

Irish Brown Soda Bread



240 g wholemeal flour
70 g white flour
40 g bran
40 g wheatgerm
1 tsp bicarbonate of soda
1 tsp salt
1 egg
15 g black treacle

30 ml water
285 ml buttermilk
jumbo rolled oat flakes
(optional)

Place flours, bran, wheatgerm, salt and bicarbonate of soda in large bowl. In another bowl gently beat the egg with the buttermilk. Dissolve the black treacle in the water and add to the egg milk mix. Add the wet mix to the dry mix. Stir to incorporate to a wet sticky dough.

Line a 2lb loaf tin with baking parchment. Add the wet dough and tap the tin on the worktop to make sure there are no air holes.

Flatten the top of the bread dough. Score a line on the surface along the length of the loaf to allow for expansion. You can brush the surface with a beaten egg to get a richer colour or you can scatter the surface with some oat flakes. Or not.

Place in a pre-heated oven, cook for 50 mins at 170°C then test if cooked by inserting a knife. If it comes out clean the bread is cooked. Alternatively the bread is ready if the base sounds hollow when tapped. Turn off the heat.

Remove the loaf from the tin and turn it over and place back in the tin. Leave back in the oven for 5 mins. Remove and cool on a wire tray or for a softer crust wrap in a clean tea towel.

