

SIMPLE SODA BREAD

Makes 1 loaf

240g wholemeal flour
260g plain white flour
1 tsp bicarbonate of soda
1 tsp salt
220ml yoghurt
200ml milk
extra flour for dusting

Preheat the oven to 200°C/400°F/Gas 6. Mix all the dry ingredients together and then gradually add the milk and yoghurt. Mix until the dough comes away from the bowl, the mixture can be quite a wet dough, but try not to add any extra flour at this stage. Dust the work surface with a bit of flour. Remove the dough from the bowl and gently shape your dough into a round, flattening the top slightly with the palm of your hand (lightly sprinkling flour on top of ball of dough can help you to shape it). Get a sharp knife and cut a deep cross into the dough, so its divided into quarters. Place onto a baking tray lined with baking parchment and bake for 30 minutes at 200°C/400°F/Gas 6. The loaf should be golden-brown, and have a hollow sound when tapped on the bottom. Leave to cool for a while on a wire rack. This is best eaten the day you bake it.

This recipe works with both bread and plain flour. If you only have milk, you can make a buttermilk substitute by combining the juice of a lemon with 420ml milk in a jug, and wait for a minute as it magically turns into buttermilk. Use this instead of the milk and yoghurt in the recipe above.