

IRISH SODA BREAD...

We have Irish roots at SIFA Fireside and never miss an opportunity to celebrate our heritage.

Try baking your own soda bread with this traditional recipe from The Pastry Brush.



Ingredients:

- 265g strong white bread flour
- 265g wholemeal flour
- 400ml buttermilk
- 1 egg
- 30g butter
- 1tsp bicarbonate of soda
- 1tsp salt
- 50g porridge oats

Method:

1. Pre-heat your oven.....Put both flours, bicarbonate of soda and salt in a big bowl and mix together.
2. Add 30g butter and rub into flour using your finger tips, this will only take a minute or so.
3. Mix the egg into buttermilk then make a well in the centre of the flour and add the buttermilk mixture.

BIG
BRUMMIE

4. Make a claw shape with your hand and get in there and mix the mixture working from the outside into the middle bringing it all together. Do not knead the dough, you are only bringing it together - the less it's handled the better. When you tip it out onto your floured baking tray the bowl should be clean.
5. Tip the mixture onto your floured baking tray and roughly shape it in to a circle. Flatten it down to about 1 inch in thickness. Take a knife and bless the bread by making the sign of a cross on the top and don't forget to release those fairies by placing a slit in each quarter of the bread (rumour has it if you don't release those fairies your bread will be spoiled, I always do this as I'm very superstitious).
6. With the ends of your buttermilk mixture left in your bowl brush it all over the top of the bread and sprinkle with 50g porridge oats.
7. Bake in the oven at 240 degrees for first 15mins then lower it to 200 degrees for 40mins. The bread will be done when you tap the bottom and hear a hollow sound.

Top tips:

If you don't like the idea of getting your hands messy, you can initially bring the dough together using the end of a wooden spoon or a spatula, but you will need to get your hand in there to bring it together before tipping it out on your floured tray.

If the dough seems dry (all flours are different), add a tbsp of buttermilk each time till it comes together for you and the bowl is clean at the sides.

If you find your bread is browning on top very quickly, cover loosely with tin foil and continue to bake.

We hope you enjoy making this glorious Irish soda bread.

BIG
BRUMMIE