

# Soda bread rolls

Soda bread is a type of quick bread recipe that's popular in Ireland. Mr Boot taught Poppy and Sam this recipe, and showed them how to snip the top of the bread. Stories say this is to let out any fairies stuck in the dough.



**1** Heat the oven to 180°C (160°C for fan oven) or gas mark 4. Sprinkle a little flour on the tray.

**2** Sift both types of flour into a large bowl. Add the oats, salt and bicarbonate of soda.



**3** Put the lemon juice, milk and oil in a jug. Mix well.



**4** Pour the liquid into the big bowl. Stir it in.



**5** Use your hands to pat and squash the mixture into a ball.

To make this recipe dairy-free, vegan or gluten-free, follow the instructions on page 32.

Makes 8

## Ingredients

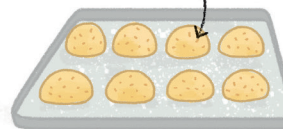
- 175g (6oz) plain flour (plus extra for sprinkling)
- 175g (6oz) wholemeal flour
- 65g (1½oz) rolled oats (plus extra for sprinkling)
- 1 teaspoon of salt
- 1 teaspoon of bicarbonate of soda
- 275ml (1¼ pints) milk or plant-based 'milk'
- 1 tablespoon of lemon juice
- 2 tablespoons of sunflower oil or other light cooking oil
- a little water for brushing

You will also need a baking tray.



**6** Sprinkle a little flour on a clean surface. Put the ball on the surface.

Space them out well.

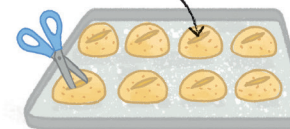


**8** Put the balls on the tray. Press each one slightly, to flatten it a little.



**7** Divide the ball into 8 equal pieces. Roll each piece into a ball.

Do this on each ball.



**9** Use scissors to snip a line across the top of a ball.



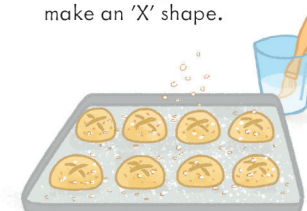
## Variations

If you don't have any lemon juice, you can use white wine vinegar instead.



Snip an 'X' on each ball.

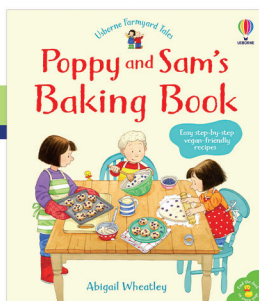
**10** Then, make two more snips, to make an 'X' shape.



**11** Brush a little water over the top of each one, then sprinkle on some oats.



**12** Bake for 20-25 mins. Leave on the tray to cool completely.



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