

PLUCKLEY AND EGERTON GARDEN SOCIETY

CLASS 62

OPTIONAL RECIPE FOR SEEDY SODA BREAD

Makes 1 loaf

Ingredients

225g wholemeal flour, plus extra for dusting

225g plain flour

1 tsp caster sugar

1 tsp bicarbonate of soda

½ tsp sea salt flakes

2 tbsp sunflower seeds

1 tbsp pumpkin seeds

200g natural yoghurt

200ml milk

2 tsp rolled oats

Method

1. Preheat the oven to 200C/gas 6.
2. Place a lidded casserole dish in the oven to warm.
3. Place all the dry ingredients in a large bowl and mix together.
4. Add the yoghurt and milk and combine to make a soft, pliable dough.
5. Working quickly, shape into a round loaf and carefully place in the hot casserole, topping with a little more flour.
6. Using a sharp knife, score the top with a cross and scatter with the oats.
7. Replace the lid and bake for 20 min, then remove the lid and bake for a further 5 min until nutty brown.
8. When the bread is cooked, it should sound hollow when tapped on the base. Turn out and leave to cool slightly before eating.