

Irish Soda Bread

- 575g/ 1lb 4oz plain flour
- 5 ml / 1tsp bicarbonate of soda
- 5 ml / 1 tsp salt
- 300ml / ½ buttermilk **or** soured milk **or** fresh milk
- 5 ml / 1 tsp cream of tartar if using fresh milk
- butter or oil for greasing

1. Preheat the oven to 190C / 350F / gas mark 5.
2. Grease a baking sheet.
3. Mix all dry ingredients in a bowl.
4. Make a well in the centre.
5. Add enough milk to make a fairly slack dough [almost all at once].
6. Mix with a wooden spoon, lightly and quickly.
7. With floured hands, put the mixture on a lightly floured surface.
8. Flatten the dough into a round about 2.5cm/1 inch thick.
9. Turn onto the greased baking sheet and make a large cross in the surface with a floured knife to help it cook through evenly.
10. Bake for about 40 minutes. Pierce the centre with a thin skewer – it should come out clean.