



Soda Bread

Soda bread is a traditional Irish bread that is made in minutes. It uses bicarbonate of soda and cream of tartar, in place of yeast, so it requires no proving time. It can be flavoured to be sweet or savoury, but it is just as good if left plain.

Before starting pre-heat the oven to 200°C/400°F/Gas Mark 6 and lightly grease a baking tray.

Ingredients

A packet of JUVELA Gluten Free Fibre Mix
Bicarbonate of soda
Lemon Juice 2 tbsp
Sour Milk 350ml (14 flozs)
Cream of Tartar 1tsp

Method

1. Pour the whole packet of JUVELA Gluten Free Fibre Mix into a bowl.
2. Stir in 1 tsp of bicarbonate of soda and 1 tsp of cream of tartar.
3. Now add 2 tbsp of lemon juice to 350ml of milk to sour it. Gradually adding the sour milk into the mix, to form a soft but not sticky dough.
4. Knead the dough until smooth, on a surface lightly dusted with the mix.
5. Make into a round shape and place onto the tray. Cut a shallow cross on the top, with a sharp knife and bake in the pre-heated oven for 45 - 50 minutes.

Flavoured variations

The amount of milk may need to be reduced when additional wet ingredients are added, these additional ingredients need to be added before the sour milk.

Sun Dried Tomato - add 150g (6oz) of sun dried tomatoes, drained and chopped.

Marmalade - add 50g (2oz) of soft brown sugar and 6tbsp of softened

marmalade.