

Soda Bread with Red Onions and Rosemary

250g plain flour
250g wholemeal flour
1 tsp salt
1 tsp bicarbonate of soda
1 tsp baking powder
350 - 400mls buttermilk, or sour milk
1 red onion, cut into chunks
A few sprigs of rosemary
olive oil
sea salt

1. Preheat the oven to 200C/180C fan/gas 6
2. Sieve the flours, salt, bicarbonate of soda and baking powder in a large bowl then make a well in the centre. Pour most of the milk in at once then using a spatula mix in the flour from the sides of the bowl, adding more milk if necessary. The dough should be soft but not too wet and sticky.
3. When the dough comes together, turn it out onto a floured board and shape into an 8 inch round then place on a lightly floured baking sheet.
4. Arrange chunks of red onion and rosemary over the top, pressing them down slightly into the dough, then drizzle with olive oil, and sprinkle with sea salt. Bake for about 30-40 minutes or until cooked, the bread should be nice and golden on the bottom.

Tip

If you prefer a stronger Rosemary flavour add some finely chopped sprigs of rosemary to the flour before adding the buttermilk.