

Soda Bread (with yoghurt)

INGREDIENTS

- 250g white bread flour
- 250g wholemeal or rye or spelt flour
- 100g porridge oats
- 2tsp bicarbonate of soda
- 500ml natural yoghurt

EQUIPMENT

- Measuring scales
- Large bowl
- Mixing spoon
- Teaspoon
- Baking tray
- Sharp knife



HOW TO MAKE IT

1. Preheat the oven to 200C/gas 6/fan 180C and dust your surface with flour.
2. Mix the dry ingredients into a large bowl. Make a hole in the middle of your flour mix.
3. Spoon the yoghurt into the dry ingredients. Gently bring the dough together with a spoon.
4. Shape it into a flat round loaf measuring around 20cm in diameter.
5. Put the loaf on a baking tray and score a deep cross in the top. (Traditionally, this lets the fairies out, but it also helps the bread to cook through.) Bake for 30-35 minutes. Until the bottom of the loaf sounds hollow when tapped. If it is not ready after this time, turn it upside down and bake for a few more minutes.
6. Transfer to a wire rack and leave to cool.

Tip: You can add mixed seeds to the flour mix before adding the yoghurt