



# GEORGE'S IRISH SODA BREAD

George Hassall is the RHS Young Ambassador. He helps to run a Big Soup Share several times a year at his local community group, Operation Farm in Greater Manchester. Here's George's favourite soup accompaniment, why not give it a go?

"I absolutely love dunking a big wedge of warm soda bread into a hot soup. It's the perfect meal after a cold day working out in the garden."

**SERVES** 4

**PREP** 15 mins

**COOK** 30 mins

## EQUIPMENT

1 large pot / 1 peeler / 1 or 2 chopping boards / wooden spoon for stirring / large fork / baking sheet

## INGREDIENTS

170g self-raising wholemeal flour

170g plain flour

½ tsp salt

½ tsp bicarbonate of soda

280ml buttermilk

## METHOD

1. Preheat the oven to 200C/gas mark 6.
2. Tip the flours, salt and bicarbonate of soda into a large mixing bowl and stir.
3. Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough (depending on the absorbency of the flour, you may need to add a little milk if the dough seems too stiff but it should not be too wet or sticky.)
4. Turn the dough out onto a lightly floured surface and knead briefly.
5. Form the dough into a round and flatten slightly before placing on a lightly floured baking sheet.
6. Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack.

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