

Family Recipes



Soda Bread

350g (12oz) Strong bread flour
50g (2oz) medium oatmeal
7.5ml (1.5 tsp) bicarbonate of soda
7.5ml (1.5 tsp) cream of tartar
pinch of salt
tablespoon of olive oil
200ml (7fl oz) milk
1 tablespoon of pumpkin seed
2 tablespoons of yogurt or 30ml (2 tbsp) lemon juice

First thoroughly mix all the dry ingredients in a large bowl then add all the wet and mix until a soft dough is formed.

Pat the dough into an 18cm (7 inch) round (or what shape you wish) and brush with a little milk and sprinkle with oatmeal if desired.

Bake in the oven at 220 C(427 F) Gas mark 7 for about 30 mins. Serve warm.

