



Joan's Soda Bread Recipe

Joan has many special family recipes that are passed down through the family. One of her favourite is a recipe for Irish Soda Bread which was passed on from her Gran and Mum.

“When I put my hands into the flour, soda and buttermilk it reminds me of my childhood, when I'd be standing with more dough on my hands and floor than got into the oven. I still remember the smell of peat heating the range at my gran's or apple pies cooking at Mum's. Now I'm passing the same treasured memories on to my grandchildren. My grandson said it's like making sand castles!”

Soda Bread Ingredients

250g strong white flour

250g wholemeal flour

App 50g soft butter (optional)

1tsp salt & bicarbonate soda

Approx 400ml Buttermilk

Heat oven 200c/Gas 6

Put baking tray into warm I sprinkle little flour on

All dry ingredients in large bowl and mix

Add butter if using rub in

Make large well centre bowl pour buttermilk slowly absorbing flour. Should be sticky. May need little more buttermilk/milk

Shape into ball

Working quick turn out on to floured surface

Using palm hand shape into circle

Sharp knife cut deep into loaf shape cross (not right through)

Sprinkle flour over loaf put into hot oven.

Cook approx 30mins or until golden brown and sounds hollow.

When cooked wrap in clean tea towel and stand to cool

Enjoy needs to be eaten same day but freezes well.