

SODA BREAD WITH SEEDS AND SPICES



Irish soda bread is one of the easiest and fastest breads to make and, let's be honest here, who doesn't love homemade bread, right? I've yet to meet them. This bread requires no yeast or proving and can be enjoyed in less than an hour. You can leave it plain or add whatever you want to it, really, and it'll always be scrumptious and filling. Being a lover of seeds and spices, I started adding whatever I had in my cupboards and the family LOVED it! So, this is how I now make my soda bread. Enjoy it with a heart-warming soup or with salted butter; mouth-watering yumminess all round! *(Now, I have to have some!)*

Yields:

9-12 servings

Prep. Time:

0 hours **5** minutes

Cook Time:

0 hours **30-45** minutes

Total Time:

0 hours **30-50** minutes



Can be frozen up to **3** months



Suitable from **12-14** months, and cut the bread into small bites



Suitable for vegans



Suitable for vegetarians

INGREDIENTS

- 500g flour of your choice, and a little for dusting on top
- 500ml buttermilk or vegan substitute
- 1 tsp bicarbonate of soda
- 1 tsp salt
- 1 tsp turmeric
- ½ tsp chili powder
- ½ tsp black pepper
- 90g pumpkin seeds
- 90g sunflower seeds
- 60g poppy seeds
- 90g chia seeds
- 60g black sesame seeds

- 60g sesame seeds
- 90g ground flaxseeds
- 1 large pinch dried oregano
- A pinch of sea salt flakes on top (optional)

METHOD

1. Preheat oven at 180C (356F).
2. In a large bowl, mix all your dry ingredients, seeds and spices well.
3. Add the buttermilk and stir.
4. This will create a very sticky dough. This is normal and what you want.
5. Place the dough on a tray and form the shape of loaf you prefer.
6. Sprinkle a sea salt flakes on top.
7. Dust the loaf with some flour.
8. Mark it in squares with a sharp knife, cutting almost right through the bread, but not quite – it should be a deep cut, but shouldn't separate the bread into portions.
9. Bake for about 20-25' on the lowest shelf in the oven, then take out and flip the bread over.
10. Bake for another 10' on the lowest placement, then flip again.
11. This time, place the tray in the middle of the oven, and bake for 10' or so minutes.
12. Remove from the oven, set it over a cooking rack and enjoy!
13. You can freeze soda bread for up to 3 months.
14. To do this, make sure the bread is completely cooled down.
15. Then, wrap it firmly with some silver foil. You can even double-wrap it, making sure there are no air pockets.
16. Place in an air-tight container, label and freeze.
17. To defrost, allow it to defrost in the fridge overnight. Don't rush this step. Give this delicious bread the time it needs to do its thaaang...otherwise, if you try to speed up the process, it will alter the taste and texture, and you definitely don't want to change a thing! This bread is perfect just as it is!
18. Once defrosted properly, you can eat cold, as is, or warm it in the oven.
19. Next step, enjoy this super quick and easy bread! YUM!



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