

Recipe

Soda Bread

Makes 8 buns

Ingredients

For the bread:

- 300g plain flour (extra for kneading and dusting)
- 25g butter
- ½ teaspoon salt
- 1 teaspoon bicarbonate of soda
- 30g Cheddar or Parmesan cheese (finely grated)
- ¼ packet chives
- 150g natural yoghurt
- 70ml water (or 100ml if you're not using the leftover buttermilk)
- Leftover buttermilk from butter making recipe

Required equipment

- Sieve
- Mixing bowl
- Scissors
- Table knife
- Wooden spoon
- Baking tray

Method

1. Sift the flour, salt and bicarbonate of soda into a large bowl and rub in the butter
2. Add the grated cheese to the flour and stir in
3. Snip the chives into the flour and cheese mixture
4. Quickly stir in the yoghurt and buttermilk (if using) then add just enough water (you should need 70ml water with buttermilk and 100ml without) to make a soft dough with the table knife
5. **Knead the dough briefly then divide the mixture into 8** using a table knife
6. Roll each piece of dough into a ball then place on the lined tray. Make an 'X' shape on top of each roll using the handle of a wooden spoon
7. Bake in the oven for 20–25 mins, until the soda bread rolls are risen and golden brown
8. Cool the rolls on the tray then split open and spread with the homemade butter
9. Eat and enjoy!

Teacher instructions:

Set up notes

- Finely grate the cheese
- Rinse then dry the chives on kitchen paper
- Preheat the oven to 190°C
- Line a baking tray with a piece of parchment paper with the student's name written on it
- Weigh the flour, bicarbonate of soda and salt all together

Ways to eat this

- Students can eat some of their bread and butter at school, then take the rest home

Reheating/cooking at home instructions

- N/A

Additional information

- A lovely recipe for students to eat sociably together at school

Allergens – gluten, dairy

Recipe

Fresh Butter

Makes about 50g

Ingredients

For the butter:

- 150ml double cream
- 250ml water
- Pinch of salt

Required equipment

- Old jam jar
- Fork
- Jug
- Sieve
- Bowl
- Tablespoon
- Baking paper

Method

1. Pour the cream into a jam jar with a well-fitting lid, check the lid is on tight
2. Shake until the cream becomes really thick (about 3 mins)
3. Take the lid off, now beat the cream with a fork until the cream separates into buttermilk and butter solids (about 3 mins)
4. Put a sieve over a jug. Empty the buttermilk and butter from the jam jar into the sieve. Pour the buttermilk back into the jar or save to make the soda bread
5. Put the sieve and butter over an empty bowl
6. Carefully pour over 250ml water to wash away any buttermilk from the butter
7. Add a pinch of salt to the butter in the sieve then use the fork to bring the butter together. This might bring more buttermilk out of the solid butter, this is fine
8. Scrape the butter from the sieve and put in the middle of the baking paper then roll into a cracker shape
9. Chill in the fridge to set then spread on the freshly baked soda bread
10. Eat and enjoy!

Teacher instructions:

Set up notes

- Bring the cream to room temperature
- Each pair of students will need a clean recycled jam jar with a well-fitting lid
- Pre-cut pieces of baking paper approx. 15cm x 20cm for each pair of students (or smaller pieces if each student is taking their own half of the butter home)

Ways to eat this

- Eat at school with the freshly baked soda bread and/or students can take half the rolls and half the butter home
- Store the butter in the fridge if it is being taken home

Serving dishes if eaten at school

- Two tea plates or napkins and two table knives to spread the butter

Reheating/cooking at home instructions

- N/A

Additional information

- A lovely recipe to share sociably at school together with the freshly baked soda bread

Allergens – dairy