



WHOLEMEAL SODA BREAD - 1 dough, 3 ways

INGREDIENTS

Wholemeal Flour	300g
Buttermilk	200ml
Baking Powder	1 Teaspoon
Salt	1 Teaspoon
Oats & Seeds	2 Tablespoons

- 1) Alternatively you can divide the dough into golf ball sized pieces, then roll into flatbreads, using a lightly floured rolling pin (or even stretch with your hands)
- 2) Heat a frying pan to a medium-high heat, then cook the rolled flatbreads for 2-3 minutes each side, until you see bubbles forming and golden brown spots.

- 1) Preheat the oven to 180°C
Weigh all the ingredients into a bowl and mix until the dough comes into one big lump.
- 2) Tip dough onto a lightly floured work surface, and knead until smooth and springy.
- 3) Now you can either leave this as one large loaf, or divide dough into 2 medium sized loaves, or 3-4 rolls.
- 4) Cut a cross into the top of the dough, about half way down the thickness, then place onto an oven tray lined with baking paper.
Leave to rest for 5 minutes then bake in the pre-heated oven at for the following :
Buns/Rolls 20 - 25 minutes
Large Loaf 25-30 minutes
Large Loaf 30-35 minutes
- 5) The bread should have a golden crust and sound hollow when tapped - leave to cool then enjoy!