORK MIX THE MILK THROUGH THE DRY INGREDIENTS UNTIL COMBINED. ONCE COMBINED TIP THE DOUGH OUT ONTO A LIGHTLY FLOURED BENCH AND KNEAD FOR 20-30SECONDS.

SHAPE THE DOUGH INTO A LARGE ROUND ROLL, LINE A BAKING TRAY WITH BAKING PAPER AND TRANSFER THE DOUGH TO THE BAKING TRAY. CUT A CROSS IN THE TOP OF THE DOUGH AND LEAVE ON THE BENCH TO REST FOR 8-10 MINUTES.

ONCE THE DOUGH HAS RESTED PLACE THE TRAY INTO A PRE-HEATED OVEN COMBI SETTING 200°C FOR 10 MINUTES. AFTER 10 MINUTES DECREASE THE TEMPERATURE TO 185°C COMBI SETTING FOR A FURTHER 20 MINUTES.

ONCE BAKED REMOVE FROM THE OVEN AND COOL ON A CAKE RACK.

HINTS & TIPS

- THE KEY TO THIS SIMPLE BREAD IS TO NOT OVER KNEAD THE DOUGH. KNEAD IT UNTIL THE INGREDIENTS ARE JUST COMBINED.
- THE COMBINATION OF BI-CARB SODA AND BUTTERMILK WORK TOGETHER IN THE PLACE OF YEAST TO LEAVEN THE BREAD AND GIVE IT AIR AND ENSURE THE END BREAD IS NOT TO DENSE.