



## Quick and Easy Soda Bread Using Moulin de Quétivel Flour

### INGREDIENTS:

- 350g Moulin de Quetivel wholewheat flour (or a mixture of plain flour and wholewheat, rye or spelt flour), plus extra for dusting
- 1½ teaspoons bicarbonate of soda
- 1 teaspoon salt
- 280ml buttermilk (or whole milk mixed with 1 tablespoon lemon juice)

### OPTIONAL EXTRAS:

- 50g seeds: pumpkin, sunflower, sesame or poppy (or a mixture)

### METHOD:

1. Pre-heat the oven to 220°C.
2. In a large bowl, combine the flour, bicarbonate of soda and salt, and mix well together.
3. Stir in the seeds (if using) - saving a few to sprinkle on top.
4. Make a well in the middle and pour in the buttermilk.
5. Working quickly, stir until the mixture comes together to form a dough.
6. Form into a ball, then put on a floured baking sheet.
7. Make 2 deep cuts into the surface to make a cross.
8. Sprinkle with more seeds (if using) and dust with flour.
9. Bake for 30 minutes or until the loaf is golden brown on top and sounds hollow when tapped underneath. Serve with a summery salad or a bowl of soup.