

darina allen's brown soda bread

400g (14oz) wholemeal flour (about 3 cups)

75g (3oz) plain white flour, (Darina specifies unbleached if you can get it) (about 3/4 cup)

1 tsp salt, (Darina specifies dairy salt, which is finer, but I used regular old table salt.)

1 level tsp bicarbonate of soda, sieved (baking soda)

1 egg

1 tbsp sunflower oil (I used canola oil)

1 teaspoon honey (or treacle or soft brown sugar)

425ml (3/4 pint) buttermilk (or add 2 tbsp of lemon juice to 600 ml (1 pint) milk

Method

Grease a loaf tin (I used 9x5x3) with vegetable oil. Preheat the oven to 200°C (gas mark 6). (about 400 degrees Fahrenheit)

Put the flours, salt and bicarbonate of soda into a bowl and mix well. Make a well in the centre ready for the wet ingredients.

Whisk the egg and add it to the oil, honey (or treacle or sugar), and the buttermilk (or lemon juice/milk mixture).

Pour the wet ingredients into the dry ingredients and using your clean hands mix well. The dough should be very sticky, Darina describes it as 'soft and slightly sloppy', if it's not add more buttermilk. Pour into the loaf tin and bake for about 1 hour.

To test take it out of its tin and tap the bottom, if it's cooked it will sound hollow.

Allow to cool before eating if you can manage it.