



Gluten free soda bread

RECIPE

INGREDIENTS

- 200 g buckwheat flour
- 100 g almond, hazelnut, chick pea, coconut, oat, rice flour (or any mixture of these or another gluten free flour of your choice, including using buckwheat flour only)
- 60 g seeds; any single or combination of pumpkin, roasted sesame, ground flax
- 100 g jumbo or pinhead oats
- $\frac{3}{4}$ teaspoon finely ground sea salt
- 1 large rounded teaspoon baking soda (bicarbonate)
- 2 Tablespoons bio (black strap) molasses
- 1 egg whisked
- 2 Tablespoons olive oil
- 330 ml buttermilk
- OPTIONAL: roast 2-3 teaspoons of cumin seeds, finely grind by hand and add to dry ingredients

INSTRUCTIONS

- Preheat oven to 170C/340F
- Sieve flours and mix all dry ingredients together in a large bowl
- In a separate bowl mix wet ingredients; egg, olive oil, molasses, & 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
If necessary add a bit more buttermilk to ensure consistency is wet enough
- Lightly olive oil OR butter a 1 kg loaf tin & line only the bottom with parchment (oven paper)
- Transfer the bread mixture to the greased, lined tin
- Bake for approximately 45 minutes until top is 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
NOTE: Know your oven and time accordingly
- Take bread out from oven, remove immediately from tin and let it sit on a wire rack for cooling OR under a towel on a cutting board

SERVING/NOTES

- Serve with butter, goat cheese, tahini, pekmez/molasses, jam etc as a hearty breakfast
- Serve with a strong cheese for a snack
- Slice in individual pieces, layer in oven paper, and store in a freezer proof Ziploc bag in the freezer and you have on hand anytime for toasted bread for breakfast

Nutritional information

This bread is the perfect balanced breakfast, especially if you use a nut flour. Plus, the ingredients as written, irrespective of the alternative flour you choose, provide zinc, B complex, and iron.