

TASTE WITHOUT WASTE

Rosemary & Sultana Soda Bread

Makes one small loaf.

Ingredients

125g plain flour
125g spelt flour
½ tsp fine sea salt
½ tsp bicarbonate of soda
1 tsp finely chopped rosemary
75g sultanas
150ml natural yoghurt
100ml milk

Method

Preheat oven to 200C. Line a small baking tray with baking paper.

Sift together the flours, salt and bicarbonate of soda into a mixing bowl. Stir through the sultanas and chopped rosemary. Make a small well in the centre of the dry mixture.

In a small bowl whisk together the yoghurt and milk until no lumps remain. Tip into the well and use a butter knife to combine with the dry ingredients. 'Chop' and mix until the dough just comes together in a sticky-scone-like consistency.

Use a spatula to scrape the dough onto the centre of the baking sheet. Use floured hands to gently shape it into a fat log or circle. If it's a little rough, that's ok – you don't want to over work the mixture. In this case 'rustic' is what we are aiming for!

Bake for approximately 30 minutes or until the loaf has risen and is golden brown on top. Insert a skewer to check that the middle has cooked through. If it comes out clean, then the bread is done.

Transfer the bread to a wire rack and leave to cool.

Best eaten slightly warm the day it is made. However, it also toasts well on the following day and freezes very well.

Source: Barely adapted from [River Cottage](#).

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