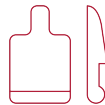




Irish Soda Bread



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 35 MINUTES



SERVES: 1 LARGE LOAF

Ingredients

- 2 cups wholemeal flour
- 1 ½ cups plain flour
- 1 ½ tsps salt
- ½ tsp pepper
- 1 tsp bi carb soda
- 1/3 cup grated Parmesan cheese
- 1 cup grated tasty cheese
- 1 ¼ cup milk
- 250g natural yoghurt
- 3 tsp pepita seeds
- 3 tsp sunflower seeds
- 2 tsp sesame seeds

Method

Place the flour, salt, pepper & bi carb soda in a bowl. Add the cheese & mix well to combine the ingredients. Combine the milk & the yogurt & mix well. Reserve approximately one tablespoon of this mix to glaze the loaf.

Preheat oven Bread Baking to 220°C with a high level of steam (see note if you do not have a steam oven) and line the universal pan with baking paper. Make a well in the centre of the flour mix and add the remaining milk and yogurt mixture. Mix well to just combine and form a soft dough.

Place the dough on a lightly floured surface and knead gently to form a smooth ball. Be careful not to over work the dough. Place the dough onto the prepared tray and cut a cross into the top of the dough, cutting approximately two thirds of the way down into the loaf. Glaze with the reserved milk and yogurt mix. Combine the seeds and sprinkle over the loaf.

Insert the temperature probe horizontally through the loaf (see note). Cook on shelf position 3 and set the core temperature to 94°C. Set the oven timer for 10 minutes then reduce the oven temperature to 190°C and reduce the steam to a medium level. Continue cooking until the probe registers the set temperature.

Notes

The Soda Bread will take approximately 30 minutes to cook if you are not using a probe. If you are not using VarioSteam keep to the same temperatures as suggested in the recipe.

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