

## RICHARD CORRIGAN'S FAMILY SODA BREAD RECIPE

*Makes one large loaf*

250g plain flour  
10g salt  
15g sodium bicarbonate  
150g whole meal flour  
150g jumbo oat flakes  
1 tbsp clear honey  
1 tbsp black treacle  
500ml buttermilk

### *Method*

1. Pre-heat the oven to 200C/ gas mark 6 and line a baking sheet with baking parchment.
2. Combine all of the dry ingredients together in a bowl. Make a well in the centre, then mix in the honey, treacle and buttermilk, working everything together lightly with your hands until you have a loose, wet dough.
3. Flour your hands and shape the dough into a round and lift it onto the lined baking sheet. Cut a cross in the top (as the loaf cooks this will help to separate it into quarters). Put it into the oven and bake for about 45 minutes or until the loaf sounds hollow when you tap the base with your knuckles.
4. Put it onto a wire rack, cover with a damp cloth and leave to cool. Don't even think of putting dairy spread on it. This bread needs and deserves butter.