



Recipe Idea ...

Soda Bread

(with dried fruit)



You will need these ingredients ...

- > 150g (5oz) wholemeal plain flour
- > 125g (6oz) plain flour
- > 2 tsp cream of tartar
- > pinch of salt
- > 1tsp bicarbonate of Soda
- > 50g (2oz) muscovado sugar
- > 25g (10z) butter,
- > 175ml (6 fl oz) warm milk
- > 125g (4 oz) dried fruit (for example; chopped dates, chopped apricots or sultanas)

Now to get started ...

1. Pre-heat oven to 400 °F / 200 °C / Gas Mark 6.
2. Lightly brush baking tray with oil.
3. Mix the flours, salt, cream, bicarbonate, sugar and dried fruit in a mixing bowl.
4. Melt the butter. Add the butter to the flour mixture and slowly add in the milk until the mix is a soft and sticky dough.
5. Knead the dough on a floured surface for one minute until soft and roll out to a 6 inch circle.
6. Place on oiled baking sheet, sprinkle with a little plain flour and bake for 25 minutes until risen and browned.
7. Cover to cool for a soft crust- uncovered for hard crust.

