

Make your own soda bread with Mixer



Making soda bread is so easy! This bread is great eaten with a nice warm soup. Why not try it with our leek and potato soup



Equipment: • large mixing bowl • fork • teaspoon • chopping board
• butter knife • baking tray • baking paper • oven gloves • bread knife
Ingredients (serves 4): • 170g self-raising wholemeal flour
• 170g plain flour • ½ teaspoon salt • ½ teaspoon bicarbonate of soda
• 280ml buttermilk • 1 tablespoon semi-skimmed milk (optional)
Preheat the oven to 200°C/400°F/Gas mark 6



Did you know?

Bread, rice, potatoes, pasta and cereals belong to the same group of foods. These foods are a good source of fibre and give your body energy.



1



Put the two types of flour in a large mixing bowl and stir together with a fork. Add the salt and bicarbonate of soda and stir again.

2



Make a hole in the centre and add in the buttermilk, mixing quickly with a fork to make a soft dough. If the dough is too hard, add the milk.

3



Dust some flour on to the table or chopping board. Take the dough out of the mixing bowl. Knead the dough for a few minutes. To knead, press your fist into the dough, then turn it around and do it again. Make the dough into a ball.

4



Line a baking tray with baking paper. Put the dough on the baking tray and flatten it slightly with your hand. Mark an X on the top using a bread knife.

5



Ask an adult to put it in the oven for about 30 minutes until it's golden on the top. Enjoy your soda bread!



Why not make your own buttermilk? Add 1 tablespoon of lemon juice to 280ml of milk. Wait for 15 minutes for the milk to curdle, and your buttermilk is ready!