

Saltbush soda bread

Saltbush is an Australian native ingredient.

Soda bread is quick to make as it doesn't need to rise.



Makes 1 large loaf.

Ingredients

- 340g wholemeal self-raising flour
- 340g plain flour, plus extra for dusting
- 3 tsp ground dried saltbush leaves*
- 1 tsp bicarb soda
- ½ tsp salt
- 580ml buttermilk
- Olive oil, to drizzle
- Salt flakes, to sprinkle

**Substitute with fresh, finely chopped rosemary leaves if you can't get saltbush.*

Equipment Needed

- Baking tray
- Baking paper
- Mixing bowl
- Fork
- Chopping board and non-slip mat (or damp tea towel)
- Knife
- Scales
- Measuring jug and spoons
- Pastry brush

Note: If buttermilk is unavailable, add 35ml vinegar or lemon juice to 545ml milk. Stir and let stand for 5 mins.

Method

- Preheat oven to 200 degrees.
- Line baking tray with baking paper.
- Place the wholemeal self-raising flour, plain flour, saltbush (or rosemary), bicarb soda, and salt, in a large mixing bowl and stir to combine.
- Make a well in the middle of the dry ingredients and pour in the buttermilk.
- Mix quickly with a fork to form a soft dough. Add a little more buttermilk if the dough is too dry, or a little more flour if the dough is too sticky.
- Turn the dough out onto a lightly floured bench and knead briefly with your hands. *Don't knead too much or the bread will be hard and tough!*
- Form dough into a round loaf and flatten slightly. Place loaf on lined baking tray.
- Cut a cross in the top of the loaf, and brush with olive oil. Sprinkle with a little salt flakes.
- Bake for 45 mins, or until loaf is golden brown and sounds hollow when you knock the bottom.
- Best eaten fresh on the day it is baked!

Don't forget to clean up at home! 😊