

Bread + Shortbread @ 5pm Sat 22/08/2020

Very Easy Soda Bread

This is as the title says very easy to make but so very tasty. Don't be put off when I say make up the 2nd 250gms of flour with such things as oat bran, wheat germ, spelt flour, rolled oats, you can always just make it with all wholemeal flour. Try and get buttermilk as it makes a good reaction with the soda to make the bread light. Buttermilk is available in supermarkets or farm shops it is usually with the cream. If you're a yogurt maker and strain yogurt to make Greek yogurt the residue from this is buttermilk.

Ingredients

250gms whole meal flour
250gms of wheat germ,
spelt flour, rolled oats, oat
bran or 250gms of wholemeal
flour
500gms dry ingredients in total
2 level tsp bicarbonate of soda
(don't be tempted to heap them,
otherwise the bread will taste of
soda)
2 tsp of salt
1pint butter milk or whole milk

1 Grease and line a 2lb loaf tin or 2x 1lb loaf tins. Pre heat the oven to gas 5 190c 375F

2 Put all the dry ingredients into a large mixing bowl.

3 Add the salt and bicarbonate of soda mix well

4 Mix in the butter milk working quickly as the reaction has started and you don't want to lose the gas that helps the bread to rise.

5 Use extra milk if the batter is too dry, the mixture needs to be a soft paste, (consistency of porridge). It is not going to be kneaded.

6 Pour into the tin or tins up to about 2/3 full

7 Bake in the oven for about 45 -50 minutes but this all depends on your own oven. A sharp knife should come out clean when the bread is ready.

Butter, Jam, cream cheese and smoked Salmon, scrambled egg, have all be created to go with a chunky slice this Soda bread.

Notes:

Parmesan Shortbread

Ingredients

200g self raising flour
150g parmesan cheeses grated
120gms soft butter
Options
1tsp Dried mixed herbs
Good pinch of dried chilli flakes
1tsp chopped parsley
2tsp drained finely chopped
jalapeño peppers.

1 Pre heat oven: Gas 6 200C 400F

2 Blitz the flour butter and cheese in a processor mix until forms a soft ball, or work together using your hand wrap in cling film and chill.

3 When working the mixture together add the addition of your choice or just leave them plain if you wish.

4 Roll out the mixture to 4mm thick and cut out discs using a 4cm cutter. Place on a lined tray bake for 8 minutes or until just turning light golden.

Be gentle with these as they are very delicate but so tasty.

Notes: