

Soda Bread.

1lb of strong wholemeal flower

½ lb of strong white flour

One teaspoon of salt

One teaspoon of sugar

One heaped teaspoon of bicarbonate of soda

One heaped teaspoon of cream of tartar

16 fl ozs of milk with a tablespoon of plain yogurt .

Sift all dry items except the wholemeal flour into a bowl. When mixed add the wholemeal flour and mix thoroughly. Make a well and add the milk and yogurt and bring together to form a dough. Knead for a short time only to form a ball and then place onto a baking tray which has been lined with baking paper.

Place into a hot oven 200c (mark 6) for thirty five mins. Remove from oven turn over the loaf and finish in the oven for five mins.

Cover loaf with damp cloth turn on its side and allow to cool