

Tomato and basil soda bread

Serves 10

450g plain white flour

1tsp salt

1tsp bicarbonate soda

50g sun dried tomatoes, chopped

large handful fresh basil, chopped

400ml buttermilk

- 1** Preheat the oven to 250°C/gas mark 9 (200°C for fan oven).
- 2** Sieve all the dry ingredients into a bowl. Add the tomatoes and basil.
- 3** Make a well in the centre and pour in the buttermilk. Stir until the mixture forms into a dough. The dough should be soft, but not too wet or sticky.
- 4** Turn the dough out onto a floured surface. Shape the dough into a round that is approximately 4cm deep.
- 5** Transfer to a floured baking tray and cut a deep cross into the soda. Prick the centre of each quarter.
- 6** Bake for 15 minutes, then reduce the heat to 200°C/gas mark 6 (180°C for fan oven) for 30 minutes or until the crust is golden brown.

Fat	3g	Carbs	37g	Energy	194kcal
Protein	6g	Sodium	.2g	Fibre	2g

