

SODA BREAD



Ingredients (makes one 1 kg loaf):

350 g whole meal flour, preferably coarse

150 g wheat flour

15 g bran

1 1/2 tsp baking soda

Pinch of salt

1 tbsp honey

3 cups cultured buttermilk

Preparation:

1. Preheat the oven to 200° C.
2. Stir all the dry ingredients together.
3. Add the honey and pour in the buttermilk and stir to achieve a good dropping consistency.
4. Pour into a well-greased loaf tin and bake for approximately 1 hour.
5. Turn out onto a wire rack and cool.