

IRISH SODA BREAD

INGREDIENTS

1. 3 tablespoons milk
2. 1 teaspoon clear honey
3. 300ml buttermilk
4. 1 teaspoon salt
5. 2 teaspoons bicarbonate of soda
6. 125grams coarse oatmeal
7. 350grams of plain wholemeal flour

METHOD

8. Mix the dry things together in a big bowl.
9. Make a volcano in the middle.
10. Beat in the other ingredients.
11. Knead for 5 minutes.
12. Shape into a 20cm circle.
13. Mark it with a cross using a knife.
14. Put it into the oven for 30 minutes at 180 degC
15. Eat it all.



Theo Shepherd (Larch)



WHY I CHOSE THIS RECIPE

My Grandma is Irish. Dad grew up eating soda bread with jam but I made this one healthier by having it with smoked salmon and soft cheese.

FOOD GROUPS

Dairy – cheese

Protein – Salmon

Carbohydrate – Wholemeal Flour