

Irish Brown Soda Bread w. Cheese & Honey



(1 loaf Servings / 15 min Prep Time / 1 hr Total Time)

Ingredients:

450g / 1 lb / 4 cups wholemeal (whole-wheat) Flour
175g / 6 oz / 1.5 cup plain (all-purpose) Flour
7.5ml / 1.5 tsp bicarbonate of soda (Baking Soda)
5ml / 1 tsp salt
450ml / 2 cups Butter Milk

Directions:

Preheat oven to 400° F
Grease a baking sheet
Combine the dry ingredients in a mixing bowl and stir in enough buttermilk to make a fairly soft dough.
Turn on to a work surface dusted with wholemeal flour and knead lightly until smooth
Form the dough into a circle about 1.5 inches thick.
Lay on the baking sheet and mark a deep cross in the top with a floured knife
Bake for about 45min or until the bread is browned and sounds hollow when tapped on the base.
Cool on a wire rack if a soft crust is preferred.
Wrap the bread in a clean dish towel while cooling

NOTE: Soda bread is best eaten on the day of baking. Should cool for several hours.