
HARPER & BLOHM

CHEESE SHOP

Ian's Irish Soda Bread Recipe

An essential for St Patrick's Day is fresh buttered Irish Soda Bread and we think it's too good to enjoy only once a year. Soda bread is ideal for first time bread bakers and those who don't have two days to wait for a loaf of sourdough. The blend of plain and wholemeal flours as well as the addition of rolled oats lends it a slightly coarse, nubby texture and rustic flavour that just screams Felicity Kendal in *The Good Life*. Don't be tempted to skimp on the buttermilk as its acidity is required to kickstart the bicarb soda, giving the whole thing its lift. Salt and honey work to round out the palate without overwhelming in taste.

Soda bread requires no proving or kneading. In fact, it only requires light handling and comes together in just a few minutes. It is as good with smoked fish as it is with cheese. We love it simply served warm with lashings of your best butter.

Ingredients

- 120 gm plain flour
- 185 gm wholemeal flour
- 40gm rolled oats (plus more to sprinkle on top)
- $\frac{3}{4}$ tsp salt
- $\frac{3}{4}$ teaspoon bicarb soda
- 270 gm buttermilk
- 1 tablespoon honey
- 25gm butter - melted

Method

1. Preheat oven at 180C.
2. Thoroughly combine both flours, salt and bicarb soda before stirring in the oats.
3. In a separate bowl stir together the buttermilk and honey (warm a little for easy blending).
4. Add the wet ingredients to the dry.
5. Lightly bring the dough together with a fork but don't over mix. At this stage, it can look a little lumpy or unattractive but trust us, it'll look the part once baked.
6. Turn the dough out onto a lightly floured surface and shape into a round.
7. Place on a baking paper-lined tray. With a sharp knife, score a cross in the top then sprinkle with extra oats.
8. Bake at 180C for 45 mins or until ready. When cooked, it should sound hollow when tapped on the base.
9. Remove from the oven then brush the top and sides liberally with melted butter.
10. Leave to cool for about 10 mins (if you can wait that long) before cutting. Eat with lashings of butter, thick enough to leave teeth marks.

Goes well with

- Cashel Blue, Caramelised Fig & Quince Jam and Pennyweight Gold
- Smoked fish and Traclements Horseradish Cream
- Lots of butter and Four Pillars Orange Marmalade