

Irish Soda Bread Recipe

350g whole wheat flour
150g all-purpose flour
1 tbsp wheat bran
2 tsp baking powder
80g whole oats
1 tsp baking soda
2 tsp of salt
1 tbsp of brown sugar
200g water
250ml buttermilk
2 tbsp of oil (sunflower/canola)



Bake for 40 mins at 200°C.

This recipe makes one 800g (approx.) loaf.

This bread lasts 4-5 days and is best toasted after a day or so. It is often paired with soups, chowder, cooked breakfasts, stews, smoked salmon or simply with some butter, jam or honey.

The recipe is very versatile and can be adjusted depending on your taste. Many recipes include an egg and butter instead of oil to give a richer flavour; or just use buttermilk and no water. You can also use honey/molasses instead of brown sugar. As long as the ratio of wet to dry ingredients is roughly correct, you're on to a winner!

This bread is so simple to make, costs less than 2 dollars per loaf and is an all-round healthier option. Happy baking!!