



## FREUCHIE SODA BREAD

### Ingredients – to make two small loaves

*150g white spelt flour  
150g wholemeal spelt flour  
50g medium oatmeal  
20g butter  
6g bicarbonate of soda  
8g fine sea salt*

*6g soft brown sugar  
200g buttermilk, lukewarm  
200g whole milk lukewarm  
medium oatmeal to dust the baking tins and the top of the loaves.*

### Method – preparation 20 minutes, baking 45 minutes

Preheat the oven to 210°C

Lightly oil two small bread tins and dust them liberally with extra **plain flour** then add **medium oatmeal** to cover the base of the tin.

Tear a sheet of aluminium foil to fold over the top of each tin, and leave to one side.

In a large bowl, mix the **spelt flour** and **plain white** with the **oatmeal**, then rub in the **butter** until the lumps have disappeared and the fat is evenly distributed.

Mix in the **bicarbonate of soda** and **salt**.

In another bowl, mix the **sugar**, **buttermilk** and **milk**, then warm it up if necessary eg if the flour is cold or the milk and buttermilk are straight from the fridge.

Before adding the liquid to the flours, make sure the oven is up to temperature, the shelves are at the right height, the tins are prepared, and the shaped tinfoil is to hand.

Add the liquid and mix making sure all of the dry ingredients are mixed evenly through the liquid. Work quickly because the soda will react with the acid buttermilk as soon as they make contact, and you will need all of the gas produced to lift the loaf.

Scrape the dough into the tins and sprinkle **oatmeal** on top. Pat the dough down lightly so it sits in an even layer then cover the top of the tins with foil.

Bake for 20 minutes, then remove the foil and bake for a further 25 minutes. Leave to cool in the tin for a minute, then tip out on to a wire rack.

This bread does not keep for long. It is best served warm straight from the oven with butter, jam or soft cheese.