



Simple Soda Bread



Ingredients

- 2 tbsp white vinegar
- 500ml milk
- 650g plain flour
- 1 ½ tsp baking soda
- 1 tsp sea salt
- 1 ½ tsp sugar

Equipment

- jug
- mixing bowl
- fork
- sharp knife
- baking paper
- baking tray

Method

1. Preheat the oven to 200°C.
2. Measure the milk into to a jug. Add the vinegar to the jug with the milk. Place the jug to the side for a few minutes for the milk to sour.
3. Combine the flour, baking soda, salt and sugar in a large mixing bowl. Stir to distribute the dry ingredients thoroughly.
4. Make a well in the centre of the dry ingredients and pour in the soured milk. Mix lightly with a fork until the dough comes together.
5. Lightly flour a surface and tip the dough onto the floured surface. Flour your hands and gently knead the dough for a short time, about 20 seconds.
6. Split the dough into six equal pieces and gently shape the pieces into round bread roll shapes.
7. Use a sharp knife to cut a deep cross into the top of each loaf. This will allow the bread to rise. Tip: this will need to be done by an adult for safety.
8. Place in the oven and bake for about 20 minutes.
9. Cool on a rack and serve.

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.