



# Walnut Soda Bread

Ingredients you will need:

Unbleached white flour  
Wholemeal flour  
Cream of tartar  
Natural yoghurt  
Chopped walnuts  
Walnut oil

225g	Unbleached White flour
225g	Wholemeal flour
1 tsp	bicarbonate of soda
2 tsp	cream of tartar
1 tbsp	caster sugar
1 tsp	salt
60g	chopped walnuts
1 tbsp	walnut oil
225g	natural yoghurt
200ml	milk

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1. In a large bowl sift together the flours, bicarb, cream of tartar, sugar and salt. Add the walnuts.

2. Stir the walnut oil and yoghurt into the dry ingredients with a wooden spoon. Add enough milk to make soft dough. You may not need it all.

3. Knead together gently with your hands in the bowl, just bringing it together, not more, as it should not be overworked.

4. Place the dough on a baking sheet and shape into a round. Press the handle of a wooden spoon down lengthways into the dough to form either wedge shapes or a cross over the top.

5. Dust with a little wholemeal flour and bake in the pre-heated oven (190 C) 30 to 45 minutes. When cooked, the loaf will sound hollow when tapped on the bottom.

6. Leave to cool on a wire rack.

This can also be made in a greased 2lb loaf tin.