

Soda Bread Recipe

What you need:

- 450g/1lb Cream Plain Flour
- 1 level teaspoon Bread Soda
- 1 level teaspoon Cream of Tartar
- Good pinch of Salt
- 1 tablespoon Shamrock Golden Caster Sugar (optional)
- 25g/1oz Butter or Margarine
- 300ml/½pt Buttermilk or Sour Milk

How to:

1. Sieve flour, bread soda, cream of tartar and salt into a bowl. Add sugar if used.
2. Rub in the butter/margarine to resemble breadcrumbs, lifting mixture with fingertips to introduce air to the dough.
3. Add milk and mix to make a soft dough.
4. Turn onto a lightly floured board and knead a little.
5. Turn the smooth side up and shape into a round. Place the dough on a floured tin.
6. Cut a cross over the top.
7. Bake in a preheated oven at 200°C/400°F/Gas 5-6 for 40-45 minutes.
8. When baked the underneath should have a hollow sound when tapped.
9. Cool on a wire tray. Cover with a dry tea towel to give a soft crust.

