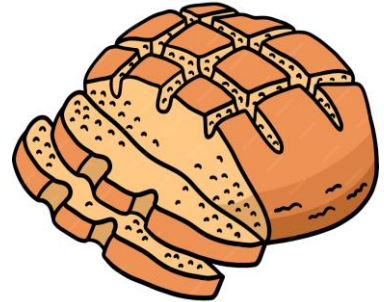


Cooking Kids



INGREDIENTS

- 320 g Plain Flour (sieved)
- 1 tsp Bicarbonate of Soda
- 1 tsp Sea Salt
- 300 ml Buttermilk

Soda Bread

EQUIPMENT

- Bowl
- Metal spoon
- Parchment lined baking tray

Method

- Pre-heat your oven to 200°C (190°C for fan assisted ovens, or Gas Mark 6). Line a baking sheet with a piece of greaseproof paper and set aside.
- Sift the flour, bicarbonate of soda and salt into a large bowl. Make a well into the middle before pouring in the buttermilk.
- Gently stir together, being caution not to mix too vigorously. Once the wet and dry ingredients have started to come together and you can no longer mix with a spoon/spatula, use your hand to form it into a soft, slightly sticky dough.
- Turn the dough onto a well-floured surface and very gently knead it into a loose ball - try not to knead it more than 2-4 turns to do this.
- Gently lift the ball of dough onto your prepared baking sheet. Gently press to flatten a little, before cutting a cross over the top of your soda bread.
- Bake in your pre-heated oven for about 30 minutes, until golden brown.