

Soda Bread

With Candied Fruit

Ingredients:

- 350 grams all purpose flour (2 and 1/2 cups)
- 1 and 1/2 tsps salt
- 1 tsp baking soda
- 285 ml buttermilk (9.6 oz)
- 1/2 cup of chopped Paradise Candied

Directions:

Preheat the oven to 350 degrees

Dust your baking sheet with a bit of flour.

Mix all the dry ingredients together well, then add in the buttermilk and chopped candied fruit.

Stir it all together into a ball of dough. If you need to add extra buttermilk, or a bit of flour do so.

Knead the dough a bit to form a good sized ball.

Put it on the baking sheet and cut a deep cross through it, almost cutting all the way through the dough. This allows a proper bake so that the dough can stretch and expand. However, if you ask the Irish, traditionally it was to warn the Devil to keep his mitts off the bread, as well as the house, and all who live it it.

I usually dust the top of the dough with a bit of flour before it goes in to bake.

Bake for 30 minutes.

Take the dough out and enjoy your soda bread with a nice mug of hot tea or coffee.

