



Aidan McGrath's Irish Soda Bread

Soda bread is a variety of quick bread traditionally made in a variety of cuisines in which sodium bicarbonate is used as a leavening agent instead of the traditional yeast.

Ingredients

- 400g Brown flour
- 140g Plain flour
- 10g Bread soda
- 7.5g Salt
- 11g Brown sugar
- 40g Butter melted
- 1 Egg
- 420g Buttermilk

Method

- Preheat the oven to 180°C
- Melt the butter, add the egg and buttermilk and whisk.
- Combine the dry ingredients, sieving the bread soda and flour.
- Combine the dry and wet ingredients together.
- Transfer the mixture into a greased baking tin.
- Bake at 180°C/gas mark 4.5 for 30 minutes.



Aidan McGrath

As the owner and chef of the Wild Honey Inn, Ireland, Aidan has worked hard to promote and raise the standard of pub dining in Ireland. His determination did not go unnoticed and the Wild Honey Inn became Ireland's first One Star Michelin Pub.