



FREUCHIE SODA BREAD

Ingredients – to make two (one) small loaves

150g (75g) plain white or spelt flour
150g (75g) wholemeal spelt or
wholemeal flour
50g (25g) medium oatmeal
20g (10g) butter
6g (3g) bicarbonate of soda
8g (4g) fine sea salt

6g (3g) soft brown sugar
200g (100g) buttermilk, lukewarm
200g (100g) 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 (one) 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 or wholemeal 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.