



Irish Soda Bread

Preheat the oven to 200°C. Grease and line a small size loaf tin (20x8x8cm approx.) or 16cm round cake tin with loose base with baking paper leaving an overhang on two sides.

What you need:

140g of our everyday flour mix
1/3 cup plus 2 level TBS of buckwheat flour
1 ¼ level tsp of guar gum
2 level tsp baking powder
1 ¼ level tsp baking soda
1 egg, size 7 at room temperature
10mls blackstrap molasses
250ml buttermilk (note 1)

To Make:

Measure all the dry ingredients into a large bowl and whisk together until well combined. Make a well in the centre. Measure the buttermilk into a jug, add the molasses and egg. Whisk to combine. Pour into the dry ingredients and whisk with electric beaters to combine. Don't overmix. Pour into the prepared tin and smooth the top. Sprinkle with a little quinoa flakes (optional). Bake for 30 minutes (ovens will vary). Tap the bottom of the tin it should sound hollow. Remove from the oven. Carefully lift the bread from the tin and leave to cool on a wire rack.

Slice when completely cold. Delicious spread with butter and jam or honey, toasted, goes well with a bowl of hot soup or use your favourite filling to make a delicious sandwich.

Note:

1. For Dairy free use 240ml of non dairy milk of your choice. Add a small squeeze of lemon juice and 20g of Olivani or Nuttlex melted.

Tip:

This bread freezes well. Try spicing it up – add 2 tsp of mixed spice and a good handful of raisins. Feel free to double the recipe for a larger loaf.

