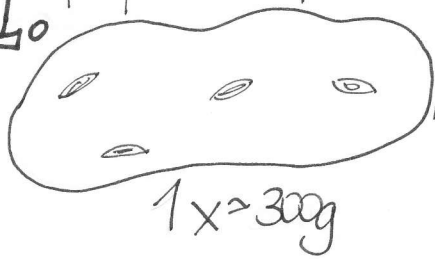
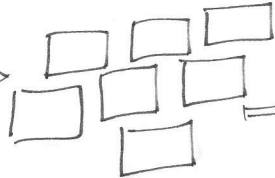


Soda Bread with buckwheat flour, potato & sunflower seeds

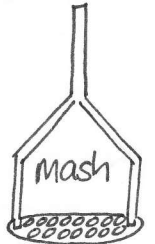
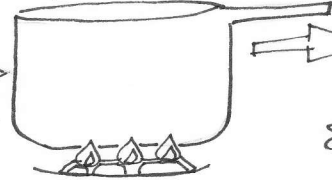
1. prepare the potato



cut into cubes



boil ~ 10 mins til cooked



& set aside to cool

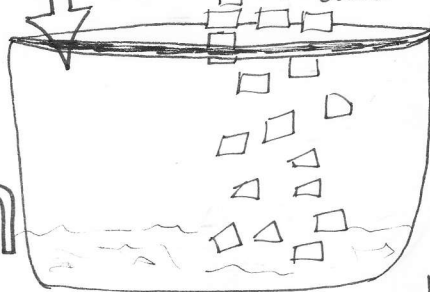


2.

put all dry ingredients into a large bowl



1/3 cups both flours



3. cut

30g butter into small cubes

& rub into flour with your fingers til it's not visible as butter

4. add the

mashed potato & mix thru with your fingers

5.

whisk together 400mls buttermilk & 2 tps honey



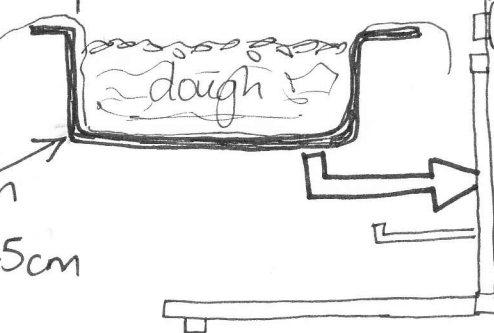
add to dry ingredients & mix gently with a wooden spoon to form a soft sticky dough

6. tip the dough into a lined loaf tin & sprinkle with extra seeds

baking paper

loaf tin

~ 13.5 x 23.5cm



180°C preheat oven to 180°C

00:45

7.

Bake ~ 45 mins til golden on top. Gently remove from tin & leave to cool completely on a cake rack

ps it makes great toast too 😊

pps you can use wholewheat flour & plain flour instead if you want 😊

