

Seeded soda bread

Ingredients	Equipment
<ul style="list-style-type: none">• 1 cup of plain flour (plus extra for dusting)• 1 cup of wholemeal flour• 1 teaspoon salt• 1 $\frac{1}{2}$ teaspoon of bicarbonate of soda• 3 tablespoons pumpkin seeds• 2 tablespoons sunflower seeds• 1 tablespoon of honey• 1 cup buttermilk	<ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• chopping board• baking trays
<ol style="list-style-type: none">1. Preheat the oven to 200°C (I preheated mine to 180°C)2. Line a baking tray with baking paper3. Mix together the plain and wholemeal flour in a bowl and add the salt and the bicarbonate of soda4. Add the seeds/walnuts5. Make a well in the centre, pour in the honey and the buttermilk;6. Using floured hands, work everything together. You will find the dough quite wet and sticky so make sure that you put plenty of flour on your kitchen bench and on your hands because you will need it, it will stick on your fingers. Add more flour until you have a loose dough7. Shape dough into a round8. Place the dough on the lined baking tray and use a sharp knife to mark a cross in the top of the loaf.	