

Buckwheat Soda Bread

Food Mood 2018

Crabtree: Art of Nutrition & Wellbeing

Ingredients

- 150 g buckwheat flour
- 150 g rye flour
- 60 g seeds
pumpkin, roasted sesame and or ground flax in any combination you wish
- 100g jumbo oats or pinhead
- 3/4 t finely ground sea salt
- 1 large rounded teaspoon bread soda (bicarbonate)
- 2T bio molasses
- 1 egg, whisked
- 2T olive oil
- 350 ml buttermilk

Preparation

- Preheat oven to 170. Sieve all the dry ingredients together in a bowl
- In a separate bowl mix wet ingredients; molasses, egg, olive oil & buttermilk
TRICK: use the spoon to measure 1 T of oil, then immediately to measure 1 T of molasses, repeat. This keeps the molasses from sticking
- Make a well in the center of the flour. Add 1/2 of the wet ingredients and mix
- Add the rest slowly until you have a sticky, wettish consistency
- Lightly oil/butter a 1 kg loaf tin & line the bottom with parchment
- Transfer the bread mixture to the tin, bake for approximately 45 minutes until browned
- To check bread is ready, use a skewer or a paring knife at the middle of the loaf, if it comes out dry it is done
- At 45 minutes, I usually turn off the oven crack it open with a mitt and leave the bread for another 15 minutes
- Then I take it out and immediately from the tin and let it sit on a wire rack for cooling
OR under a towel on a cutting board
- Know your oven and time accordingly

Serve

- Serve with butter, creamy goat cheese, aged hard cheeses, tahini, pekmez, jam etc as a hearty breakfast
- Serve with a strong cheese for breakfast or a snack