

Gran's soda bread

Preparation time: 10 minutes, cooking time 50 - 60 minutes

Ingredients:

- 450g coarse wholemeal flour
- 50g oats
- Large handful seeds – whatever you have
- 1 tsp salt
- 1 tsp bread soda (also called baking soda / bicarbonate of soda)
- 450ml buttermilk (or milk with squeeze lemon juice)
- ½ tbsp treacle / molasses / honey (optional)
- 1 egg (optional but recommended)

Directions:

- Preheat the oven to 200C, prepare a greased baking sheet and gather ingredients
- When oven is ready, place the flour, oats, seeds, salt and baking soda in a mixing bowl and mix to combine and make a well in the middle
- In a separate jug or bowl, mix the buttermilk, treacle and egg if using and pour into the dry mixture
- Stir together with a wooden spoon or mix with your hands until you have a soft and sticky dough. Do not overwork
- Form the dough into a round shape on your lined baking tray, cut a deep cross into the top (traditionally done to ward off the devil, this ancient tradition also helps the bread to bake) and bake in the oven for 50 – 60 minutes
- Check the bread after 50 minutes by briefly removing it from the oven and tapping the underside. If it sounds hollow it is done
- Allow to cool and enjoy or slice and freeze on the day you made it

For a lighter but less healthy version, replace 150g wholemeal flour with white flour. We love Dunany coarse wholegrain flour. from Co. Louth