

Soda Bread

With Herb Butter

Type: **Serves:** **Recipe source:** Stephanie Alexander Cooking with Kids

Ingredients and Technique: Wholemeal and Plain Flour – making dough

Cooks Notes: Soda Bread is an Irish bread (a bit like Australian Damper) which is usually baked in a round loaf with scores across top to let the dough expand. The dough in this recipe is cut into smaller shapes to speed the cooking process. In earlier times, before ovens were commonplace, cake was routinely made in deep, lidded iron casseroles, hanging over the open fire or sitting right in it. Can be topped with sweet toppings such as syrup, jam or as here savoury butter.

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| <p>EQUIPMENT:</p> <p>Scales Bowls 1 small yellow and 1 large red Sieve or sifter Metric measuring spoons and cups Fork 2 Cookie Baking Trays Baking paper Pastry brush Cooks knife Table knife Chopping board Wire rack Tea towel</p> <p>TO SERVE:</p> <p>3 long rectangle platters 3 small tongs</p> | <p>INGREDIENTS:</p> <p>500g plain flour 400g wholemeal flour 2 teaspoons salt 2 teaspoons bicarbonate of soda(baking soda) 2 2/3 cups buttermilk</p> <p>Herb Butter 150g butter 10 parsley stalks 10 chives 10 oregano springs</p> |
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What to do:

1. Preheat the oven to 230 degrees Celsius. Weigh the butter needed for the herb butter and set aside in small bowl to come to room temperature and soften.
2. Sieve the two types of flour along with the salt and bicarbonate soda into the large red bowl
3. Make a well in the centre of the dry ingredients and then pour in the buttermilk
4. Mix quickly with a fork and then when starts to form a dough and hard to stir mix with your hand.
5. Dust your stainless steel bench with flour and tip dough out of bowl onto it.
6. Knead the dough briefly then divide dough in half.
7. Flatten each dough ball to form a circle about 3cm high then using cookie cutter cut small shapes onto floured baking trays. Repeat this step until all dough is used.

8. Brush with some extra buttermilk and bake for 15 -20 min or until golden on the outside. Make herb butter whilst bread is baking
9. Rinse the herbs and dry by rolling in a tea towel
10. Pick out any slimy damaged leaves or hard stem and put these into compost bucket
11. Set out the chopping board and chop herbs finely
12. Add to the bowl with the butter and work the herbs into the butter using a fork until evenly mixed
13. Place a double sheet of baking paper on the bench and spoon on the herb butter.
14. Roll baking paper up into a tight small sausage twisting the end like a lolly wrapper to secure. Place roll into the refrigerator to firm up until bread is cooked.
15. Remove the bread from oven. Tap the buns and if they sound hollow they are cooked. Divide onto 3 serving plates
16. Remove herb butter from fridge and cut into thin slices and put some alongside each plate of buns.