

Homemade Soda Bread

Bialik College Kitchen Garden Program



Ingredients:

- 1 ½ cups Wholemeal Flour
- 1 ½ cups Plain Flour
- 1 ½ cups milk
- 1 handful of oats
- 1 teaspoon salt
- 1 teaspoon honey
- 2 teaspoons Bicarbonate of soda
- Olive oil, melted butter or beaten egg, for brushing
- Extra oats or seeds, for garish

Equipment:

- Metric measuring cups and spoons
- Large mixing bowl
- Wooden spoon
- Baking tray
- Cook's Knife

Method:

1. Preheat oven to 200C.
2. Place flour, milk, oats, salt, honey and bicarbonate of soda in your mixing bowl and to stir slowly to combine.
3. Once combine, tip mixture onto a floured bench top. Gently knead for 2 minutes, or until it comes together and is smooth. (It is a slightly wet dough, so sprinkle with flour as needed).
4. Shape into a round loaf, flatten top slightly and place onto a floured baking tray.
5. Brush your loaf with a little olive oil, melted butter or beaten egg.
6. Sprinkle top with oats or seeds and then cut $\frac{3}{4}$ way through into quarters.
7. Bake for 20 minutes in 200C oven until golden brown and crisp on the bottom.
8. All to cool for 10 minutes and then enjoy!